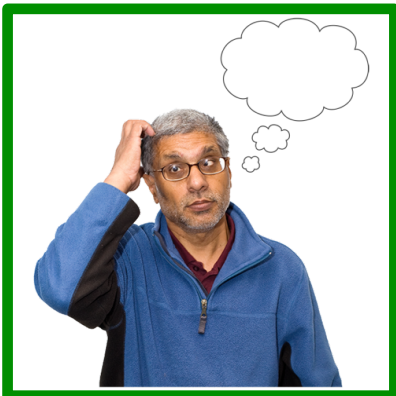


Psychological Therapy Factsheet 18



This factsheet is about **Psychodynamic Psychotherapy**.

Psychodynamic psychotherapy is a psychological therapy.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

What is psychodynamic psychotherapy

Psychodynamic psychotherapy helps people look at their past.

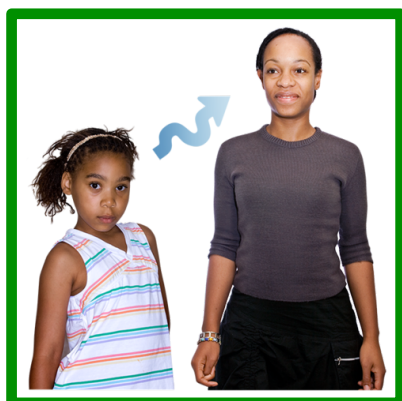
Looking at the past can help you to change your patterns so you do not keep living through the same experiences.

The therapist will help you to talk and look at any problems you might have been having – in your relationships and in other areas.

Psychodynamic psychotherapy is good for people who know that their past has affected them and want to talk about it.

How psychodynamic psychotherapy helps you

Psychodynamic psychotherapy helps you to see that being more aware of the past can help you have a happier future.





It helps you to feel better about yourself so you don't make the same mistakes again.

What happens in a psychodynamic psychotherapy session



A session lasts from 50 minutes to 1 hour. Your therapist will work with you to help you find the best way to be in the future.



You will need to come to every session.

Your therapist might ask you some questions to see how the therapy is working.



You can find out more about **psychodynamic psychotherapy** on this website

www.bpc.org.uk