

## Evidence-Based Psychodynamic Psychotherapy

Psychodynamic therapy (PDT) is a widely practiced form of psychotherapy for a variety of different problems and disorders. Nevertheless, the concepts and techniques used in PDT are often taught in a way that obscures rather than clarifies their nature. In addition, a gap remains between the theoretical, clinical, and empirical literature of PDT. This seminar presents a series of evidence-based psychodynamic techniques and processes, grounded in coherent theoretical formulations, systematic research, and applied clinical examples. You will also learn about meta-analytic research on the overall efficacy and effectiveness of PDT.

### Target Audience

Psychologists  
Therapists

Social Workers  
Psychiatrists

Counselors  
Nurses

Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify four psychodynamic techniques/processes with empirical support for predicting patient outcomes
2. Define the psychodynamic intervention of interpretation
3. Define the psychodynamic concept of countertransference
4. Describe two advantages of psychodynamic treatment manuals
5. Describe the implications of outcome research regarding the efficacy of psychodynamic therapy

### Seminar Schedule

Typically begins at 10:30 AM and ends at 1:45 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

### Outline

Outcome research on psychodynamic therapy  
Meta-analyses: Different disorders  
Meta-analyses: Long-term psychodynamic therapy  
Meta-analyses: Short-term psychodynamic therapy  
Four evidence-based techniques/processes  
Emphasis on patient affective experience  
Theory  
Meta-analytic research  
Clinical examples  
Identifying and understanding interpersonal patterns  
Theory  
Research  
Clinical examples  
“Therapeutic immediacy”  
Theory  
Research  
Clinical examples  
Use of countertransference  
Theory  
Research  
Clinical examples

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#### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements.

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### The Presenter

Marc Diener, PhD is an Associate Professor in the Clinical Psychology Doctoral Program at Long Island University—Post, and he maintains an independent clinical practice. He earned his doctorate in clinical psychology from Adelphi University, and he trained at both Bellevue Hospital and St. Luke's Roosevelt Hospital Center. He completed a postdoctoral fellowship at The Addiction Institute of New York/St. Luke's Roosevelt Hospital Center. Prior to joining the faculty at Long Island University—Post, he was a faculty member at the American School of Professional Psychology, Washington, DC. He has published widely, including peer-reviewed journal articles, book chapters, and other publications. He serves as a consulting editor for several journals, and his professional presentations include peer-reviewed and invited talks. He is a Fellow in the Division of Independent Practice of the American Psychological Association. In his clinical practice, he provides psychological testing, individual psychotherapy, and supervision/consultation.

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