



**Titu Maiorescu
University**



ARPCCI

Romanian Association of Cognitive Behavioral
and Interpersonal Psychotherapy



The Alexander von Humboldt Foundation

WORKSHOP - CONTINUOUS EDUCATION

March 3, 2023 / 4 pm - 6 pm

Titu Maiorescu University, Calea Vacaresti 187, room 305, 3rd floor

Development of Modern Psychodynamic Psychotherapies and Results of Comparative Psychotherapy Research

Based on classical psychoanalysis, psychodynamic therapies have developed significantly in recent decades. They have become more symptom-oriented, more focused and considerably shorter. However, this has also made it possible to transfer them into therapy manuals, which are the basis for empirical comparative psychotherapy studies.

In this presentation, some of these psychodynamically oriented short therapies will be introduced. In addition, current results of comparative therapy research will be reported. The main findings here are that it is much less the applied therapy method that matters, but much more the psychotherapeutic relationship and the fitting of patient and therapist to each other.

Prof. Jörn von Wietersheim, PhD

- Clinical Psychologist
- Licensed Psychotherapist for Psychodynamic Psychotherapy
- Emeritus Professor of Psychosomatic Medicine at Ulm University
- Former Vice Head of the Department for Psychosomatic Medicine and Psychotherapy at Ulm University Medical Center

Main research topics: Psychotherapy research, work and health, public health research, eating disorders.

An invitation by **Prof. Oltea Joja, PhD**,
part of the series of lectures on **Psychotherapy Research**

To register contact: Psychol. Matei Theodora at matei.theodora@yahoo.com