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Report of practice - the psychodynamic psychotherapy in family medicine

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Background & Aims: Psychodynamic psychotherapy has its roots in Psychoanalytic Theory created by Freud and developed by many others, notably Balint, especially recognized in Family Medicine. Turns out to be an area of interest by the professionals who daily deal with psychiatric pathology. The prevalence of psychiatric pathology in primary health care is increasingly high. Reduce these patients approach to pharmacotherapy is a mistake. The vast majority benefits with psychotherapy, within which the dynamic approach is an option. The aim is to use principles of Dynamic Psychotherapy in the context of general practice consultation.

Method: The author concluded a specialization course in psychodynamic psychotherapy from the Faculty of Medicine of the University of Oporto. As a Family Doctor, you know that you can have a privileged role in the application of this type of therapy. By definition, the family doctor accompanies the individual throughout their life course, is in contact with several members of the same family, understand relationships and conflicts that would otherwise be inaccessible.

Results: The author began by using a more targeted approach in a particular case of a patient who seemed to benefit especially from this kind of approach. It was discussed with the patient the purpose of this type of therapy and how it would be developed. The patient, with a depressive/anxiety disturbance, maintains follow-up, with a bimonthly periodicity, with good results.

Conclusion: Through this approach we seek an understanding of psychic functioning not only by the understanding of the unconscious in mental functioning and psychic determinism, but also by the importance given to the developmental perspective. The author believes that this course of specialization has been an asset in her training, since it allowed her to adopt a more targeted and structured approach for patients with psychiatric pathology, with best results in health.