



THE AMERICAN COLLEGE OF PSYCHIATRISTS

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Brief and Long-term Dynamic Psychotherapy

Post Program Questions

The Neurobiological Underpinnings of Psychodynamic Psychotherapy

○ Faculty: Bradley S. Peterson, M.D. (Columbia)

Questions:

- 1) **The neural system or brain regions most consistently implicated in subserving self-regulatory control over drives and impulses is:**
 - a. The amygdala and hippocampus
 - b. Frontostriatal circuits
 - c. Sensorimotor cortices
 - d. Thalamo-cerebellar circuits
 - e. The hypothalamus-pituitary system.
- 2) **In addition to the pleasure/unpleasure continuum (i.e., emotional valence) hypothesized by Freud as important in the emotional motivation of behavior, the other continuum thought by modern affective neuroscientists to contribute to emotional experience is:**
 - a. self-regulatory control
 - b. intelligence
 - c. aggression;
 - d. arousal
- 3) **The brain region that subserves the type of learning that can occur outside of conscious awareness and that occurs over many repeated trials is:**
 - a. The striatum (i.e., caudate and putamen)
 - b. The cerebellum
 - c. The amygdala-hippocampus complex
 - d. The frontal cortex (i.e., mesial and dorsolateral prefrontal cortices)

The Empirical Basis and Indications for Brief and Long-Term Dynamic Therapy

○ Faculty: Glen O. Gabbard, M.D. (Baylor College of Medicine)

Questions:

- 1) **Which of the following disorders does *not* have empirical support for the use of dynamic psychotherapy as an efficacious treatment?**
 - a. Obsessive-compulsive disorder
 - b. Major depression
 - c. Panic disorder
 - d. Borderline personality disorder
- 2) **Which of the following treatments has *not* been empirically validated when used with borderline personality disorder?**
 - a. Schema-focused psychotherapy
 - b. Transference-focused psychotherapy
 - c. Mentalization based therapy

- d. Interpersonal therapy

Brief Therapy for Panic Disorder

- *Faculty: Fred N. Busch, M.D. (Columbia)*

Questions:

- 1) **Panic patients demonstrate internal conflicts about:**
 - a. Separation
 - b. Anger
 - c. Dependency
 - d. Sexuality
 - e. All of the above

- 2) **Termination, or the end of treatment:**
 - a. Typically is not productive in a psychodynamic psychotherapy
 - b. Usually has very little impact on the panic patient
 - c. Is an important opportunity to explore feelings about separation from the therapist
 - d. Cannot be distinguished for other phases of PFPP
 - e. Is important in PFPP in making medication decisions

Working with Resistance in Dynamic Therapy

- *Faculty: Robert Michels, M.D. (Cornell)*

Questions:

- 1) **In dynamic psychotherapy, the patient's resistance:**
 - a. Is to be expected as a regular occurrence
 - b. Is a negative prognostic indicator
 - c. Suggests unempathic responses of the therapist
 - d. Requires forceful counterattack by the therapist
 - e. None of the above

- 2) **Resistance may be manifested by:**
 - a. Inability to schedule appointments
 - b. Objection to cost of treatment
 - c. Uniform compliance with the demands of therapy
 - d. All of the above
 - e. None of the above.

Transference-Focused Psychotherapy for Borderline Personality Disorder

- *Faculty: Otto F. Kernberg, M.D. (Cornell)*

Questions:

- 1) **The following interventions are part of the technical approach of Transference Focused Psychotherapy, except:**
 - a. Clarification
 - b. Confrontation
 - c. Interpretation in the here and now
 - d. Environmental intervention
 - e. Technical neutrality
 - f. Countertransference

- 2) **Countertransference analysis implies all of the following, except:**
 - a. Strict maintenance in role of the therapist
 - b. Internal tolerance of countertransference reaction

- c. Acknowledging honestly countertransference acting out
- d. Including countertransference analysis in transference interpretation
- e. Communication of the countertransference in severe affect storms
- f. Working through chronic countertransference reactions outside the treatment sessions

Mentalization-Based Treatment

○ *Faculty: John M. Oldham (Menninger)*

Questions:

1) Mentalization Based Treatment is:

- a. A new school of psychotherapy
- b. An alternative object relations approach
- c. A specific focus for a range of treatments
- d. An eclectic psychotherapy

2) A therapist practicing MBT techniques is likely to:

- a. Give advice on how to improve mentalizing
- b. Be curious about how the patient is thinking
- c. Interpret the patients relationships in terms of their childhood experiences
- d. Focus the patient's attention on their past and current attachment trauma

Answer Key

Bradley S. Peterson, M.D.

- b.
- d.
- a.

Glen O. Gabbard, M.D.

- a.
- d.

Fred N. Busch, M.D.

- e.
- c.

Robert Michels, M.D.

- a.
- d.

Otto F. Kernberg, M.D.

- d.
- e.

John M. Oldham, M.D.

- c.
- b.

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