

Psychodynamic Treatment Manuals with Empirical Support*

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*Included manuals have been used in at least one randomized controlled trial (RCTs) showing superiority over a control condition and/or non-significant difference compared to a established treatment. Manuals of integrative treatments with a significant psychodynamic component have been included. References to manuals include original works as well as later updates when available. The file is updated regularly and please email the authors (peter.lillengren@su.se or jakob.mechler@psychology.su.se) if you have suggestions for changes.

Depressive disorders										
Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Major depression	Adult	Brief Dynamic Psychotherapy (BDP)	Malan, D. H. (1979). <i>Individual psychotherapy and the science of psychodynamics</i> (1. publ). Butterworths.	Maina, G., Forner, F., & Bogetto, F. (2005). Randomized controlled trial comparing brief dynamic and supportive therapy with waiting list condition in minor depressive disorders. <i>Psychotherapy and Psychosomatics</i> , 74, 43-50. http://www.ncbi.nlm.nih.gov/pubmed/15627856	Maina, G., Rosso, G., Crespi, C., & Bogetto, F. (2007). Combined brief dynamic therapy and pharmacotherapy in the treatment of major depressive disorder: A pilot study. <i>Psychotherapy and Psychosomatics</i> , 76 (5), 298-305. http://www.ncbi.nlm.nih.gov/pubmed/17700950	Maina, G., Rosso, G., & Bogetto, F. (2009). Brief dynamic therapy combined with pharmacotherapy in the treatment of major depressive disorder: long-term results. <i>Journal of Affective Disorders</i> , 114(1-3), 200-207. https://doi.org/10.1016/j.jad.2008.07.010	Rosso, G., Martini, B., & Maina, G. (2012). Brief dynamic therapy and depression severity: A single-blind, randomized study. <i>Journal of affective disorders</i> , 1-6. http://www.ncbi.nlm.nih.gov/pubmed/23174499	Salminen, J. K., Karlsson, H., Hietala, J., Kajander, J., Aalto, S., & Markkula, J., et al. (2008). Short-term psychodynamic psychotherapy and fluoxetine in major depressive disorder: a randomized comparative study. <i>Psychother Psychosom</i> , 77, 351-357. http://www.ncbi.nlm.nih.gov/pubmed/18704054		
Mixed depression and anxiety	Adult	Brief Dynamic Psychotherapy (BDT)	Malan, D. H. (1979). <i>Individual psychotherapy and the science of psychodynamics</i> (1. publ). Butterworths.	Bressi, C., Porcellana, M., Marinaccio, P. M., Nocito, E. P., & Magri, L. (2010). Short-term psychodynamic psychotherapy versus treatment as usual for depressive and anxiety disorders: a randomized clinical trial of efficacy. <i>The Journal of Nervous and Mental Disease</i> , 198 (9), 647-52. http://www.ncbi.nlm.nih.gov/pubmed/20827794	Knekt, P., & Lindfors, O. (2004). A randomized trial of the effect of four forms of psychotherapy on depressive and anxiety disorders. Helsinki: Kela. https://helda.helsinki.fi/handle/10250/3315					
Post-partum depression	Adult	Brief Dynamic Psychotherapy (BDT)	Malan, D. H. (1979). <i>Individual psychotherapy and the science of psychodynamics</i> (1. publ). Butterworths.	Bloch, M., Meiboom, H., Lorberblatt, M., Bluvstein, I., Aharonov, I., & Schreiber, S. (2012). The effect of sertraline add-on to brief dynamic psychotherapy for the treatment of postpartum depression: a randomized, double-blind, placebo-controlled study. <i>The Journal of clinical psychiatry</i> , 73 (2), 235-41. http://www.ncbi.nlm.nih.gov/pubmed/22404774						
Major depression	Adult	Dynamic Interpersonal Therapy (DIT)	Lemma, A., Target, M., & Fonagy, P. (2011). <i>Brief dynamic interpersonal therapy: A clinician's guide</i> (1. publ). Oxford Univ. Press.	Fonagy, P., Lemma, A., Target, M., O'Keeffe, S., Constantinou, M. P., Ventura Wurman, T., ... Pilling, S. (2019). Dynamic interpersonal therapy for moderate to severe depression: a pilot randomized controlled and feasibility trial. <i>Psychological Medicine</i> , (May), 1-10. https://doi.org/10.1017/S0033291719000928	Wang, Y., Yao, J., Koszycki, D., Jiang, W., Fang, F., Wang, M., ... Qiu, J. (2023). Efficacy of dynamic interpersonal therapy for major depressive disorder in China: results of a multicentered, three-arm, randomized, controlled trial. <i>Psychological Medicine</i> , 1-13. https://doi.org/10.1017/S0033291723000788					
Major depression	Adult	Intensive Short-Term Dynamic Psychotherapy (ISTDP)	Abbass, A. (2015). <i>Reaching through resistance: Advanced psychotherapy techniques</i> (First edition). Seven Leaves Press. Davanloo, H. (1991). <i>Unlocking the unconscious: Collected papers of Habib Davanloo</i> (Reprint). Wiley. Davanloo, H. (2000). <i>Intensive short-term dynamic psychotherapy: Selected papers of Habib Davanloo</i> . Wiley.	Ajlilchi, B., Nejati, V., Town, J. M., Wilson, R., & Abbass, A. (2016). Effects of Intensive Short-Term Dynamic Psychotherapy on depressive symptoms and executive functioning in Major Depression. <i>The Journal of Nervous and Mental Disease</i> , 204 (7), 500-5. http://doi.org/10.1097/NMD.0000000000000518	Heshmati, R., Wienicke, F. J., & Driessen, E. (2023). The effects of intensive short-term dynamic psychotherapy on depressive symptoms, negative affect, and emotional repression in single treatment-resistant depression: A randomized controlled trial. <i>Psychotherapy</i> (Chicago, Ill.), https://doi.org/10.1037/pst0000500	Rahmani, F., Rezaei, F., Nasuri, M., & Sc, M. (2011). Major Depressive Disorder: A Comparison of a Focused Psychodynamic Psychotherapy and Pharmacotherapy. <i>Iranian Journal of Psychiatry and Behavioral Sciences</i> , 5 (51), 37-44. Retrieved from. http://ijpbs.mazums.ac.ir/article-3-64-en.pdf				
Treatment resistant depression	Adult	Intensive Short-Term Dynamic Psychotherapy (ISTDP)	Abbass, A. (2015). <i>Reaching through resistance: Advanced psychotherapy techniques</i> (First edition). Seven Leaves Press. Davanloo, H. (1991). <i>Unlocking the unconscious: Collected papers of Habib Davanloo</i> (Reprint). Wiley. Davanloo, H. (2000). <i>Intensive short-term dynamic psychotherapy: Selected papers of Habib Davanloo</i> . Wiley.	Town, J. M., Abbass, A., Stride, C., & Bernier, D. (2017). A randomised controlled trial of Intensive Short-Term Dynamic Psychotherapy for treatment resistant depression: the Halifax Depression Study. <i>Journal of Affective Disorders</i> , 214, 15-25. https://doi.org/https://doi.org/10.1016/j.jad.2017.02.035						
Chronic, treatment resistant depression	Adult	Long-Term Psychoanalytic Psychotherapy (LTPP)	Taylor, D. (2015). Treatment manual for Tavistock Adult Depression Study: Individual Psychoanalytic Psychotherapy For The Treatment Of Chronic, Refractory, & Treatment-Resistant Depression [Unpublished.].	Fonagy, P., Rost, F., Carlyle, J.-A., Mcpherson, S., Thomas, R., Fearon, R. M. P., ... Taylor, D. (2015). Pragmatic randomized controlled trial of long-term psychoanalytic psychotherapy for treatment-resistant depression : the Tavistock Adult Depression Study (TADS). <i>World Psychiatry</i> , 14 (3), 312-321 http://www.ncbi.nlm.nih.gov/pubmed/26407282	Leuzinger-Rohleber, M., Hautzinger, M., Fiedler, G., Keller, W., Bahrke, U., Kallenbach, L., ... Beutel, M. (2018). Outcome of psychoanalytic and cognitive-behavioural long-term therapy with chronically depressed patients: A controlled trial with preferential and randomized allocation. <i>The Canadian Journal of Psychiatry</i> , 64 (1), 47-58. http://doi.org/10.1177/0706743718780340					

Depressive disorders

Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Major depression	Adult	Long-term psychodynamic psychotherapy (LTPP)	Gabbard, G. O. (2017). Long-term psychodynamic psychotherapy: A basic text (Third edition). American Psychiatric Association Publishing.	Bastos, A. G., Guimaraes, L. S. P., & Trentini, C. M. (2014). The efficacy of long-term psychodynamic psychotherapy, fluoxetine and their combination in the outpatient treatment of depression. <i>Psychotherapy Research : Journal of the Society for Psychotherapy Research</i> , (July 2014), 1–13. http://www.ncbi.nlm.nih.gov/pubmed/25041333	Knekt, P., & Lindfors, O. (2004). A randomized trial of the effect of four forms of psychotherapy on depressive and anxiety disorders. Helsinki: Kela. https://helda.helsinki.fi/handle/10250/3315					
Major depression	Adult	Psychodynamic-Interpersonal Therapy (PIT)	Barkham, M., Guthrie, E., Hardy, G. E., Margison, F., & Guthrie, E. (2017). <i>Psychodynamic-interpersonal therapy: A conversational model</i> . SAGE. Hobson, R. F. (1985). <i>Forms of Feeling: The Heart of Psychotherapy</i> (1 ed.). Routledge.	Barkham, M., Rees, A., Shapiro, D. A., Stiles, W. B., Agnew, R. M., & Halstead, J., et al. (1996). Outcomes of time-limited psychotherapy in applied settings: replicating the Second Sheffield Psychotherapy Project. <i>J Consult Clin Psychol</i> , 64, 1079-1085. http://www.ncbi.nlm.nih.gov/pubmed/8916639	Barkham, M., Shapiro, D. A., Hardy, G. E., & Rees, A. (1999). Psychotherapy in two-plus-one sessions: outcomes of a randomized controlled trial of cognitive-behavioral and psychodynamic-interpersonal therapy for subsyndromal depression. <i>J Consult Clin Psychol</i> , 67, 201-211. http://www.ncbi.nlm.nih.gov/pubmed/10274730	Shapiro, D. A., Barkham, M., Rees, A., Hardy, G. E., Reynolds, S., & Startup, M., et al. (1994). Effects of treatment duration and severity of depression on the effectiveness of cognitive- behavioral and psychodynamic-interpersonal psychotherapy. <i>J Consult Clin Psychol</i> , 62, 522-534. http://www.ncbi.nlm.nih.gov/pubmed/8063978				
Major depression	Adult	Short Psychodynamic Supportive Psychotherapy (SPSP)	Jonghe, F. de. (2014). <i>Handboek kortdurende psychoanalytische steungevende psychotherapie</i> . Bencke.	de Jonghe, F., Hendriksen, M., van Aalst, G., Kool, S., Peen, J., & Van, R., et al. (2004). Psychotherapy alone and combined with pharmacotherapy in the treatment of depression. <i>British Journal of Psychiatry</i> , 185, 37-45. http://www.ncbi.nlm.nih.gov/pubmed/15231554	de Jonghe, F., Kool, S., van Aalst, G., Dekker, J., & Peen, J. (2001). Combining psychotherapy and antidepressants in the treatment of depression. <i>Journal of Affective Disorders</i> , 64 (2-3), 217–29. http://www.ncbi.nlm.nih.gov/pubmed/11313088	Dekker, J., Molenaar, P. J., Kool, S., Van Aalst, G., Peen, J., & de Jonghe, F. (2005). Dose- effect relations in time-limited combined psycho-pharmacological treatment for depression. <i>Psychological Medicine</i> , 35 (1), 47–58. http://www.ournals.cambridge.org/abstract_50033291704002685	Dekker, J. J. M., Koelen, J. A., Van, H. L., Schoevers, R. A., Peen, J., Hendriksen, M., ... De Jonghe, F. (2008). Speed of action: the relative efficacy of short psychodynamic supportive psychotherapy and pharmacotherapy in the first 8 weeks of a treatment algorithm for depression. <i>Journal of Affective Disorders</i> , 109 (1-2), 183–188. http://linkinghub.elsevier.com/retrieve/pii/S0165032707003588	Driessen E, Van HL, Don FJ, Peen J, Kool, S., Westra, D., ... Dekker, J. J. M. (2013). The Efficacy of Cognitive-Behavioral Therapy and Psychodynamic Therapy in the Outpatient Treatment of Major Depression: A Randomized Clinical Trial. <i>American Journal of Psychiatry</i> , 170 (9), 1041-1050 https://www.ncbi.nlm.nih.gov/pubmed/24038013	Kool, S., Dekker, J., & Duijsens, I. (2003). Efficacy of combined therapy and pharmacotherapy for depressed patients with or without personality disorders. <i>Harvard Review of Psychiatry</i> , 133–142. http://informahealthcare.com/doi/abs/10.1080/1067322030303950	Molenaar, P. J., Boom, Y., Peen, J., Schoevers, R. A., Van, R., & Dekker, J. J. (2011). Is there a dose-effect relationship between the number of psychotherapy sessions and improvement of social functioning? <i>The British Journal of Clinical Psychology</i> . - https://www.ncbi.nlm.nih.gov/pubmed/21810106
Major depression	Adolescent	Short-Term Psychoanalytic Psychotherapy (STPP)	Cregeen, S., Hughes, C., Midgley, N., Rhode, M., & Rustin, M. (2018). Short-Term Psychoanalytic Psychotherapy for Adolescents with Depression: A Treatment Manual (J. Catty, Ed.; 1st ed.). Routledge. https://doi.org/10.4324/9780429480164	Goodyer, I. M., Reynolds, S., Barrett, B., Byford, S., Dubicka, B., Hill, J., ... Midgley, N. (2016). Cognitive behavioural therapy and short-term psychoanalytic psychotherapy versus a brief psychosocial intervention in adolescents with unipolar major depressive disorder (IMPACT): a multicentre, pragmatic, observer-blind, randomised controlled superiority trial. <i>The Lancet Psychiatry</i> , 366 (16), 1–11. http://doi.org/10.1016/S2215-0366(16)30221-5	Ulberg, R., Hummelen, B., Hersoug, A. G., Midgley, N., Høglend, P. A., & Dahl, H. J. (2021). The first experimental study of transference work-in teenagers (FEST-IT): a multicentre, observer- and patient-blind, randomised controlled component study. <i>BMC Psychiatry</i> , 21(1), 106. https://doi.org/10.1186/s12888-021-03055-y					
Major depression	Adult	Supportive-Expressive Psychotherapy (SEP)	Book, H. E. (1998). <i>How to practice brief psychodynamic psychotherapy: The core conflictual relationship theme method</i> . American Psychological Association. Luborsky, L. (1984). <i>Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment</i> . Basic Books.	Barber, J. P., Barrett, M. S., Gallop, R., Rynn, M. A., & Rickels, K. (2011). Short-term dynamic psychotherapy versus pharmacotherapy for major depressive disorder: a randomized, placebo-controlled trial. <i>The Journal of clinical psychiatry</i> , 1–8. http://www.ncbi.nlm.nih.gov/pubmed/22152401	Connolly Gibbons, M. B., Thompson, S. M., Scott, K., Schauble, L. a, Mooney, T., Thompson, D., ... Crits-Christoph, P. (2012). Supportive-expressive dynamic psychotherapy in the community mental health system: A pilot effectiveness trial for the treatment of depression. <i>Psychotherapy (Chicago, Ill.)</i> , 49 (3), 303–16. http://www.ncbi.nlm.nih.gov/pubmed/22962971	Connolly Gibbons, M. B., Gallop, R., Thompson, D., Luther, D., Crits-Christoph, K., Jacobs, J., ... Crits-Christoph, P. (2016). Comparative effectiveness of Cognitive Therapy and Dynamic Psychotherapy for Major Depressive Disorder in a community mental health setting. <i>JAMA Psychiatry</i> , 19104, 1–8. http://doi.org/10.1001/jamapsychiatry.2016.1720	Zilcha-Mano, S., Goldstein, P., Dolev-Amit, T., Ben David-Sela, T., & Barber, J. P. (2021). A randomized controlled trial for identifying the most suitable treatment for depression based on patients' attachment orientation. <i>Journal of Consulting and Clinical Psychology</i> , 89 (12), 985–994. https://doi.org/10.1037/ccp0000696	Meganck, R., Desmet, M., Van Nieuwenhove, K., De Smet, M., Hennissen, V., Truijens, F., ... Vanheule, S. (2023). The Ghent Psychotherapy Study: A Pragmatic, Stratified, Randomized Parallel Trial into the Differential Efficacy of Psychodynamic and Cognitive-Behavioral Interventions in Dependent and Self-Critical Depressive Patients. <i>Psychotherapy and Psychosomatics</i> , 1–12. https://doi.org/10.1159/000536448		
Major depression in breast cancer patients	Adult	Supportive-Expressive Psychotherapy (SEP)	Book, H. E. (1998). <i>How to practice brief psychodynamic psychotherapy: The core conflictual relationship theme method</i> . American Psychological Association. Luborsky, L. (1984). <i>Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment</i> . Basic Books.	Beutel, M. E., Weissflog, G., Leuteritz, K., Wiltink, J., Haselbacher, a., Ruckes, C., ... Brahler, E. (2013). Efficacy of short-term psychodynamic psychotherapy (STPP) with depressed breast cancer patients: results of a randomized controlled multicenter trial. <i>Annals of Oncology</i> , 1–7. http://annonc.oxfordjournals.org/ga/doi/10.1093/annonc/mdi526						
Major depression	Adult	Time-Limited Psychotherapy (TLP)	Mann, J. (1973). <i>Time-limited psychotherapy</i> . Harvard Univ. Press.	Gallagher-Thompson, D., & Steffen, A. M. (1994). Comparative effects of cognitive-behavioral and brief psychodynamic psychotherapies for depressed family caregivers. <i>J Consult Clin Psychol</i> , 62, 543-549. http://www.ncbi.nlm.nih.gov/pubmed/8063980	Thyme, K. E., Sundin, E. C., Stahlberg, G., Lindstrom, B., Eklof, H., & Wiberg, B., et al. (2007). The outcome of short-term psychodynamic art therapy compared to short-term psychodynamic verbal therapy for depressed women. <i>Psychoanalytic Psychotherapy</i> , 21, 250-264. http://www.tandfonline.com/doi/abs/10.1080/14637520600612348					

Anxiety disorders										
Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Panic disorder	Adult	Brief Dynamic Psychotherapy (BDP)	Malan, D. H. (1979). <i>Individual psychotherapy and the science of psychodynamics</i> . Butterworths.	Martini, B., Rosso, G., Chiodelli, D. F., De Cori, D., & Maina, G. (2011). Brief dynamic therapy combined with pharmacotherapy in the treatment of panic disorder with concurrent depressive symptoms. <i>Clinical Neuropsychiatry</i> , 8 (3), 204–21. http://www.clinicalneuropsychiatry.org/pdf/04_martini.pdf	Wiborg, I. M., & Dahl, A. A. (1996). Does brief dynamic psychotherapy reduce the relapse rate of panic disorder? <i>Arch Gen Psychiatry</i> , 53, 689-694. https://www.ncbi.nlm.nih.gov/pubmed/8694682					
Panic disorder	Adult	Panic-Focused Psychodynamic Psychotherapy (PFPP)	Busch, F. N. (Ed.). (2012). <i>Manual of panic focused psychodynamic psychotherapy, extended range</i> . Routledge.	Milrod, B., Leon, A. C., Busch, F., Rudden, M., Schwalberg, M., & Clarkin, J., et al. (2007). A randomized controlled clinical trial of psychoanalytic psychotherapy for panic disorder. <i>Am J Psychiatry</i> , 164, 265-272. http://www.ncbi.nlm.nih.gov/pubmed/17267789	Beutel, M. E., Scheurich, V., Knebel, A., Michal, M., Wiltink, J., Graf-Morgenstern, M., ... Subic-Wrana, C. (2013). Implementing panic-focused psychodynamic psychotherapy into clinical practice. <i>Canadian journal of psychiatry</i> , 58 (6), 326–34. http://www.ncbi.nlm.nih.gov/pubmed/23768260	Milrod, B., Chambless, D. L., Gallop, R., Busch, F. N., Schwalberg, M., McCarthy, K. S., Gross, C., Sharpless, B.A., Leon, A.C., & Barber, J. P. (2015). Psychotherapies for Panic Disorder: A Tale of Two Sites. <i>The Journal of Clinical Psychiatry</i> , 10065, 1–9. https://www.researchgate.net/publication/27988042_Psychotherapies_for_Panic_Disorder_A_Tale_of_Two_Sites	Svensson, M., Nilsson, T., Perrin, S., Johansson, H., Viborg, G., Falkenström, F., & Sandell, R. (2020). The Effect of Patient's Choice of Cognitive Behavioural or Psychodynamic Therapy on Outcomes for Panic Disorder: A Doubly Randomised Controlled Preference Trial. <i>Psychotherapy and Psychosomatics</i> , (September 2020), 1–12. https://doi.org/10.1159/000511469			
Social anxiety disorder	Adult	Brief Dynamic Psychotherapy (BDP)	Malan, D. H. (1979). <i>Individual psychotherapy and the science of psychodynamics</i> (1. publ). Butterworths.	Bögels, S., Wjits, P., Oort, F., & Sallaerts, S. J. (2014). Psychodynamic psychotherapy versus cognitive-behavior therapy for social anxiety disorder: An efficacy and partial effectiveness trial. <i>Depression and Anxiety</i> , 31(5), 363–373. http://doi.wiley.com/10.1002/da.22246	Knijnik, D. Z., Kapczinski, F., Chachamovich, E., Margis, R., & Elzirik, C. L. (2004). Psychodynamic group treatment for generalized social phobia. <i>Revista Brasileira de Psiquiatria (São Paulo, Brazil : 1999)</i> , 26 (2), 77–81. http://www.ncbi.nlm.nih.gov/pubmed/15517057	Knijnik, D. Z., Blanco, C., Salum, G. A., Moraes, C. U., Mombach, C., Almeida, E., ... Elzirik, C. L. (2008). A pilot study of clonazepam versus psychodynamic group therapy plus clonazepam in the treatment of generalized social anxiety disorder. <i>European Psychiatry : The Journal of the Association of European Psychiatrists</i> , 23 (8), 567–74. http://www.ncbi.nlm.nih.gov/pubmed/18774274				
Social anxiety disorder	Adult	Intensive Short-Term Dynamic Psychotherapy (ISTDP)	Abbass, A. (2015). <i>Reaching through resistance: Advanced psychotherapy techniques</i> . Seven Leaves Press. Davanloo, H. (1991). <i>Unlocking the unconscious: Collected papers of Habib Davanloo</i> . Wiley. Davanloo, H. (2000). <i>Intensive short-term dynamic psychotherapy: Selected papers of Habib Davanloo</i> . Wiley.	Rahmani, F., Abbass, A., Hemmati, A., Mirghaed, S. R., & Ghaffari, N. (2020). The Efficacy of Intensive Short-Term Dynamic Psychotherapy for Social Anxiety Disorder. <i>The Journal of Nervous and Mental Disease</i> , 00 (00), 1. https://doi.org/10.1097/NMD.0000000000001097	Rahmani, F., Abbass, A., Hemmati, A., Ghaffari, N., & Rezaei Mirghaed, S. (2020). Challenging the role of challenge in intensive short-term dynamic psychotherapy for social anxiety disorder: A randomized controlled trial. <i>Journal of Clinical Psychology</i> , 1–10. https://doi.org/10.1002/jclp.22993					
Social anxiety disorder	Adult	Supportive-Expressive Psychotherapy (SEP)	Leichsenring, F., Beutel, M., Salzer, S., Haseltacher, A., & Wiltink, J. (2015). <i>Soziale Phobie: Psychodynamische Therapie</i> . Hogrefe Verlag. https://doi.org/10.1026/02322-000 Luborsky, L. (1984). <i>Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment</i> . Basic Books.	Leichsenring, F., Salzer, S., Beutel, M. E., Herpertz, S., Hiller, W., Hoyer, J., ... Leibing, E. (2013). Psychodynamic Therapy and Cognitive-Behavioral Therapy in Social Anxiety Disorder: A Multicenter Randomized Controlled Trial. <i>American Journal of Psychiatry</i> , 170 (7), 759-767. http://www.ncbi.nlm.nih.gov/pubmed/23680854						
Social anxiety disorder	Adolescent	Supportive-Expressive Psychotherapy (SEP; Luborsky, 1984; modified for social phobia in adolescents by Horn et al, 2010)	Horn, H., Reich, G., Winkelmann, K., & Leichsenring, F. (2010). <i>Psychoanalytisch-orientierte Fokalthherapie der sozialen Phobie bei Jugendlichen: Ein Behandlungsmanual auf Grundlage der supportiv-expressiven Therapie Luborskys</i> [Unpublished.]. Luborsky, L. (1984). <i>Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment</i> . Basic Books.	Salzer, S., Stefini, A., Kronmüller, K.-T., Leibing, E., Leichsenring, F., Henningsen, P., Peseschkian, H., Reich, G., Rosner, R., Ruhl, U., Schopf, Y., Steinert, C., Vonderlin, E., & Steil, R. (2018). Cognitive-behavioral and psychodynamic therapy in adolescents with social anxiety disorder: A multicenter randomized controlled trial. <i>Psychotherapy and Psychosomatics</i> , 1–11. http://doi.org/10.1159/000488990						
Generalized anxiety disorder	Adult	Supportive-Expressive Psychotherapy (SEP)	Leichsenring, F., & Salzer, S. (2014). <i>Generalisierte Angststörung</i> . Hogrefe. Luborsky, L. (1984). <i>Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment</i> . Basic Books.	Crits-Christoph, P., Gibbons, M. B. C., Narducci, J., Schamberger, M., & Gallop, R. (2005). Interpersonal Problems and the Outcome of Interpersonally Oriented Psychodynamic Treatment of GAD. <i>Psychotherapy: Theory, Research, Practice, Training</i> , 42 (2), 211–224. http://doi.apa.org/getdoi.cfm?doi=10.1037/0033-3204.42.2.211	Leichsenring, F., Salzer, S., Jaeger, U., Kächele, H., Kreische, R., & Leweke, F., et al. (2009). Short-Term Psychodynamic Psychotherapy and Cognitive-Behavioral Therapy in Generalized Anxiety Disorder: A Randomized, Controlled Trial. <i>Am J Psychiatry</i> , 166, 875-881. https://focus.psychiatryonline.org/doi/10.1176/foc.8.1.foc66					

Personality disorders

Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Borderline personality disorder	Adult	Mentalization-Based Treatment (MBT)	Bateman, A., & Fonagy, P. (2016). <i>Mentalization-based treatment for personality disorders: A practical guide</i> . Oxford University Press.	Bateman, A., & Fonagy, P. (1999). Effectiveness of partial hospitalization in the treatment of borderline personality disorder: a randomized controlled trial. <i>The American Journal of Psychiatry</i> , 156(10), 1563–9. http://www.ncbi.nlm.nih.gov/pubmed/10518167	Bateman, A., & Fonagy, P. (2009). Randomized controlled trial of outpatient mentalization- based treatment versus structured clinical management for borderline personality disorder. <i>Am J Psychiatry</i> , 166, 1355-1364. http://www.ncbi.nlm.nih.gov/pubmed/19833787	Laurensen, E. M. P., Luyten, P., Kikkert, M. J., Westra, D., Peen, J., Soons, M. B. J., ... Dekker, J. J. M. (2018). Day hospital mentalization- based treatment v. specialist treatment as usual in patients with borderline personality disorder: Randomized controlled trial. <i>Psychological Medicine</i> , 14(1), 1-8. http://doi.org/10.1017/S0033291718000132	Jørgensen, C. R., Freund, C., Bøye, R., Jordet, H., Andersen, D., & Kjølbye, M. (2012). Outcome of mentalization-based and supportive psychotherapy in patients with borderline personality disorder: a randomized trial. <i>Acta psychiatrica Scandinavica</i> , 1–13. http://www.ncbi.nlm.nih.gov/pubmed/22897123	Juul, S., Jakobsen, J. C., Hestbaek, E., Jørgensen, C. K., Olsen, M. H., Rishede, M., ... Simonsen, S. (2023). Short-Term versus Long-Term Mentalization-Based Therapy for Borderline Personality Disorder: A Randomized Clinical Trial (MBT-RCT). <i>Psychotherapy and Psychosomatics</i> , 1–11. https://doi.org/10.1159/000534289	Smits, M. L., Feenstra, D. J., Eeren, H. V., Bales, D. L., Laurensen, E. M. P., Blankers, M., ... Luyten, P. (2019). Day hospital versus intensive out-patient mentalisation-based treatment for borderline personality disorder: multicentre randomised clinical trial. <i>The British Journal of Psychiatry</i> , 1–6. https://doi.org/10.1192/bjp.2019.9	
Borderline personality disorder	Adult	Transference-Focused Psychotherapy (TFP)	Clarkin, J. F., Yeomans, F. E., & Kernberg, O. F. (1999). <i>Psychotherapy for borderline personality</i> . John Wiley & Sons Inc.	Clarkin, J. F., Levy, K. N., Lenzenweger, M. F., & Kernberg, O. F. (2007). Evaluating three treatments for borderline personality disorders: a multiwave study. <i>Am J Psychiatry</i> , 164, 922-928. http://www.ncbi.nlm.nih.gov/pubmed/17541052	Doering, S., Hörz, S., Rentrop, M., Fischer-Kern, M., Schuster, P., & Benecke, C., et al. (2010). Transference-focused psychotherapy v. treatment by community psychotherapists for borderline personality disorder: randomised controlled trial. <i>Br J Psychiatry</i> , 196, 389-395. http://www.ncbi.nlm.nih.gov/pubmed/20435966					
Borderline personality disorder	Adult	Dynamic Deconstructive Psychotherapy (DDP)	Gregory, R. J. (2022). <i>Manual of Dynamic Deconstructive Psychotherapy</i> . https://www.upstate.edu/psych/pdf/manual.pdf	Gregory, R. J., Chlebowski, S., Kang, D., Remen, A. L., Soderberg, M. G., & Stepkovitch, J., et al. (2008). A controlled trial of psychodynamic psychotherapy for co-occurring borderline personality disorder and alcohol use disorder. <i>Psychotherapy: Theory, Research, Practice, Training</i> , 45, 28-41. https://www.ncbi.nlm.nih.gov/pubmed/22123263	Majdara, E., Rahimian-Boogar, I., Talepasand, S., & Gregory, R. J. (2021). Dynamic deconstructive psychotherapy in Iran: A randomized controlled trial with follow-up for borderline personality disorder. <i>Psychoanalytic Psychology</i> , 38(4), 328–335. https://doi.org/10.1037/pap0000338					
Borderline personality disorder	Adult	General psychiatric management (GPM)	Gunderson, J. G., & Links, P. S. (2008). <i>Borderline personality disorder: A clinical guide</i> (2nd ed). American Psychiatric Pub.	McMain, S. F., Links, P. S., Gnam, W. H., Guimond, T., Cardish, R. J., & Korman, L., et al. (2009). A randomized trial of dialectical behavior therapy versus general psychiatric management for borderline personality disorder. <i>Am J Psychiatry</i> , 166, 1365-1374. http://www.ncbi.nlm.nih.gov/pubmed/19755574	Kramer, U., Kolly, S., Berthoud, L., Keller, S., Preisig, M., Caspar, F., ... Despland, J. N. (2014). Effects of motive-oriented therapeutic relationship in a ten-session general psychiatric treatment of borderline personality disorder: A randomized controlled trial. <i>Psychotherapy and Psychosomatics</i> , 83(3), 176–186. https://doi.org/10.1159/000358528					
Histrionic personality disorder	Adult	Intensive Short-Term Dynamic Psychotherapy (ISTDP)	Abbass, A. (2015). <i>Reaching through resistance: Advanced psychotherapy techniques</i> . Seven Leaves Press.	Salehian, N. (2022). The effect of intensive short-term dynamic psychotherapy (ISTDP) on reducing psychological symptoms in patients with histrionic personality (HPD). <i>JNPI</i> , 13(17), 1–30. Retrieved from http://jnpi.ir/article-1-806-en.html						
			Davanloo, H. (1991). <i>Unlocking the unconscious: Collected papers of Habib Davanloo</i> . Wiley.							
			Davanloo, H. (2000). <i>Intensive short-term dynamic psychotherapy: Selected papers of Habib Davanloo</i> . Wiley.							
Mixed personality disorders (cluster B)	Adult	Psychoanalytic-Interactional Therapy	Streeck, U., & Leichsenring, F. (2015). <i>Handbuch psychoanalytisch-interaktionelle Therapie: Behandlung von strukturellen Störungen und schweren Persönlichkeitsstörungen</i> (3., überarb. und erw. Aufl.). Vandenhoeck & Ruprecht.	Leichsenring, F., Masuhr, O., Jaeger, U., Rabung, S., Dally, A., Dumpelmann, M., ... Streeck, U. (2016). Psychoanalytic-Interactional Therapy versus Psychodynamic Therapy by Experts for Personality Disorders: A Randomized Controlled Efficacy-Effectiveness Study in Cluster B Personality Disorders. <i>Psychotherapy and Psychosomatics</i> , 85(2), 71-80. http://www.karger.com/7dipi-10.1159/000441731	Hellerstein, D. J., Rosenthal, R. N., Pinsker, H., Samstag, L. W., Muran, J. C., & Winston, A., et al. (1998). A randomized prospective study comparing supportive and dynamic therapies. Outcome and alliance. <i>J Psychother Pract Res</i> , 7, 261-271. http://psycnet.apa.org/psycinfo/1998-12001-001	Reneses, B., Galián, M., Serrano, R., Figuera, D., Fernandez Del Moral, A., López-Ibor, J. J., ... Trujillo, M. (2013). A new Time Limited Psychotherapy for BPD: Preliminary Results of a Randomized and Controlled Trial. <i>Actas españolas de psiquiatria</i> , 41(3), 139–48. http://www.ncbi.nlm.nih.gov/pubmed/23803797	Winston, A., Pollack, J., McCullough, L., Fliegenheimer, W., Kestenbaum, R., & Trujillo, M., et al. (1991). Brief psychotherapy of personality disorders. <i>J Nerv Ment Dis</i> , 179, 188-193. http://psycnet.apa.org/psycinfo/1991-25198-001			
Mixed personality disorders (cluster C and B)	Adult	Intensive Short-Term Dynamic Psychotherapy (ISTDP)	Abbass, A. (2015). <i>Reaching through resistance: Advanced psychotherapy techniques</i> . Seven Leaves Press.	Abbass, A., Sheldon, A., Gyra, J., & Kalpin, A. (2008). Intensive short-term dynamic psychotherapy for DSM-IV personality disorders: a randomized controlled trial. <i>J Nerv Ment Dis</i> , 196, 211-216. http://www.ncbi.nlm.nih.gov/pubmed/18340256	Hellerstein, D. J., Rosenthal, R. N., Pinsker, H., Samstag, L. W., Muran, J. C., & Winston, A., et al. (1998). A randomized prospective study comparing supportive and dynamic therapies. Outcome and alliance. <i>J Psychother Pract Res</i> , 7, 261-271. http://psycnet.apa.org/psycinfo/1998-12001-001	Reneses, B., Galián, M., Serrano, R., Figuera, D., Fernandez Del Moral, A., López-Ibor, J. J., ... Trujillo, M. (2013). A new Time Limited Psychotherapy for BPD: Preliminary Results of a Randomized and Controlled Trial. <i>Actas españolas de psiquiatria</i> , 41(3), 139–48. http://www.ncbi.nlm.nih.gov/pubmed/23803797	Winston, A., Pollack, J., McCullough, L., Fliegenheimer, W., Kestenbaum, R., & Trujillo, M., et al. (1991). Brief psychotherapy of personality disorders. <i>J Nerv Ment Dis</i> , 179, 188-193. http://psycnet.apa.org/psycinfo/1991-25198-001			
			Davanloo, H. (1991). <i>Unlocking the unconscious: Collected papers of Habib Davanloo</i> . Wiley.							
			Davanloo, H. (2000). <i>Intensive short-term dynamic psychotherapy: Selected papers of Habib Davanloo</i> . Wiley.							

Personality disorders

Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Mixed personality disorders (cluster C and B)	Adult	Supportive-Expressive Psychotherapy (SEP)	Book, H. E. (1998). <i>How to practice brief psychodynamic psychotherapy: The core conflictual relationship theme method</i> . American Psychological Association. Luborsky, L. (1984). <i>Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment</i> . Basic Books.	Vinnars, B., Barber, J. P., Nordin, K., Gallop, R., & Wainryb, R. M. (2005). Manualized supportive-expressive psychotherapy versus nonmanualized community-delivered psychodynamic therapy for patients with personality disorders: bridging efficacy and effectiveness. <i>Am J Psychiatry</i> , 162, 1933-1940. http://www.ncbi.nlm.nih.gov/pubmed/16199841						
Mixed personality disorders (cluster C and B)	Adult	Brief Relational Therapy (BRT)	Safran, J. D., & Muran, J. C. (2003). <i>Negotiating the therapeutic alliance: A relational treatment guide</i> . Guilford Press.	Muran, J. C., Safran, J. D., Samstag, L. W., & Winston, A. (2005). Evaluating an alliance-focused treatment for personality disorders. <i>Psychotherapy: Theory, Research, Practice, Training</i> , 42(4), 532-545. https://pdfs.semanticscholar.org/88ac/478eb2055cc5						
Mixed personality disorders (cluster C)	Adult	Affect Phobia Therapy (APT)	McCullough, L. (Ed.). (2003). <i>Treating affect phobia: A manual for short-term dynamic psychotherapy</i> . Guilford Press. McCullough Vaillant, L. (1997). <i>Changing character: Short-term anxiety-regulating psychotherapy for restructuring defenses, affects, and attachment</i> . BasicBooks.	Svartberg, M., Stiles, T. C., & Seltzer, M. H. (2004). Randomized, controlled trial of the effectiveness of short-term dynamic psychotherapy and cognitive therapy for cluster C personality disorders. <i>Am J Psychiatry</i> , 161, 810-817. http://www.ncbi.nlm.nih.gov/pubmed/15121251	Winston, A., Pollack, J., McCullough, L., Flegenheimer, W., Kestenbaum, R., & Trujillo, M., et al. (1991). Brief psychotherapy of personality disorders. <i>J Nerv Ment Dis</i> , 179, 188-193. http://psycnet.apa.org/psycinfo/1991-25198-001					

Trauma and stress-related disorders										
Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Post-traumatic stress disorder	Adult	Brief Psychodynamic Therapy (BPT)	Horowitz, M. J. (2011). <i>Stress response syndromes: PTSD, grief, adjustment, and dissociative disorders</i> (5. ed) . Aronson.	Brom, D., Kleber, R. J., & Defares, P. B. (1989). Brief psychotherapy for posttraumatic stress disorders. <i>J Consult Clin Psychol</i> , 57, 607-612. http://www.ncbi.nlm.nih.gov/pubmed/2571625						
Post-traumatic stress disorder	Adult	Brief Eclectic Psychotherapy (BEP)	Gersons, B. P. R., Meewisse, M.-L., Nijdam, M. J., & Olf, M. (2011). <i>Treatment protocol Brief Eclectic Psychotherapy for PTSD (BEPP)</i> . https://www.researchgate.net/publication/320206031_Treatment_protocol_Brief_Eclectic_Psychotherapy_for_PSTD_BEPP	Gersons, B. P., Carlier, I. V, Lamberts, R. D., & van der Kolk, B. a. (2000). Randomized clinical trial of brief eclectic psychotherapy for police officers with posttraumatic stress disorder. <i>Journal of Traumatic Stress</i> , 13(2), 333-47. http://www.ncbi.nlm.nih.gov/pubmed/10838679	Lindauer, R. J. L., Gersons, B. P. R., Van Meijel, E. P. M., Blom, K., Carlier, I. V. E., Vrijlandt, I., & Olf, M. (2005). Effects of brief eclectic psychotherapy in patients with posttraumatic stress disorder: Randomised clinical trial. <i>Journal of Traumatic Stress</i> , 18(3), 205-212. http://doi.wiley.com/10.1002/pts.20029	Nijdam, M. J., Gersons, B. P. R., Reitsma, J. B., de Jongh, A., & Olf, M. (2012). Brief eclectic psychotherapy v. eye movement desensitisation and reprocessing therapy for post-traumatic stress disorder: randomised controlled trial. <i>The British Journal of Psychiatry : The Journal of Mental Science</i> , 200(3), 224-31. http://www.ncbi.nlm.nih.gov/pubmed/22324458	Schnyder, U. , Müller, J., Maercker, A., & Wittmann, L. (2011). Brief Eclectic Psychotherapy for PTSD: A Randomized Controlled Trial. <i>The Journal of Clinical Psychiatry</i> , 72(4): 564- 566. http://europepmc.org/abstract/MED/21527127?europa_pmc_extredirect=https://doi.org/10.4088/JCP.1006247blu			
Post-traumatic stress disorder	Adult	Mehrdimensionale Psychodynamische Traumaterapie (MPTT)	Fischer, G. (2000). <i>Mehrdimensionale psychodynamische Traumaterapie: MPTT ; Manual zur Behandlung psychotraumatischer Störungen</i> . Asanger.	Grothe, C., Bering, R., SpieB, R., Luneburg, E., & Fischer, G. (2003). Mehrdimensionale Psychodynamische Traumaterapie (MPTT) Forschungsergebnisse zur Standardversion. <i>Zeitschrift für Psychotraumatologie , Psychotherapiewissenschaft und Psychologische Medizin</i> 1(2), 27-43.						
Post-traumatic stress disorder	Adult	Resource-Oriented Trauma Therapy (ROTATE)	Wöller, W., & Mattheß, H. (2020). <i>TPSS+ Trauma-focused Psycho-Social Support+ also referred to as ROTATE Resource-Oriented Trauma Therapy with Elements of EMDR, Version 1.1</i> . TraumaAid Germany. Retrieved December 27, 2023, from https://www.traumaaid.de/wp-content/uploads/2022/05/TPSS_plus_Trauma-focused_Psycho-Social_Support_plus_ROTATE_English.pdf	Steinert, C., Bumke, P. J., Hollekamp, R. L., Larisch, A., Leichsenring, F., Mattheß, H., ... Kruse, J. (2016). Resource activation for treating post-traumatic stress disorder, co-morbid symptoms and impaired functioning: a randomised controlled trial in Cambodia. <i>Psychological Medicine</i> , 1-12. http://doi.org/10.1017/S0033291716002592						

Eating disorders

Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Anorexia	Adult	Brief Dynamic Psychotherapy (BDP)	Malan, D. H. (1979). <i>Individual psychotherapy and the science of psychodynamics</i> . Butterworths.	Dare, C., Eisler, I., Russell, G., Treasure, J., & Dodge, L. (2001). Psychological therapies for adults with anorexia nervosa: randomised controlled trial of out-patient treatments. <i>Br J Psychiatry</i> , 178, 216-221. http://www.ncbi.nlm.nih.gov/pubmed/11230031						
Anorexia	Adult	Focal psychodynamic therapy (FPT)	Friederich, H.-C. (2019). <i>Anorexia nervosa: Focal psychodynamic psychotherapy</i> . Hogrefe Publishing Corporation.	Zipfel, S., Wild, B., Groß, G., Friederich, H., Teufel, M., Schellberg, D., ... Zwaan, M. De. (2013). Focal psychodynamic therapy, cognitive behaviour therapy, and optimised treatment as usual in outpatients with anorexia nervosa (ANTOP study): randomised controlled trial. <i>The Lancet</i> , 383, 127-137. https://www.ncbi.nlm.nih.gov/pubmed/24131861						
Bulimia	Adolescent	Focal psychodynamic therapy (FPT)	Reich, G., Horn, H., Winkelmann, K., Kronmüller, K.-T., & Stefini, A. (2014). <i>[Psychodynamik focal therapy of bulimia nervosa for female adolescents and young adults]</i> . Praxis Der Kinderpsychologie Und Kinderpsychiatrie, 63(1), 2-20.	Stefini A, Salzer S, Reich G, Horn H, Winkelmann K, Bents H, Rutz U, Frost U, Boetticher Av, Ruhl U, Specht N, Kronmüller K-T. (2017). Cognitive-Behavioral and Psychodynamic Therapy in Female Adolescents With Bulimia Nervosa: A Randomized Controlled Trial. <i>Journal of the American Academy of Child & Adolescent Psychiatry</i> , 56(4), 329-335. http://doi.org/10.1016/j.jaac.2017.01.019						
Binge eating disorder	Adult	Group psychodynamic interpersonal psychotherapy (GPIP)	Tasca, G. A., Mikail, S. F., & Hewitt, P. L. (2021). <i>Group psychodynamic-interpersonal psychotherapy: An evidence-based transdiagnostic approach</i> . American Psychological Association.	Tasca, G., Ritchie, K., Conrad, G., Balfour, L., Gayton, J., & Lybanon, V., et al. (2006). Attachment scales predict outcome in a randomized controlled trial of two group therapies for binge eating disorder: An aptitude by treatment interaction. <i>Psychotherapy Research</i> , 16, 106-121. http://www.tandfonline.com/doi/abs/10.1080/10503300500090928						

Substance abuse disorders										
Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Alcohol dependence	Adult	Supportive Expressive Psychotherapy (SEP)	Luborsky, L. (1984). <i>Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment</i> . Basic Books.	Ojehagen, A., Berglund, M., Appel, C. P., Andersson, K., Nilsson, B., & Skjærreis, A., et al. (1992). A randomized study of long-term out- patient treatment in alcoholics. Psychiatric treatment versus multimodal behavioural therapy, during 1 versus 2 years of treatment. <i>Alcohol Alcohol</i> , 27, 649-658. http://www.ncbi.nlm.nih.gov/pubmed/1292438						
Opiate dependence	Adult	Supportive-Expressive Psychotherapy (SEP)	Luborsky, L. (1984). <i>Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment</i> . Basic Books.	Woody, G. E., McLellan, A. T., Luborsky, L., & O'Brien, C. P. (1995). Psychotherapy in community methadone programs: A validation study. <i>American Journal of Psychiatry</i> , 152, 1302-1308. https://www.ncbi.nlm.nih.gov/pubmed/7653685						

Psychosomatic disorders										
Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Medically unexplained pain	Adult	Intensive Short-Term Dynamic Psychotherapy (ISTDP)	Abbass, A. (2015). <i>Reaching through resistance: Advanced psychotherapy techniques</i> . Seven Leaves Press. Davanloo, H. (1991). <i>Unlocking the unconscious: Collected papers of Habib Davanloo</i> . Wiley. Davanloo, H. (2000). <i>Intensive short-term dynamic psychotherapy: Selected papers of Habib Davanloo</i> . Wiley.	Chavooshi, B., Mohammadkhani, P., & Dolatshahee, B. (2016). A Randomized Double-Blind Controlled Trial Comparing Davanloo's Intensive Short-Term Dynamic Psychotherapy as Internet-Delivered Versus Treatment as Usual for Medically Unexplained Pain: A Six- Month Pilot Study. <i>Psychosomatics</i> , 57(3), 292–300. http://linkinghub.elsevier.com/retrieve/pii/S0033318216000025	Chavooshi, B., Mohammadkhani, P., & Dolatshahee, B. (2016). Telemedicine vs. in-person delivery of intensive short-term dynamic psychotherapy for patients with medically unexplained pain: A 12-month randomized, controlled trial. <i>Journal of Telemedicine and Telecare</i> , 0 (0), 1–9. http://itt.sagepub.com/lookup/doi/10.1177/1357633X15627382	Chavooshi, B., Mohammadkhani, P., & Dolatshahee, B. (2016). Efficacy of Intensive Short-Term Dynamic Psychotherapy for Medically Unexplained Pain: A Pilot Three-Armed Randomized Controlled Trial Comparison with Mindfulness-Based Stress Reduction. <i>Psychotherapy and Psychosomatics</i> , 123–125. http://www.karger.com/?doi=10.1159/000441698	Chavooshi, B., Saberi, M., Tavallaie, S. A., & Sahraei, H. (2017). Psychotherapy for Medically Unexplained Pain: A Randomized Clinical Trial Comparing Intensive Short-Term Dynamic Psychotherapy and Cognitive Behavior Therapy. <i>Psychosomatics</i> , http://dx.doi.org/10.1016/j.psyt.2017.01.003			
Fibromyalgia	Adult	Intensive Short-Term Dynamic Psychotherapy (ISTDP)	Abbass, A. (2015). <i>Reaching through resistance: Advanced psychotherapy techniques</i> . Seven Leaves Press. Davanloo, H. (1991). <i>Unlocking the unconscious: Collected papers of Habib Davanloo</i> . Wiley. Davanloo, H. (2000). <i>Intensive short-term dynamic psychotherapy: Selected papers of Habib Davanloo</i> . Wiley.	Farzadkia, M., Farhangi, A., & Abolghasemi, S. (2023). Comparison of Effectiveness of Intensive Short-Term Dynamic Psychotherapy and Mindfulness-Based Stress Reduction in Depression and Severity of Symptoms in Women with Fibromyalgia. <i>Lundishapur Journal of Chronic Disease Care</i> , 12(3). https://doi.org/10.5812/ljcdc-133803						
Urethral syndrome	Adult	Intensive Short-Term Dynamic Psychotherapy (ISTDP)	Abbass, A. (2015). <i>Reaching through resistance: Advanced psychotherapy techniques</i> . Seven Leaves Press. Davanloo, H. (1991). <i>Unlocking the unconscious: Collected papers of Habib Davanloo</i> . Wiley. Davanloo, H. (2000). <i>Intensive short-term dynamic psychotherapy: Selected papers of Habib Davanloo</i> . Wiley.	Baldoni, F., Baldaro, B., & Trombini, G. (1995). Psychotherapeutic perspectives in urethral syndrome. <i>Stress Medicine</i> , 11 (July 1994), 79–84. http://onlinelibrary.wiley.com/doi/10.1002/smi.2460110115/abstract						
Irritable bowel syndrome	Adult	Psychodynamic-Interpersonal Therapy (PIT)	Barkham, M., Guthrie, E., Hardy, G. E., Margison, F., & Guthrie, E. (2017). <i>Psychodynamic-interpersonal therapy: A conversational model</i> . SAGE. Hobson, R. F. (1987). <i>Forms of feeling: The heart of psychotherapy</i> . Tavistock.	Creed, F., Fernandes, L., Guthrie, E., Palmer, S., Ratcliffe, J., & Read, N., et al. (2003). The cost-effectiveness of psychotherapy and paroxetine for severe irritable bowel syndrome. <i>Gastroenterology</i> , 124, 303-317. http://www.ncbi.nlm.nih.gov/pubmed/12557136	Hyphantis, T., Guthrie, E., Tomenson, B., & Creed, F. (2009). Psychodynamic interpersonal therapy and improvement in interpersonal difficulties in people with severe irritable bowel syndrome. <i>Pain</i> , 145(1-2), 196–203. http://www.ncbi.nlm.nih.gov/pubmed/19643544	Guthrie, E., Creed, F., Dawson, D., & Tomenson, B. (1991). A controlled trial of psychological treatment for the irritable bowel syndrome. <i>Gastroenterology</i> , 100, 450-457. http://www.gastrojournal.org/article/0016-5085(91)90215-7/pdf	Guthrie, E., Creed, F., Dawson, D., & Tomenson, B. (1993). A randomised controlled trial of psychotherapy in patients with refractory Irritable Bowel Syndrome. <i>British Journal of Psychiatry</i> , 163, 315–21. http://bjp.rcpsych.org/content/163/3/315			
Chronic functional dyspepsia	Adult	Psychodynamic-Interpersonal Therapy (PIT)	Barkham, M., Guthrie, E., Hardy, G. E., Margison, F., & Guthrie, E. (2017). <i>Psychodynamic-interpersonal therapy: A conversational model</i> . SAGE. Hobson, R. F. (1987). <i>Forms of feeling: The heart of psychotherapy</i> . Tavistock.	Hamilton, J., Guthrie, E., Creed, F., Thompson, D., Tomenson, B., & Bennett, R., et al. (2000). A randomized controlled trial of psychotherapy in patients with chronic functional dyspepsia. <i>Gastroenterology</i> , 119, 661-669. http://linkinghub.elsevier.com/retrieve/pii/S0016508500145949						
Motor conversion disorder and nonepileptic seizures	Adult	Psychodynamic-Interpersonal Therapy (PIT)	Barkham, M., Guthrie, E., Hardy, G. E., Margison, F., & Guthrie, E. (2017). <i>Psychodynamic-interpersonal therapy: A conversational model</i> . SAGE. Hobson, R. F. (1987). <i>Forms of feeling: The heart of psychotherapy</i> . Tavistock.	Hubschmid, M., Aybek, S., D., M., Maccaferri, G. E., D., M., Chocron, O., ... D., M. (2015). Efficacy of brief interdisciplinary psychotherapeutic intervention for motor conversion disorder and nonepileptic attacks. <i>General Hospital Psychiatry</i> , 37 (5), 448–455. http://dx.doi.org/10.1016/j.genhosppsych.2015.05.007						
Multisomatofom disorder	Adult	Psychodynamic-Interpersonal Therapy (PIT)	Barkham, M., Guthrie, E., Hardy, G. E., Margison, F., & Guthrie, E. (2017). <i>Psychodynamic-interpersonal therapy: A conversational model</i> . SAGE. Hobson, R. F. (1987). <i>Forms of feeling: The heart of psychotherapy</i> . Tavistock.	Sattel, H., Lahmann, C., Gündel, H., Guthrie, E., Kruse, J., Noll-Hussong, M., Ohmann, C., Ronel, J., Sack, M., Sauer, N., Schneider, G., & Henningsen, P. (2011). Brief psychodynamic interpersonal psychotherapy for patients with multisoromatofom disorder: randomised controlled trial. <i>The British Journal of Psychiatry : The Journal of Mental Science</i> , 60– 67. http://www.ncbi.nlm.nih.gov/pubmed/22075651						

Psychosomatic disorders

Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Irritable bowel syndrome	Adult	Brief Dynamic Psychotherapy (BDP)	Malan, D. H. (1979). <i>Individual psychotherapy and the science of psychodynamics</i> . Butterworths.	Svedlund, J., Sjödin, I., Ottosson, J. O., & Dotevall, G. (1983). Controlled study of psychotherapy in irritable bowel syndrome. <i>Lancet</i> , 2, 589-592. https://www.ncbi.nlm.nih.gov/pubmed/6136745						
Irritable bowel syndrome	Adolescent	Brief Dynamic Psychotherapy (BDP)	Malan, D. H. (1979). <i>Individual psychotherapy and the science of psychodynamics</i> . Butterworths.	Milo, F., Imondi, C., D'Amore, C., Angelino, G., Knafetz, D., Bracci, F., ... Tabarini, P. (2023). Short-term Psychodynamic Psychotherapy in Addition to Standard Medical Therapy Increases Clinical Remission in Adolescents and Young Adults with Inflammatory Bowel Disease: a Randomised Controlled Trial. <i>Journal of Crohn's and Colitis</i> , (August), 1-8. https://doi.org/10.1093/ecco-icc/iad145						
Peptic ulcer disease	Adult	Brief Dynamic Psychotherapy (BDP)	Malan, D. H. (1979). <i>Individual psychotherapy and the science of psychodynamics</i> . Butterworths.	Sjödin, I., Svedlund, J., Ottosson, J. O., & Dotevall, G. (1986). Controlled study of psychotherapy in chronic peptic ulcer disease. <i>Psychosomatics</i> , 27, 187-91, 195. http://www.psychosomaticsjournal.com/article/S0033-3182(86)72711-4/abstract						
Functional dyspepsia	Adult	Supportive-Expressive Psychotherapy (SEP)	Book, H. E. (1998). <i>How to practice brief psychodynamic psychotherapy: The core conflictual relationship theme method</i> . American Psychological Association. Luborsky, L. (1984). <i>Principles of psychoanalytic psychotherapy: A manual for supportive-expressive treatment</i> . Basic Books.	Faramarzi, M., Azadfallah, P., Book, H. E., Tabatabaei, K. R., Taheri, H., & Shokri-Shirvani, J. (2013). A randomized controlled trial of brief psychoanalytic psychotherapy in patients with functional dyspepsia. <i>Asian journal of psychiatry</i> , 6(3), 228-34. http://www.ncbi.nlm.nih.gov/pubmed/23642981	Faramarzi, M., & Book, H. E. (2015). The Effect of Psychotherapy in Improving Physical and Psychiatric Symptoms in Patients with Functional Dyspepsia, <i>Iran Journal of Psychiatry</i> , 43-49. http://www.ncbi.nlm.nih.gov/pubmed/26005480					
Fibromyalgia	Adult	Emotional Awareness and Expression Therapy (EAET)	Lumley, M.A., & Schubiner, H. (2012). Emotional awareness and expression therapy (EAET): A group-based treatment manual for patients with fibromyalgia and related centralized pain disorders (Version 2). Detroit, MI: Wayne State University.	Lumley, M. A., Schubiner, H., Lockhart, N. A., Kidwell, K. M., Harte, S. E., Clauw, D. J., & Williams, D. A. (2017). Emotional awareness and expression therapy, cognitive behavioral therapy, and education for fibromyalgia: A cluster-randomized controlled trial. <i>Pain</i> , 158(12), 2354-2363. https://doi.org/10.1097/j.pain.0000000000001036						
Irritable bowel syndrome	Adult	Emotional Awareness and Expression Therapy (EAET)	Lumley, M.A., & Schubiner, H. (2012). Emotional awareness and expression therapy (EAET): A group-based treatment manual for patients with fibromyalgia and related centralized pain disorders (Version 2). Detroit, MI: Wayne State University.	Thakur, E. R., Holmes, H. J., Lockhart, N. A., Carty, J. N., Ziadni, M. S., Doherty, H. K., ... Lumley, M. A. (2017). Emotional awareness and expression training improves irritable bowel syndrome: A randomized controlled trial. <i>Neurogastroenterology and Motility</i> , 29(12), 1-10. https://doi.org/10.1111/nmo.13143						
Chronic pain	Older adult	Emotional Awareness and Expression Therapy (EAET)	Lumley, M.A., & Schubiner, H. (2012). Emotional awareness and expression therapy (EAET): A group-based treatment manual for patients with fibromyalgia and related centralized pain disorders (Version 2). Detroit, MI: Wayne State University.	Yarns, B. C., Lumley, M. A., Cassidy, J. T., Steers, W. N., Osato, S., Schubiner, H., & Sultz, D. L. (2020). Emotional Awareness and Expression Therapy Achieves Greater Pain Reduction than Cognitive Behavioral Therapy in Older Adults with Chronic Musculoskeletal Pain: A Preliminary Randomized Comparison Trial. <i>Pain Medicine</i> , 0(0), 1-13. https://doi.org/10.1093/pm/pnaa145						

Psychotic disorders									
Condition	Age group	PDT-model	Manual reference	Study reference	Study reference	Study reference	Study reference	Study reference	Study reference
Psychotic Disorders	Adult	Mentalization-Based Treatment (MBT)	Bateman, A., & Fonagy, P. (2016). <i>Mentalization-based treatment for personality disorders: A practical guide</i> . Oxford University Press.	Weijers, J., Ten Kate, C., Vliechtbauer, W., Rampaart, L. J. A., Eurelings, E. H. M., & Selten, J. P. (2020). Mentalization-based treatment for psychotic disorder: a rater-blinded, multi-center, randomized controlled trial. <i>Psychological Medicine</i> , 1–10. https://doi.org/10.1017/S0033291720001506					