

Research methods in Psychodynamic Psychotherapy

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1 ECTS

Summary The objective of the course is to address psychoanalytic therapy research issues with the belief that sharing findings, methods, and questions about empirical research supports the development of clinical skills and critical thinking for both researchers and clinicians. The empirical implications derived from a stance that advocates for a pluralistic and interdisciplinary dialogue between psychoanalysis, related disciplines, and psychotherapy process research involve an attempt to bridging the gap between a hermeneutic and a scientific position. The search for a pluralistic perspective would probably be the best path, based on the understanding that the chasm between clinical phenomena and the requisites of empirical science cannot be spanned through a single approach. The course will explore these issues using examples from multimodal research in psychoanalytic therapy.

Course dates 2027

- Session 1 – Friday February 5: 13h – 17h (Consultation de Chauderon)
- Session 2 – Friday February 12: 13h – 17h (Consultation de Chauderon)
- Session 3 – Friday February 19: 9h – 13h (Consultation de Chauderon)

Course sessions

- Session 1 Novel methods in psychoanalytic research
Part I: Conceptual framework, model of pluralistic research. Presentation of research illustrating pluralism in psychoanalytic research.
Part II: What are the specific challenges psychoanalytic research faces? Small and big group discussions. Second research illustration.
Part III: Journal club Discussion based on papers read by all participants, with reporting from the preliminary work of 2 participants.
- Session 2 Depression and dreams in clinical practice and research
Part I: Depression in clinical practice First part based on participant presentation. (Collaborative work of 2 participants).
 Second part Presentation of depression as conceptualized in psychoanalytic psychotherapy
 Neurobiology, MRI and depression
Part II: Dreams in clinical practice First part based on participant presentation. (Collaborative work of 2 participants). Second part, presentation of importance of dreams in psychoanalytic psychotherapy.
Part III: Journal club One paper on depression in neuropsychanalysis Report from one participant. One paper on dreams in neuro-psychoanalysis or in medical research. Report from one participant.

- Session 3 Neurobiology and neuroimaging in dreams in psychoanalytic research
(with the participation of Prof. Tamara Fischmann)
Part I: Rating dreams (ZDPCS, Dreams-C). Past and current research examples on dreams. Biological function of dreams. Consolidation of the working memory (rTMS).
Part II: Wrap-up, discussion

Course materials

- go to "<https://moodle2.unil.ch>"
- log in with your institutional address (unil, chuv, epfl)
- click on "[Faculté de Biologie et de Médecine](#)" > "[Ecole doctorale / doctoral school](#)" > "[Lemanic Neuroscience Doctoral School](#)"
- course materials and papers will be stored under "Research in psychoanalytic therapy " (<https://moodle.unil.ch/course/view.php?id=29202>)

Location

Salle Bovet, 5e étage, Consultation de Chauderon, [Place Chauderon 18, 1003 Lausanne](#).

Evaluation

Participants are expected to be present to all course sessions, and to actively participate. Each participant will be invited to think critically about a potential study in psychoanalytic research that may be developed in her/his area of research (or PhD, MD theme). This work will be presented and discussed with the panel of participants for mutual inspiration.

Registration

Register before December 30, 2026 by writing a mail to Indscourses@gmail.com (with your supervisor in copy) and stating the course title as subject.