

Psychodynamic (psychoanalytic) psychotherapy (PAPT)

Most psychodynamic approaches are centered on the concept that some maladaptive functioning is at play, and that this maladaptation is, at least in part, unconscious. The presumed maladaptation develops early in life and eventually causes difficulties in day-to-day life. Psychodynamic therapies focus on revealing and resolving these unconscious conflicts that are driving these symptoms. Major techniques used by psychodynamic therapists include free association, dream interpretation, recognizing resistance and transference, working through painful memories and difficult issues, and building a strong therapeutic alliance. PAPT is used mostly for long term therapies.

In Cystic Fibrosis, this approach can help the patient to understand his or her unconscious life so that s/he can gain a better control of internal struggles. These unconscious thoughts and emotions can often complicate adherence. Being aware of resistance and transference can also be very helpful for the Cystic Fibrosis multidisciplinary team to better understand the relationship between the person with Cystic Fibrosis and members of the medical and para medical team.