

# Cambridge Guide to Psychodynamic Psychotherapy

---

**Adam Polnay**

The State Hospital (Carstairs) and Royal Edinburgh Hospital

**Rhiannon Pugh**

DocHealth, London

**Victoria Barker**

East London NHS Foundation Trust

**David Bell**

British Psychoanalytic Society

**Allan Beveridge**

Royal College of Psychiatrists

**Adam Burley**

NHS Lothian

**Allyson Lumsden**

NHS Greater Glasgow and Clyde

**C. Susan Mizen**

Devon Partnership NHS Trust

**Lauren Wilson**

Royal Edinburgh Hospital



**CAMBRIDGE**  
UNIVERSITY PRESS

# Contents

*Foreword* xi

Nancy McWilliams

*Preface* xv

Adam Polnay and Rhiannon Pugh

*A Note from the Series Editor* xviii

*Acknowledgements* xix

---

## Part 1: An Overview of the Model

- 1 **An Historical Overview of Psychodynamic Psychotherapy** 1  
Allan Beveridge
- 2 **The Supporting Theory of Psychodynamic Psychotherapy** 18  
Adam Polnay and Rhiannon Pugh
- 3 **A Brief Description of the Empirical Basis of Psychodynamic Psychotherapy** 51  
Victoria Barker and Adam Polnay
- 4 **An Outline of Psychodynamic Psychotherapy** 65  
Rhiannon Pugh and Adam Polnay

## Part 2: The Model of Psychodynamic Psychotherapy into Practice

- 5 **Framing a Psychodynamic Space** 79  
Adam Polnay
- 6 **The Goals of Psychodynamic Psychotherapy** 89  
Rhiannon Pugh
- 7 **Psychodynamic Psychotherapy Technique** 98  
Rhiannon Pugh and Adam Polnay

- 
- 8 **The Overall Structure of Psychodynamic Therapy** 128  
Adam Polnay
  - 9 **Psychological Assessment and Formulation in Psychodynamic Psychotherapy** 151  
Victoria Barker
  - 10 **Some Reflections on the Supervisory Process** 162  
David Bell

## Part 3: Application for Mental Health Presentations

Applications of Psychodynamic Psychotherapy with  
Accompanying Case Study  
Description for Each Presentation

- 11 **Psychodynamic Approaches to Anxiety** 171  
Lauren Wilson
- 12 **The Psychodynamics of Depressing/Depressed States** 184  
Adam Polnay
- 13 **Dynamics of Borderline States of Mind** 200  
Victoria Barker

- 14 **Narcissistic Difficulties, a Trans-Diagnostic Presentation Requiring a System-Wide Approach** 211  
C. Susan Mizen
- Part 4: Application of Psychodynamic Psychotherapy in Different Populations and in Different Settings**
- Beyond 1:1 Therapy: Working Psychodynamically with Clinicians, Teams, and Organisations  
Adam Burley and Adam Polnay
- 15 **Applications of Psychodynamic Theory and Principles outside of Specialist Psychotherapy Settings** 231
- 16 **An Introduction to the Dynamics of Anger, Aggression and Violence** 244
- 17 **Psychologically Informed Organisations and Services** 258
- 18 **Psychodynamic Reflective Practice Groups** 269
- 19 **Psychodynamic Consultation to Clinical Teams** 278
- Other Forms and Settings of Psychotherapeutic Work
- 20 **A Psychodynamic Approach to Working with People Experiencing Multiple Exclusion Homelessness** 291  
Adam Burley
- 21 **Psychodynamic Psychotherapy Online and by Phone** 300  
Lauren Wilson
- 22 **Group Analysis and its Applications** 310  
Allyson Lumsden
- 
- Glossary of Terms* 322  
Adam Polnay  
*Index* 325