Anxiety disorders under the psychodynamic therapy approach: future perspectives and challenges

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Abstract

Statement of the Problem: Anxiety disorders are a serious public health problem. It is estimated that in the United States, the prevalence of anxiety disorders is 18%, with an annual cost of approximately $ 42.3 billion. In the European Union, anxiety disorders are the most prevalent psychiatric condition, affecting more than 60 million people (Remes, Brayne, van der Linde, & Lafortune, 2016). Anxiety disorders can manifest in various forms. The most prevalent are panic disorder with or without agoraphobia, generalized anxiety disorder, social phobia, specific phobias and separation anxiety disorders (Bandelow & Michaelis, 2015). Although there is evidence that psychodynamic therapy is effective in the treatment of anxiety disorders, the results are not considered satisfactory (Leichsenring & Salzer, 2014). Methodology & theoretical orientation: The present work consists of a review of the literature related to the discussion of the scope and effectiveness of psychodynamic therapy in the treatment of anxiety disorders. Results: There is empirical evidence of the efficacy of psychodynamic psychotherapies (Shedler, 2010). Studies have shown that psychodynamic therapy has effective results in the treatment of depression, certain anxiety disorders, eating and somatic disorders (Fonagy, 2015). Conclusion and meanings: Unified treatment protocols, transdiagnosis may represent an important path in advancing the treatment of anxiety disorders (Leichsenring & Salzer, 2014).

Recent Publications:

Bandelow, B., & Michaelis, S. (2015). Epidemiology of anxiety disorders in the 21st century. Dialogues in Clinical Neuroscience, 17(3), 327–335. https://doi.org/10.1016/j.siny.2015.10.004

Fonagy, P. (2015). The effectiveness of psychodynamic psychotherapy : an update. World Psychiatry, 14, 137–150. https://doi.org/10.1002/wps.20235

Leichsenring, F., & Salzer, S. (2014). A unified protocol for the transdiagnostic psychodynamic treatment of anxiety disorders: An evidence-based approach. Psychotherapy, 51(2), 224–245. https://doi.org/10.1037/a0033815

Remes, O., Brayne, C., van der Linde, R., & Lafortune, L. (2016). A systematic review of reviews on the prevalence of anxiety disorders in adult populations. Brain and Behavior. https://doi.org/10.1002/brb3.497

Shedler, J. (2010). American Psychologist , in press The Efficacy of Psychodynamic Psychotherapy. American Psychologist, 65(2), 98–109. https://doi.org/10.1037/a0018378



Biography:

Master Degree in Psychology by the Program of Clinical Psychology and Culture - University of Brasilia (2016). Graduation in Psychology by UniCEUB (2002). Lecturer in the Psychology course at IESGO (2016). Member of the Research Group on Psychoanalytical Theory and Practice (UniCEUB). Has worked as a clinical psychologist since 2013 (individual adult care). Main research themes: psychoanalytic theory, psychosis, psychopathology and clinical psychology.

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Type of Presentation: Poster