Efficacy of Short-Term Dynamic Psychotherapy in the Intervention of Marital Disturbances

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Abstract

Introduction Psychoanalysis is one of the therapeutic interventions chosen when therapies need to probe into patients’ unconscious aspects rooted in the past. Malan’s short-term dynamic psychotherapy is one of the types of brief psycho dynamic therapy useful in corrective emotional experiences of patients that is dynamically held with significant figures of the past. The efficacy of this therapy is studied in the current study. The selected cases of marital disharmony affected by social, emotional and sexual parameters are successfully intervened by brief psychoanalysis. The analytical probe focused on defense mechanism involved in underlying sufferings. The objective of the study is to assess the interventional successes of short-term dynamic psychotherapy in couple problems in marriage. Methods This is a case study research design that has been used to investigating of the unconscious roots of marital disturbances using short term dynamic psychotherapy. The study samples of patient couples were studied during their therapeutic intervention with consent and collected data of treatment was filed. These case reports from different institutions and field work services in India. Specifically, couple patient underwent short term dynamic psychotherapy from the 2007-2014. Interpretation of defenses was used to gain insight. The interview and free-association method was used in the study in the analysis and structuring the defense of patient. Of the 100 case studies, 40(40%) of them were intervened using short-term dynamic psychotherapy. Other cases (60%) were not indicative for short-term dynamic psychotherapy. The data was statistically analyzed by using Chi-square with Yates's correction test for association. The statistical significance was set at 5% level of significance (P<0.05). Result this result shows the fruitfulness of Short-Term Dynamic Psychotherapy in the Intervention of Marital Disturbances. More than 50% of sample population found to be highly satisfied and none patient couple was dissatisfied that shows the effectiveness of this intervention.

Keywords: Short-Term Dynamic Psychotherapy, Defense Analysis, Patient Couples, Marital Therapy.

Introduction

The recent explosion in marital therapy has opened the door for the patient couples to deal with various psychological issues that creates interpersonal distress among the patient. The clinical psychologists started viewing the mental ailment such as depression as the reflection of interpersonal context as well as intra psychic reality.¹ Marital therapy is also a treatment of choice in depression patients.² Marital therapy is become well-known in the recent past it has its own discipline is now having its own schools of thought and strategies to restructuring adults suffer from marital distress.¹ Behavioral, insight oriented and experimental approaches are involved in maintaining intimacy in the interpersonal relationship among couples.¹
Marital or couple therapy is a form of psychotherapy designed to psychologically modify the interaction of two persons who conflict with each other because of the issues involved with some of the psychological parameters. The psychological parameters which are distressing inter personal relationship in marriage are: social, sexual, economic and emotional. Types of Couple Therapies commonly used for marital disharmony are individual therapy, individual couples Therapy, conjoint Therapy, Four-Way Session, group psychotherapy, combined therapy which take a base on psychological therapies. Ex: psychoanalytical, behavioral, cognitive behavioral and so on. According to Sigmund Freud, the founder of psychoanalysis, marital partner choice, as well as marital relationships, is defined much before marriage was concluded. Relationship with marital partner is determined by relationships with parents and important persons in one’s childhood. Marital relationships are repetitions of relationships with parent’s patterns from childhood.

Psychodynamic therapy, also known as insight-oriented therapy, focuses on unconscious processes as they are manifested in a person’s present behavior. The goals of psychodynamic therapy are a client’s self-awareness and understanding of the influence of the past on present behavior. In its brief form, a psychodynamic approach enables the client to examine unresolved conflicts and symptoms that arise from past dysfunctional relationships. One of the most common approach evolved from psychoanalytic theory is a brief psychodynamic psychotherapy have been clinically applied to a wide range of psychological conditions. Number of researches has been supported the efficacy of these approaches. Freud’s Psychodynamic therapy is the oldest of the modern therapies.

The healing and change process envisioned in long-term psychodynamic therapy typically requires at least 2 years of sessions. In the present there are quite a few offshoots of psychoanalytical therapies, like brief psychoanalytical psychotherapy, time based analytical therapy and short-term analytical therapy. Practitioners of brief psychodynamic therapy believes that some changes can happen through a more rapid process or that an initial short intervention will start an ongoing process of change that does not need the constant involvement of the therapist. A central concept in brief therapy is that there should be one major focus for the therapy rather than the more traditional psychoanalytic practice of allowing the client to associate freely and discuss unconnected issues. The therapist is expected to be fairly active in keeping the session focused on the main issue. Having a clear focus makes it possible to do interpretive work in a relatively short time because the therapist only addresses the circumscribed problem area.

The benefits of psychodynamic psychotherapy have been proven by empirical and evidence based measures. The scope for the psychodynamic psychotherapy is as enormous as those reported for other therapies, which have been actively promoted with empirical and evidence based support. There are no doubts patients who receive psychodynamic therapy maintain therapeutic gains and appear to continue to improve as it comes to treatment culminations.

The perception that psychodynamic approaches lack empirical support does not accord with available scientific evidence may reflect in discerning propagation of research findings. Thus the significance of this psychodynamic approach with its efficiency and indication has been lime lighted in the current case reports on marital disharmony had fruitfully managed.

Empirical evidence supports the efficacy of psychodynamic therapy. Effect sizes for psychodynamic therapy are as large as those reported for other therapies that have been actively promoted as “empirically supported” and “evidence based.” In addition, patients who receive psychodynamic therapy maintain therapeutic gains and appear to continue to improve after treatment ends. Finally, no psychodynamic therapies may be effective in part because the more skilled practitioners utilize techniques that have long been central to psychodynamic theory and practice. The perception that psychodynamic approaches lack empirical support does not accord with available scientific evidence and may reflect
selective dissemination of research findings.\textsuperscript{6}

Psychoanalysis is one of the well-known treatment modalities in the field of mental health but its practical use is limited because of time and financial constraints. Brief psychodynamic psychotherapy, introduced in the mental field has its treatment based on psychoanalysis and psychodynamics, but this approach has overcome constraints of psychoanalysis regarding time and cost.\textsuperscript{7} Time taken for the therapy is less than short term therapies which continue with a minimum of 40 sessions whereas brief psychodynamic psychotherapy is terminated within a maximum of 12 sessions. Thus, it is less time consuming and economical. It has therefore become more popular among the health care professionals. Objective to assess the interventional successes of short-term dynamic psychotherapy in couple problems in marriage.

Materials and Methods

Hypothesis Short-term dynamic psychotherapy is an effective intervention for couple problems that has underlying unconscious thread. Sample The universal sampling was adopted to collect the data since the number of couple come for the intervention per year were less in number and among them very few patients were indicated for short-term dynamic psychotherapy thus out of 100 case studies who underwent couple therapy 40(40%) of them were intervened using short-term dynamic psychotherapy, these couples were chosen for the study using universal sampling. Other cases (60%) were not indicative for short-term dynamic psychotherapy.

The inclusive criterions for sample selection are psychological mindedness, patient’s motivation and their ability to gain insight. The study samples are patient couples underwent therapeutic intervention for their marriage problems from 2007 to 2014. Technique used in assessment Clinical interview, defense analysis and free association, which are the known techniques of Freudian classical psychoanalysis\textsuperscript{8-10} are commonly used in various psychodynamic therapy. Procedure the cases of patient couple were asked to express their satisfaction, dissatisfaction and briefly jot down their experience in the therapeutic sessions. This data was collected during last session of therapy and then tabulated. Written informed consent was taken from patients for research and publications. Nitti rural psychiatry center, KS Hegde hospital and USM KLE Belgaum institutions were involved in various researches thus data was collected as the intervention proceeded with necessary approval from hospital authority.

Results

The statistically analysis and results of the study regarding the association between age groups and interventional success depicted in the Table 1. The collected data was statistically analysed were presented with frequency and parentages. The statistically analyzed by using Chi-square with Yates's correction test for association (expected frequency less than 5). The statistical software used is SPSS 20.00 version. The statistical significance was set at 5% level of significance (p<0.05).

Table 1: Shows efficacy of short-term dynamic psychotherapy

<table>
<thead>
<tr>
<th>Age (Years)</th>
<th>Sample Group (Couples)</th>
<th>Efficacy Of Short-Term Dynamic Psychotherapy Expressed Through Patient Satisfaction</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Not satisfied</td>
</tr>
<tr>
<td>24-30</td>
<td>29</td>
<td>0</td>
</tr>
<tr>
<td>31-36</td>
<td>11</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>40</td>
<td>0</td>
</tr>
</tbody>
</table>

Chi-square with Yates's correction = 6.1142, P=0.0132*, *P<0.05

Discussion

Couple therapy is a form of psychotherapy that is used according to patient problems. Most commonly emotional and sexual parameters unruly unconscious threads it
needs to be uncovered. Short-term dynamic therapy is one of the most successful therapy in couples' problems have roots in their past. The current study has proven the hypothetical view specifically there were no patient expressed their dissatisfaction regarding their therapeutic intervention. Out of a total of 40 case studies, in which, 12 (30.00%) satisfied and 28 (70.00%) are very satisfied. In 12 (30.00%) satisfied, 7 (63.64%) are belongs to 33-36 years of age group and 5 (17.24%) are belongs to 28-32 years of age group. However, in 8 (70.00%) are very satisfied, 4 (36.36%) are belongs to 33-36 years of age group and 24 (82.76%) are belongs to 28-32 years of age group. The association is found to be statistically significant at 5% level of significance (P=0.0132). More than 50% of sample population found to be highly satisfied. None of the chosen sample discontinues the therapeutic intervention. No patient couple was dissatisfied. Patient with unconscious string with psychological parameter causing marital disturbances may get benefited by defense analysis.

References