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Some important features of psychodynamic therapy 1) One important feature of psychodynamic therapy is that it uses what happens in the relationship between therapist and client to help think about the problems in your life. An example would help. Remember the person we described at the start of this leaflet,

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"The creation of a relationship of safety and trust is an essential first step in CBT, as in any form of therapy". In both these approaches, the relationship between client and counsellor is similar by means of the counsellor being congruent and both would use the skills of reflection, paraphrasing and summarising.

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The 2nd edition of Skills in Psychodynamic Counselling and Psychotherapy is an exquisitely written, engaging little gem of a text, providing an essential, contemporary and empirically informed overview of the skills and qualities requisite for effective psychodynamic therapy. Key concepts and skills are grounded in real and poignant case examples from clinical practice with signposts to further reading and resources.

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Like psychoanalysis and psychoanalytic therapy, the aim of psychodynamic therapy is to bring the unconscious mind into consciousness - helping individuals to unravel, experience and understand their true, deep-rooted feelings in order to resolve them. It takes the view that our unconscious holds onto painful feelings and memories, which are too difficult for the conscious mind to process.

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The main goals of psychodynamic therapy are to (1) enhance the client's self-awareness and (2) foster understanding of the client's thoughts, feelings, and beliefs in relation to their past experiences, especially his or her experiences as a child (Haggerty, 2016).

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US: [Appleton-Century-Crofts. https://www.britannica.com/biography/Ivan-Pavlov](https://www.britannica.com/biography/Ivan-Pavlov)
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Psychodynamic psychotherapy The psychodynamic approach is derived from psychoanalysis, but focuses on immediate problems to try to provide a quicker solution. It stresses the importance of the unconscious and past experience in shaping current behaviour.

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Congruence is the most important attribute in counseling, according to Rogers. This means that, unlike the psychodynamic therapist who generally maintains a 'blank screen' and reveals little of their own personality in therapy, the Rogerian is keen to allow the client to experience them as they really are.

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Psychodynamic counselling allows the client to explore unresolved issues and conflicts from the past that are believed to affect them in the present and it can therefore help with a wide variety of issues such as anxiety, depression, anger, relationship problems, trauma, phobias, grief and loss to name but a few.

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