

## What is Psychodynamic Formulation?

- A **hypothesis** about the way a person's unconscious thoughts and feelings may be causing the difficulties that have led him/her to treatment.
- Also about **understanding how and why** those unconscious thoughts and feelings developed.

*\*Sometimes we share this understanding with our patients to help them see that they are behaving as if earlier conditions still persist*

## What is Psychodynamic Formulation?

- At other times, we use this understanding to help patients develop capacities that were not fully formed during their earlier years:
- Finally, we can help support patients' functioning that is impaired by acute or chronic problems

## What is Psychodynamic Formulation?

Thus, our psychodynamic formulations need to include:

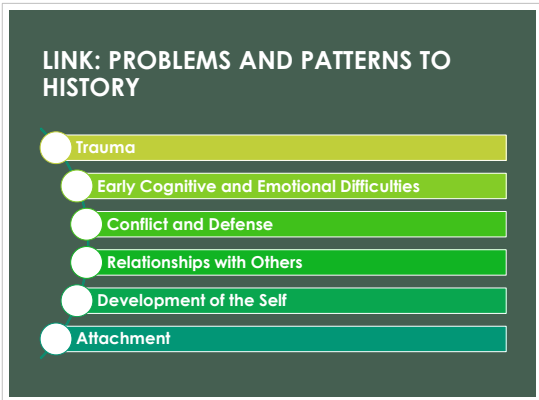
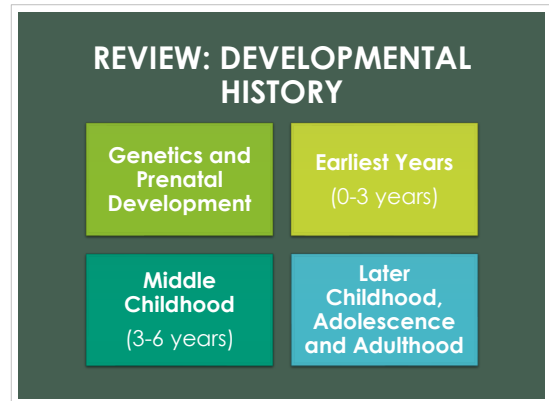
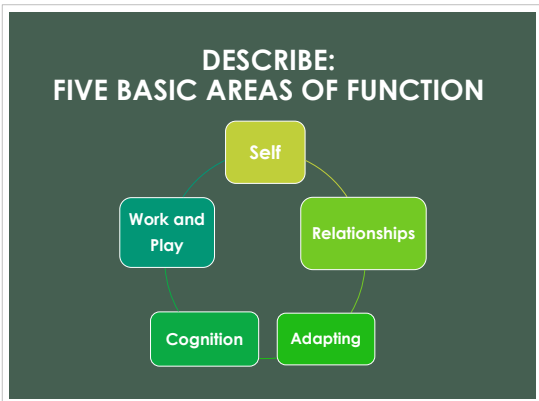
1. ideas about how unconscious thoughts and feelings might affect our patients' problems
2. ideas about how those unconscious thoughts and feelings might have developed

## Remember:

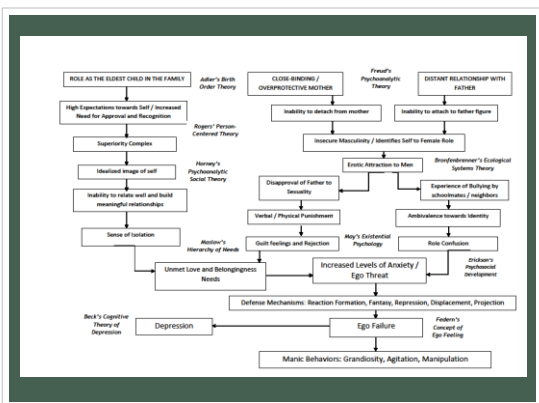
- A psychodynamic formulation is **just an hypothesis**.
- Earlier in the history of psychoanalysis, the psychodynamic formulation was thought to be a definitive explanation of a person's development. Now we understand that it is better conceptualized as **a tool to improve our treatment methods and understanding of our patients**.

## Psychodynamic Formulation as our Map

- It guides every aspect of the treatment.
- Having a working psychodynamic formulation enables us to:
  - make treatment recommendations and set goals
  - understand what patients need developmentally
  - develop therapeutic strategies and predict the way patients will react in treatment (transference)
  - construct meaningful interventions
  - help our patients to create cohesive life narratives



- ### PSYCHODYNAMIC PARADIGM
- Review pertinent assessment data
  - Identify factors affecting the illness/ maladaptive behavior
  - State them in a scholarly manner
  - Organize data by showing the course of events that took place
  - Analyze the set of data based on a sound theoretical basis; may include theories of personality
  - Items must not be repetitive



“Nurses cannot offer valid and reliable forms of nursing care without valid and effective assessment.”

- Barker, 2004