

Figure 1: Common Factors of Short-term Psychodynamic Psychotherapy

Focus on affect and expression of emotion

Exploration of attempts to avoid distressing thoughts and feelings

Identification of recurring emotional and relational themes and patterns

Exploration of past experiences and conflicts and how they relate to present experiences

Focus on past and current interpersonal relationships

Focus on the therapeutic relationship

Exploration of unconscious wishes and fantasies

Time limitation or time restriction using 40 or fewer sessions