

# Ten Principles to Guide Psychodynamic Technique with Defense Mechanisms: An Examination of Theory, Research, and Clinical Implications

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## Abstract

Defense mechanisms have stood the test of time as important psychodynamic constructs. Despite their importance, there has been little effort directed at consolidating theory, research, and practice for defense mechanisms. This review aimed to address this gap. More specifically, it aimed to identify and integrate different scholars' ideas, recommendations or principles on how to address defense mechanisms in therapy. It also aimed to document the existing empirical evidence for these principles and to translate these principles into technical guidelines that clinicians can use. A literature search was completed using PsychInfo, Psychoanalytic Electronic Publishing (PEP), and Medline. Consensual qualitative research methodology was applied to the material retrieved. A set of 10 principles pertaining to working with patient defenses was identified.

**Keywords:** Defense mechanisms; Technique; Defense interpretations; Psychodynamic therapy

## Introduction

Meta-analyses have demonstrated the efficacy and effectiveness of psychodynamic psychotherapy [1-4]. While continued controlled studies demonstrating the effectiveness of psychodynamic psychotherapy are both needed and ongoing, there have also been calls by scholars for more research examining the process by which psychodynamic psychotherapy works [4]. Therefore, importance is increasingly being placed on the specific techniques, interventions and processes within dynamic theoretical frameworks and how these relate to therapeutic outcome.

Along with transference interpretations, defense interpretations are amongst the core technical techniques found in psychodynamic psychotherapy. This is true in both long-term [5,6] as well as short-term [7] models of psychodynamic psychotherapy. The overall aim of these two technical interventions is to make the unconscious or latent material conscious, and point out how the distortive processes that transference and defense mechanisms involve can cause and maintain psychological distress [5,6,8-10]. Although there is extensive literature on the general concept of interpretation in psychodynamic psychotherapy [11-14] including on transference interpretations [15], much less is known about defense interpretations. This is surprising given the amount of research that has been conducted on defense mechanisms in general. Indeed, a flurry of research activity over the past few decades has been dedicated to studying defensive functioning. This research has led to several reviews that synthesize the theoretical, methodological, and empirical aspects of defenses [16-18]. There is evidence showing that patients who undergo successful psychodynamic treatment demonstrate more adaptive defense use [19-27]. Furthermore, the use of mature defenses has been shown to be associated with healthy psychological and physical functioning [18,28,29].

Though defense mechanisms are considered a pillar of psychodynamic theory, there remain significant gaps that need to be addressed. For example, there is no definitive text that outlines specific technical guidelines for how therapists should deal with defenses employed by patients. Without such a text, work that integrates clinical acumen derived from theory and empirical studies is lacking. As a result, very few resources are available to clinicians

that show how recent empirical findings can inform the contemporary practice of psychodynamic therapy. In order to synthesize current thinking on how therapists should intervene with patients' defenses in psychotherapy, this review set out to identify therapeutic principles by examining theoretical and empirical sources that pertain to therapeutic interventions aimed at patients' use of defenses. The goal of creating this list of principles was twofold. First, it could help in establishing consensus amongst different scholars on how to address defense mechanisms in therapy, and highlight points of contention. Second, it would allow for the examination of the existing empirical evidence for these principles in order to spur future research into these principles.

## Method

Literature searches were performed using PsychInfo, Psychoanalytic Electronic Publishing (PEP) web and Medline with the following keywords: "defense" or "defence" or "defense mechanism" or "defence mechanism" and "therapeutic technique" or "interpretation". No specific time period was used for literature searches. In addition, a number of other sources were obtained through informal channels by consulting experts in the field, including through listservs of psychodynamic researchers (i.e., Association for Psychodynamic Research, Society for Psychotherapy Research).

Figure 1 contains a graphical representation of the process by which the literature was retrieved and selected. A team of three researchers, including one senior psychodynamic researcher and clinician and two advanced doctoral students, identified and examined 136 sources. These

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# Psychodynamic Implications Of The Physio

**Marie Donaghy, Maggie Nicol, Kate M.  
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The Psychodynamic Implications of Physiological Studies on Sensory Deprivation Leo Madow, Laurence H. Snow, 1970

**The American Journal of Psychiatry**, 1972      **Physiotherapy in Respiratory Care** Alexandra Hough, 2001 Lays the foundation for problem solving by integrating physiology and practice The majority of the book is then devoted to physiotherapy management and its rationale It specifically addresses the problems of patients with breathlessness those undergoing surgery or in intensive care the elderly and children Pulmonary rehabilitation and home management reflect changing policies in health care Advice on emergencies and on calls is given with flow charts to assist decision making Physiological reasoning outcome measures and critical review are themes throughout and the book concludes with an evaluation of respiratory physiotherapy      *The British Journal of Psychiatry*, 1972      **Progress in Neurology and Psychiatry** Ernest Adolf Spiegel, 1971      *Principles and Practice of Sleep Medicine* Meir H. Kryger, William C. Dement, 1994 Revised and updated to include all the latest developments in the advancing field of sleep medicine this book covers the basic sciences as well as sleep pathology in adults New coverage on psychiatry circadian rhythms cardiovascular diseases and sleep apnoea treatment and diagnosis      **Physiotherapy in Mental Health** Tina Everett, Maureen Dennis, Eirian Ricketts, 2013-10-22 Physiotherapy in Mental Health A Practical Approach provides a concise discussion of the concept of abnormal behavior The title also covers the role of physiotherapy in dealing with mental problems The first part of the text covers the basic aspects of physiotherapy in mental health setting this part covers psychiatric illness communication in the clinical mental health setting and the evaluation of physiotherapy services in the mental health field Next the book covers the concerns of the practice of physiotherapy in mental health such as challenging behaviors stress management and relaxation training The last part covers the various aspects of psychiatric treatment including child psychiatry eating disorders and substance abuse The text will be of great use to physiotherapists in the mental health care setting The book will also be interesting to readers who want to know how physiotherapy can be applied to improve the mental and social health of individuals      *Cognitive Behavioural Interventions in Physiotherapy and Occupational Therapy* Marie Donaghy, Maggie Nicol, Kate M. Davidson, 2008-01-10 This title is directed primarily towards health care professionals outside of the United States It presents the application of the model of cognitive behavioural intervention in the practice of physiotherapy and occupational therapy addressing a range of clinical problems with contributions from professionals who are specialists in their field The book explains the psychological model and provides a rationale for applying CBT as a tool to strengthen physiotherapy and occupational therapy interventions Case studies are integral to this book highlighting the application of CBT outlining the strategies and illustrating the outcomes and boundaries of treatment case studies evidence based interdisciplinary approach contributed to by renowned specialists in the field      *Training in Psychosomatic Medicine* F. Deutsch, A. Jores, B. Stokvis, 1964-06-03      *The Freudian Fallacy* E. M. Thornton, 1984      *Canadian Psychiatric Association*

*Journal Canadian Psychiatric Association*,1972      **JOURNAL OF THE AMERICAN SOCIETY FOR INFORMATION SCIENCE** ,1986      **A Bibliography of Drug Abuse, Including Alcohol and Tobacco** Theodora Andrews,1977 725  
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 Francis Leukel,1974      *Choice* ,1971      Torture and Its Consequences Metin Basoglu,1992-11-05 A classic publication in this field which serves as a scholarly yet very practical resource      *Bibliographic Index* ,1975      **Jahrbuch für transkulturelle Medizin und Psychotherapie** ,1995      *Basic sleep Mechanisms* Olga Petre-Quadens,2012-12-02  
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following is not a unit of acceleration a  $\text{km h sec}$  b  $\text{km hr}^2$  c  $\text{m sec}$  d  $\text{m min}^2$  e all of these

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