


What is the role of Psychodynamic Psychotherapy in the modern NHS?



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Therapy models in IAPT

- CBT
- IPT (Inter Personal Therapy)
- Couple Counselling
- DIT (Dynamic Interpersonal Therapy)





Formulation: Splitting

Function/experience

	Only Love	Only Hate
Separation	Only wanting to be with	Only wanting to be apart
Relation to boundaries:	Shut in	Shut out
Regression:	Malignant regression	Pseudo-independence
Catastrophic Anxiety	Trapped	'Dropped' Fear of falling forever
Aggression:	Attack on the possibility of separation.	Attack on the possibility of connection.
Affect:	Predominantly depressed	Predominantly elevated mood

The Borderline Solution

Only Love	Only Hate
Only wanting to be with	to be apart
Sit on the fence	
Shut in	Shut out
Oscillation	
Malignant regression	Pseudo-independence
Trapped	of falling forever
One foot in each camp	
Attack on the possibility of separation.	Attack on anything which presents the possibility of a connection.
Substance Misuse	
Predominantly	ed mood
Opiates and Amphetamine	

The Borderline Solution

INSIDE

- Ward
- Service
- The mind of the professional/other
- The skin (cutting)

ESCAPE



- Claustrophobia

OUTSIDE

- Separation
 - Relationship, Puberty, leaving home
 - Collapse of pseudo-independence

ENTER

- Fear of falling forever

Neurobiology?

- Panksepp.
 - (Affective Neuroscience 1998)

Applications of formulation

- ❑ Mutative factors in therapeutic treatment.
- ❑ Informing psychiatric management.
- ❑ Generating hypotheses.
- ❑ Making economic arguments cost saving service
- ❑ Configuring services to promote recovery.

Economics

- ❑ Being looked after results in clinical deterioration.
- ❑ Inpatient settings relieve anxiety but are also terrifying and claustrophobic. For some patients only a locked door provides relief.
- ❑ Locked settings with no pathway out are likely to lead to a deterioration.

Tiered service

Tier 6 Dangerous and severe
Personality Disorder Services
(High secure)

Tier 5 Secure care and forensic services

Tier 4 Specialist inpatient services (non-forensic)

Tier 3 Intensive day services
Access to acute inpatient care

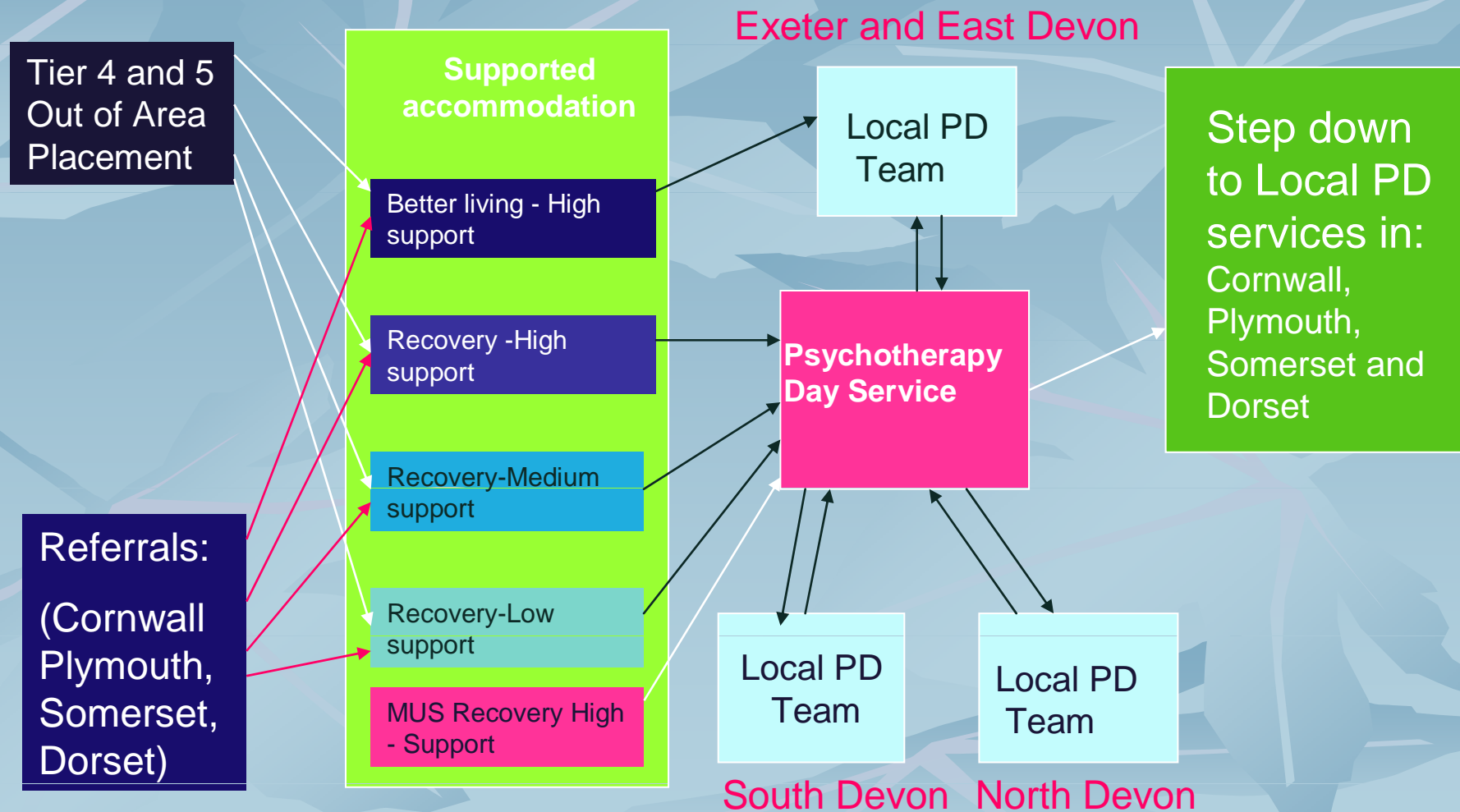
Tier 2 Community PD-specific treatment and case management
Access to community MH and drug and alcohol services

Tier 1 Focused support to the wider service network

Current costs

Across agency spend on PD	2009/2010 cost (p/a)
In County Mental Health	£2.4M
Out of area placements	£2.9M + (£3.7M Forensic)
PICU	£480K
Acute Trust – Severe MUS	£1.6M
Local Authority- Child protection.	? 15%
Total spend across agencies p/a	£11M

Pathway Diagram



Cost Savings

- Cost saving per patient otherwise sent to a Tier five patient **£157K** over three years for PD recovery patients.
 - Cheaper bed night cost
 - Shorter duration of stay due to integrated step down services.

RCT evidence: Specific conditions

- ❑ Chrits-Christoph 1995 Brief supportive expressive therapy for generalised anxiety disorder.
- ❑ Milrod 1997 Manual of Panic focussed Psychodynamic Psychotherapy.
- ❑ Borderline Personality Disorder
 - MBT Bateman and Fonagy 2006
 - TFP Clarkin et al. 2006 Psychotherapy for Borderline Personality Disorder Focussing on Object relations.
- ❑ In addition Cassel Outcome studies (not randomised).

RCTs Generic

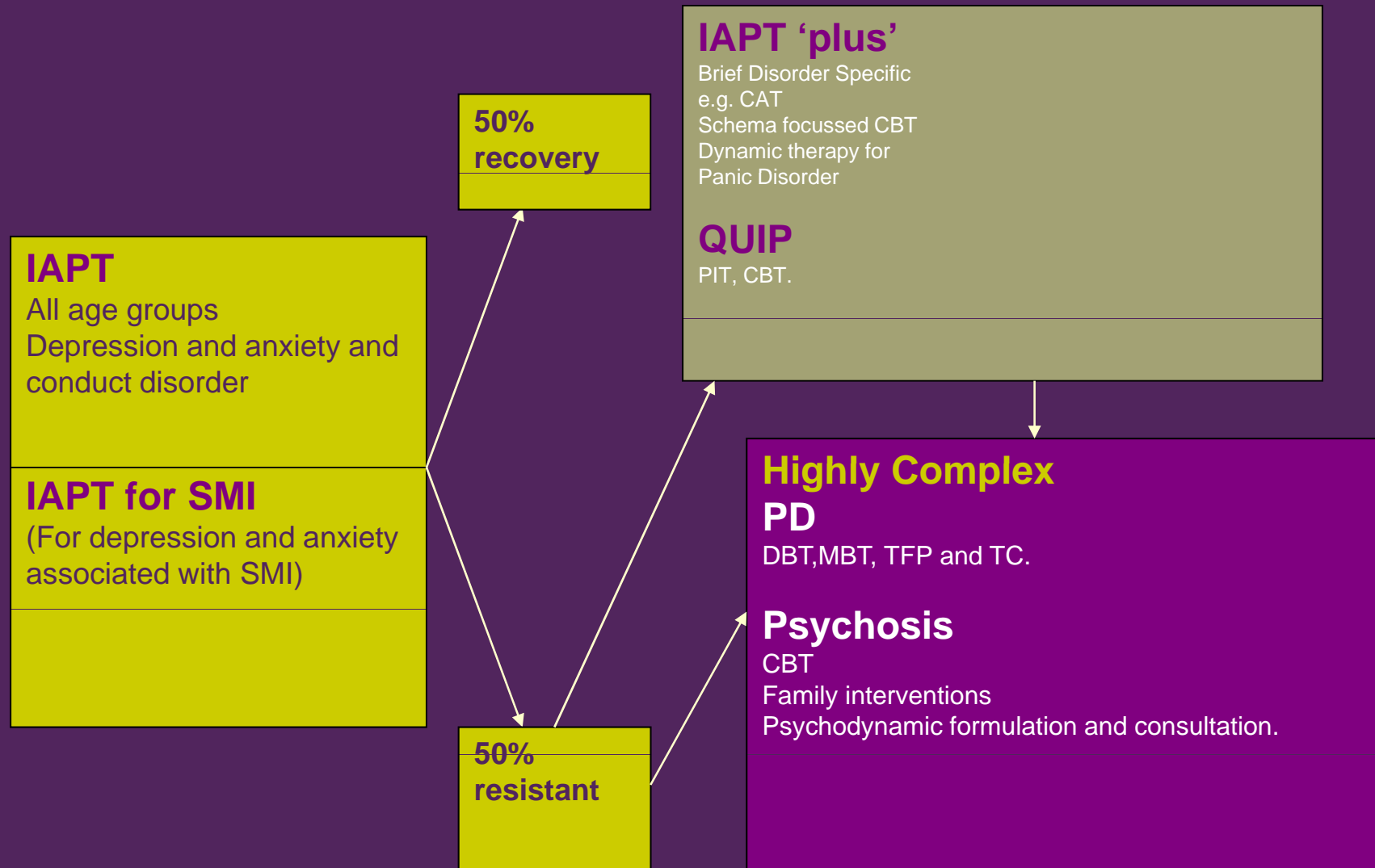
- ❑ Book 1998 How to practice psychodynamic psychotherapy.
- ❑ Luborsky 2003 Principles of psychoanalytic psychotherapy.

MetaAnalyses

Shedler 2010: Effect sizes

	Effect sizes	Authors
Psychodynamic therapy	0.69 to 1.8	Abbass, in press and Leichsenring 2008
CBT	0.58 to 1.0	Ost 2008 and Churchill 2001
Antidepressants	0.17 to 0.31	Moncrieff 2004 and Turner 2008

The shape of services to come



Conclusion

- ❑ In a multidisciplinary neurobiological intellectual framework for research.
- ❑ In formulating complex mental health problems in order to
 - Provide psychologically informed management
 - Provide formal psychodynamic therapy including manualised models
 - Inform service design to improve outcomes and cut costs
 - To allow translation of tailor made individual thinking into a model with social and economic applications