

Dr. Keith Krull on how Psychodynamic Psychotherapy works

I'm Dr. Keith Krull, a Registered Psychologist serving the entire BC lower mainland. While I have had training in Behavioral Therapy, Gestalt Therapy and Existential Therapy, I have been **most deeply committed to Psychoanalytic or Psychodynamic Psychotherapy**. I have found it to be **the most powerful means to understand human functioning and the various problems of living we all experience from time to time**. I'm sharing this brochure information to explain my area of expertise and passion.

What is Psychodynamic Psychotherapy?

Broadly speaking, Psychodynamic Psychotherapy is insight-oriented therapy that aims to help people by **promoting personal growth rather than simple behavioral change**. Originally devised by Freud over 100 years ago, it has been practiced and revised by thousands of clinicians over the decades. Today, it is a lot more thorough, comprehensive and clinically insightful than it was originally. So it has a rich tradition and has been constantly growing and evolving over the years.

How does Psychodynamic Psychotherapy work?

The client and therapist work as a team to understand what lies behind what is observable. By examining thoughts, feelings, behavior and relationships, **we together discover one's inner workings, in their many and varied forms**. We can discover unreflected-upon hopes, dreams, fears, longings, etc. that have shaped us and have had parts to play in our present difficulties. Through the experience of psychotherapy, we can understand ourselves more fully and experience emotional growth in areas that had previously been impeded. But it is always as a team - it takes two to know one.

How long does it take?

Psychodynamic psychotherapy can be effectively used in both short- and long-term modalities. Longer term treatment (often two or more years) has more far-reaching goals, deeper understanding and more profound impact. But, short-term treatment (6 - 20 sessions or more) is effective in treating more specific problem areas (eg. adjustment difficulties) or less severe problems. Many clients start in a short-term treatment program but then decide to go further once they discover the benefits of therapy and want to see growth in other areas of their lives. That option is always available. Some may find they lack the resources to undertake such an endeavour but they still find significant benefit in a shorter course of self examination with a trusted psychodynamic therapist. *~see next page for evidence-based research and more...*

Is psychodynamic therapy evidence-based?

Much has been made in recent years about *evidence-based* treatments, both medical and psychological. However, it can be confusing and even deceptive depending on what is being considered as *evidence*. Psychodynamic psychotherapy is evidence-based, supported by a long history of research & experiential data regarding its effectiveness. A recent article by Shedler¹ reviewed his meta-analysis (a research study taking data from many independent studies) of psychodynamic psychotherapy. He found irrefutable proof not only of the effectiveness of psychodynamic therapy, but also its superiority compared to other therapies such as cognitive behavior therapy (CBT), a heavily-researched evidence-based therapy. Of particular note: Shedler found that the effects of psychodynamic psychotherapy continued to expand - even after treatment had stopped! CBT, on the other hand, appeared to lose its effects quite rapidly after treatment terminated. Psychodynamic therapy not only ***evidenced greater benefits, but the benefits continued to grow after therapy was over.***

Are there advantages to seeing a Registered Psychologist?

The advantages to obtaining a Registered Psychologist as a mental health care provider are two-fold: first, it guarantees that the therapist has met the standards and requirements for being a Psychologist. The College of Psychologists of British Columbia sets the minimal standards to be Registered. These standards include course work, professional exams, clinical experience and supervision. Those who have not met these rigorous requirements are not allowed to call themselves Psychologists. So if someone is not a Registered Psychologist, then they most likely have not had the same training and examination as someone who is.

The second advantage to seeing a Registered Psychologist is a **financial** one. Most extended health care providers (like Blue Cross, Manulife, etc.) cover services provided by Registered Psychologists. Only a few cover services by other mental health care professionals. By seeing a Registered Psychologist, clients assure themselves of seeing a qualified professional and may well get coverage for the services they receive (be sure to check with the provider for the limits of the coverage).

What about fees?

Fees are commensurate with the recommendations of the BC Psychological Association. Some allowances for sliding scale clients are available at the Fleetwood location. Payment can be made by cash or cheque and is customarily received at time of service.

How do I start?

Please [contact me](#): I'd be happy to see if I can help you.

¹ The Efficacy of Psychodynamic Psychotherapy. J Shedler in American Psychologist, Vol 65, No 2, pp. 98-109; Feb/Mar 2010.