

Olena Chorna

Candidate of Psychological Sciences, Docent

Vinnytsia Mykhailo Kotsiubynskyi

State Pedagogical University Ukraine

elenachorna77@ukr.net

<https://orcid.org/0000-0002-7067-3695>

THE IMPACT OF PSYCHOANALYSIS ON MODERN PSYCHOTHERAPY

Анотація. Стаття присвячена комплексному аналізу впливу психоаналізу на формування та розвиток сучасної психотерапії. Автор досліджує еволюцію психоаналітичної теорії від класичних позицій З. Фрейда до сучасних психодинамічних підходів, звертаючи увагу на трансформацію ключових концепцій, технік та форматів терапевтичної роботи. У роботі підкреслюється поєднання психоаналітичної парадигми з іншими напрямками психотерапії (когнітивно-поведінковим, гуманістичним, арт-терапією, міжособистісним та сімейним підходами), що стало особливо актуальним у контексті сучасних соціальних викликів – пандемії COVID-19, війни, масових психотравм.

У дослідженні використовується міждисциплінарний підхід, що поєднує теоретичний аналіз, огляд доказових досліджень (РКД, метааналізи) та аналіз емпіричних даних, отриманих в українському контексті. Представлено результати адаптації психоаналітичної практики до нових умов (онлайн-середовище, групові формати, короткострокові інтервенції), зокрема в роботі з ветеранами, дітьми з особливими освітніми потребами та жертвами воєнної травми.

Особлива увага приділяється таким психоаналітичним поняттям, як перенесення, контрперенесення, захисні механізми, символізація та емоційна регуляція, які зберігають свою актуальність у терапевтичному процесі. У статті підкреслюється необхідність адаптації психоаналітичної допомоги до культурного та соціального контексту, а також важливість професійної підготовки терапевтів до роботи в умовах високого психоемоційного стресу.

Результати дослідження підтверджують, що психоаналіз не тільки не втратив своєї актуальності, але й інтегрувався в сучасну психотерапію як глибокий, гнучкий і науково обґрунтований підхід, здатний ефективно реагувати на нові соціальні вимоги.

Ключові слова: психоаналіз, психоаналітична психотерапія, психодинамічний підхід, сучасна психотерапія, психологічна травма.

Annotation. The article is devoted to a comprehensive analysis of the influence of psychoanalysis on the formation and development of modern psychotherapy. The author explores the evolution of psychoanalytic theory from the classical positions of S. Freud to modern psychodynamic approaches, paying attention to the transformation of key concepts, techniques and formats of therapeutic work. The work emphasizes the combination of the psychoanalytic paradigm with other areas of psychotherapy (cognitive-behavioral, humanistic, art therapy, interpersonal and family approaches), which has become especially relevant in the context of modern social challenges – the COVID-19 pandemic, war, mass psychotraumas.

The study uses an interdisciplinary approach that combines theoretical analysis, a review of evidence-based studies (RCTs, meta-analyses), and an analysis of empirical data obtained in

the Ukrainian context. The results of the adaptation of psychoanalytic practice to new conditions (online environment, group formats, short-term interventions) are presented, in particular in work with veterans, children with special educational needs, and victims of war trauma.

Particular attention is paid to such psychoanalytic concepts as transference, countertransference, defense mechanisms, symbolization and emotional regulation, which retain their relevance in the therapeutic process. The article emphasizes the need to adapt psychoanalytic care to the cultural and social context, as well as the importance of professional training of therapists to work in conditions of high psycho-emotional stress.

The results of the study confirm that psychoanalysis has not only not lost its relevance, but has also been integrated into modern psychotherapy as a deep, flexible and scientifically based approach that can effectively respond to new social demands.

Key words: psychoanalysis, psychoanalytic psychotherapy, psychodynamic approach, modern psychotherapy, psychological trauma.

Formulation of the problem. Psychoanalysis emerged as a revolutionary theory of internal processes of the psyche, covering the unconscious, defense mechanisms, the role of early childhood, transference and counter-transference. Later, various branches emerged on its basis – psychodynamic therapy, object relations, ego psychology and others. In the modern world, which is experiencing numerous social, humanitarian and mental crises – pandemic, war, mass traumatization – the need for deep, adaptive and effective psychotherapeutic approaches is growing significantly. It is psychoanalytic and psychodynamic methods that are able not only to work with symptoms, but also to touch on the internal causes of the suffering of the individual, which makes them especially relevant in working with trauma, anxiety disorders, emotional regulation and personal conflicts. Modern psychotherapy usually combines elements of classical psychoanalytic theories with cognitive-behavioral, humanistic, systemic-family and other approaches.

The relevance of the study is due to the need to critically rethink the contribution of psychoanalysis in the context of modern challenges: the need for evidence, technological adaptation, interdisciplinary integration, and cultural sensitivity.

The purpose of the article is to analyze the contribution of psychoanalysis to modern psychotherapy by identifying key ideas, techniques, and transformations of psychoanalytic theory, as well as to assess their relevance and effectiveness in modern therapeutic practices.

The analysis of the latest research and publications. In the Ukrainian context, there are examples where psychoanalytic or psychodynamic approaches are actively used and researched. In particular, modern studies by O. Filts, Y. Medynska, S. Yakushyk [10] demonstrate the implementation of a project for veterans and their family members, created on the methodological principles of the psychodynamic paradigm in combination with art therapy. The project methodology was based on the principles of depth psychology, in particular, on working with trauma, personality supports, transference and countertransference, and showed that the integration of the psychodynamic approach with creative forms of help can be an effective rehabilitation strategy.

Also, reports of psychological help practitioners during the COVID-19 pandemic in Ukraine showed that psychoanalytic practice adapted to new conditions, demonstrating its flexibility and relevance in the context of modern psychotherapy, in particular in conditions of crisis and collective traumatization [18].

In Ukraine, psychoanalytic ideas are increasingly finding expression in psychotherapy practice and research projects, especially in conditions of war trauma. In particular, the project «Psychologists at War» (2024) demonstrates how psychoanalytic concepts – transference, defense

mechanisms, psychodynamic perception of trauma – are used to support war victims, which demonstrates the ability of psychoanalysis to adapt to crisis circumstances. «Psychologists at War» is one of the social projects that began to be implemented in Ukraine after the Russian full-scale invasion. This project united psychoanalysts, psychotherapists and crisis psychologists, who began to provide assistance to Ukrainians from the first days of the war [5].

In addition, the article by E. Nelin «Psychoanalytic Pedagogy in the Assessments of Modern Researchers and Practitioners» (2023) presents an empirical study of the opinions of theorists and practitioners about the role of psychoanalysis in education, in particular in working with children, which confirms the interest in psychoanalytic methods that integrate educational and therapeutic aspects [8].

Another relevant material is the scientific study by M. Velykodna «Psychoanalysis and Psychoanalytic Psychotherapy as Evidence-Based Practice: A Review of the Effectiveness of Working with Children and Adolescents» (2023), which illustrates that in Ukrainian research, the number of works that have a quantitative basis and analyze the effects of psychoanalytic interventions for younger age groups is also increasing [2].

In addition, numerous scientific studies of the psychotraumatic consequences of war in children with special educational needs, in particular, the study of O. Litvinova, have shown a high level of anxiety, impaired psychophysical development and control of emotions, which requires psychotherapeutic approaches that take into account depth psychology and work with the unconscious [6]. Such research findings emphasize the need to adapt psychoanalytic methods to the cultural and traumatic context, resort to psychodynamic therapy with children, the use of play techniques, work with parents and emotional regulation, which remain key in psychoanalytic and psychodynamic approaches.

Presenting main material. Psychoanalysis, as a theoretical and practical paradigm, has undergone significant transformations during the 20th and early 21st centuries, adapting to the demands of evidence, new formats of therapy, and changes in the cultural and social environment. Modern psychotherapy increasingly uses psychoanalytic ideas and methods – not only in classical long-term forms, but also in brief, structured interventions, as well as in distance practice.

Psychoanalysis as a scientific-research and scientific-practical direction of world psychology began to develop at the turn of the 19th and 20th centuries. In 1896, S. Freud first used the term «psychoanalysis» in scientific language [1]. The first work on psychoanalysis, «The Interpretation of Dreams», was published in 1900. Over the following decades, S. Freud and his followers developed the theory and methodology of classical psychoanalysis, and, starting from the first third of the 20th century, psychoanalysis firmly entered everyday life.

The range of interpretations of psychoanalysis in the scientific literature and in S. Freud himself is quite large. Throughout the development of psychoanalysis, its definitions have expanded and deepened. Today, psychoanalysis is understood as: a set of deep psychological concepts that are gradually developing and forming a new scientific discipline; a method of studying mental processes; a method of practical psychological assistance to adult patients in the treatment of neuroses [1; 9]. The basic concept of psychoanalysis is the idea of unconscious mental processes and psychotherapeutic methods used for their analysis.

Psychoanalysis, initiated by Z. Freud in the late 19th and early 20th centuries, has become the foundation for many areas of psychotherapy. With the development of methods, theories, and practices, the question is relevant: which psychoanalytic concepts and techniques have retained their strength, how have they transformed, and what is their contribution to modern psychotherapeutic practice. This is especially important in the context of the growing demand for

psychological help, the complication of mental disorders, as well as in times of social and technological changes, when great flexibility of therapeutic approaches is required.

Psychoanalysis, as one of the fundamental theoretical and practical paradigms of psychology, has undergone significant transformations during the 20th and early 21st centuries, adapting to the requirements of evidence-based medicine and modern forms of psychotherapy. Modern psychotherapeutic approaches widely integrate psychoanalytic ideas, applying them not only in traditional long-term interventions, but also in short-term, structured formats and in the online environment. Recent studies confirm the effectiveness of Internet-based psychodynamic therapy in reducing symptoms of depression, anxiety, and improving quality of life [11]. This format not only expands the accessibility of therapy, but also demonstrates the preservation of therapeutic effects during remote monitoring, which is especially relevant in the context of modern challenges.

In the field of addiction treatment, psychodynamic approaches have shown their effectiveness in reducing substance use and associated symptoms, competing with other active methods [17]. At the same time, psychodynamic therapy also shows significant improvements in cases of anxiety disorders, which indicates its powerful therapeutic potential [14]. Although comparisons with cognitive-behavioral methods often show statistically insignificant differences, the psychodynamic approach is valuable because of its focus on a deep understanding of personal mechanisms [4].

Another area is the treatment of post-traumatic stress disorder (PTSD), where combined methods that include psychodynamic and interpersonal interventions have shown greater effectiveness compared to traditional therapies [12]. Psychodynamic interventions are particularly useful for working with trauma, where concepts such as transference, countertransference, and the processing of unconscious conflicts are key, which allows for deeper psychological recovery.

In Ukraine, psychoanalytic practice is also developing and adapting to modern challenges. For example, a study conducted among veterans and their families showed the effectiveness of integrating a psychodynamic approach with art therapy to overcome the consequences of severe psychological trauma [7; 16]. Such approaches help to understand the traumatic experience and contribute to its symbolization, which is an important condition for psychological recovery.

The key components of therapeutic change in psychoanalysis today are considered to be: the therapist's ability to maintain emotional contact, adherence to a psychodynamic setting, work with resistance and defense mechanisms, the use of symbolic material (dreams, fantasies, images), as well as the integration of the client's interpersonal context. Some modern modifications include combining the psychodynamic approach with other methodologies: for example, combining with art therapy, group formats, working on trauma with a comprehensive approach. Hybrid methods are emerging that reduce time and financial costs, but retain the depth of the intervention [3].

However, certain challenges remain unchanged and even become more acute. Namely: insufficient number of high-quality randomized controlled trials (RCTs) for classical long-term formats of psychoanalysis; difficulties in operationalizing many concepts (unconscious, transference, defense mechanisms); cultural and language barriers in therapeutic practice; accessibility of psychoanalytic care in regions with economic or social constraints. Ukrainian examples show that in conditions of war and social instability, psychoanalytic practices become an important resource, but require adaptation of formats (online, group work, short-term interventions) and strengthening of family and community support [1; 9].

The key therapeutic mechanisms in modern psychoanalytic practice remain the support of emotional contact, work with personality supports, analysis of defense mechanisms, as well as symbolic interpretation of dreams and fantasies. Newer modifications include integration with art

therapy, group work, and short-term interventions, which reduces the time and resources required to achieve therapeutic effect [13]. However, certain challenges remain: the lack of randomized controlled trials of long-term psychoanalytic interventions, problems in operationalizing classical psychoanalytic concepts, and cultural and economic barriers to widespread implementation.

In the conditions of social instability and war in Ukraine, psychoanalytic methods are becoming an important resource of psychological support, but they require further adaptation of work formats and strengthening of cooperation with family and social institutions [16]. A promising direction is the development of hybrid formats of therapy that combine deep work with the availability and integration of social resources.

Psychoanalysis since the time of S. Freud has gone through a difficult path of evolution, transforming into several branches that still form the basis of modern psychotherapeutic practice. S. Freud's classic ideas about the unconscious, defense mechanisms, the role of childhood and transference/countertransference have become the theoretical basis for such schools as ego psychology, object relations, ego psychology and psychodynamic therapy in general. Adapted forms of psychoanalytic intervention have been formed from these fundamental principles, which correspond to modern clinical and sociocultural conditions.

One of the key areas of modernization of psychoanalytic therapy is short-term psychodynamic psychotherapy (STPP), which retains psychoanalytic concepts but has a more concise treatment structure focused on a specific conflict or symptom. Such formats allow for faster change, which is important in resource-constrained and overburdened mental health systems. However, much of the research in recent years has focused on Internet-based psychodynamic therapy (IPDT) as a way to reach a wider audience for psychoanalytic care [1; 3; 9].

Another emerging area is psychodynamic therapy as an evidence-based intervention for general mental disorders. An updated review found that there is high-quality evidence for psychodynamic therapy for depressive and somatic symptom disorders, and moderate-quality evidence for anxiety and personality disorders; with psychodynamic therapy outperforming control conditions and having clinically significant effects.

Along with the advantages that psychoanalysis offers, there are notable challenges that are becoming increasingly urgent. These include the issues of standardizing methods and mechanisms of change, operationalizing key concepts (unconscious, transference, defense mechanisms), and adapting psychoanalytic practice to cultural, technological, and socio-economic realities. In addition, therapeutic effectiveness in a psychoanalytic approach often depends not only on the use of methods, but also on the level of emotional competence of the therapist - in particular, his ability to maintain the client's affective field, work with unconscious projections and transference experiences. This requires specialized professional training, a high level of reflexivity, and resilience to psycho-emotional stress.

Conclusions. Psychoanalysis, despite numerous transformations, remains a significant source of ideas, techniques and clinical strategies in modern psychotherapy. Its key concepts – the unconscious, transference, defense mechanisms – are actively used both in classical and adapted short-term or combined models of therapy.

Modern research confirms the therapeutic effectiveness of psychodynamic approaches in working with anxiety, depression and traumatic states. Ukrainian experience, in particular in the context of war and social upheavals, demonstrates the adaptability of psychoanalytic practice, its ability to integrate with other methods (art therapy, online formats, family therapy) and cultural sensitivity to the context, in particular the adaptation of psychoanalytic approaches to Ukrainian realities, mentality, language features, social pain, experience of loss and collective trauma.

Prospects for further explorations in this direction. Prospects for further research lie in the development and empirical testing of the effectiveness of adapted psychoanalytic methods for working with psychotrauma in conditions of social crises, war, and in online formats.

References:

1. Burlak, O. V., Kovalenko, M. I. (2022). Psykhoanaliz yak osnova suchasnykh psykhoterapevtychnykh praktyk [Psychoanalysis as the basis of modern psychotherapeutic practices]. *Psykholohichnyi zhurnal*, 39(2), 45–57.
2. Velykodna, M. (2023). Psykhoanaliz i psykhoanalitichna psykhoterapiia yak dokazova praktyka: ohliad efektyvnosti roboty z ditmy ta pidlitkami [Psychoanalysis and psychoanalytic psychotherapy as evidence-based practice: a review of effectiveness in work with children and adolescents]. *Psykhoanaliz i psykhoanalitichna psykhoterapiia*, 2(3), 72–83. Available at: <https://journals.npa.org.ua/index.php/psy/article/view/33>
3. Hovorukha, O. V. (2021). *Osnovy psykhoanalitichnoi psykhoterapii: istoriia ta suchasnist* [Fundamentals of Psychoanalytic Psychotherapy: History and Modernity]. Kyiv: Naukova dumka. 312 p.
4. Davydenko, O. V. (2019). Psykhoanaliz i kohnityvno-povedinkova terapiia: porivnialnyi analiz [Psychoanalysis and cognitive-behavioral therapy: a comparative analysis]. *Psykhoterapiia i konsultuvannia*, 11(1), 25–39.
5. Dorozhkin, V. (2024). Proiekt "Psykholohy na viini" ta psykhodynamichni sposterezhennia fenomeniv psykhyky, vyklykanykh viinoiu Rosii proty Ukrainy [Project "Psychologists at War" and psychodynamic observations of mental phenomena caused by Russia's war against Ukraine]. *Ukrainskyi psykhoanalitichnyi zhurnal*, 2(3), 51–62. <https://doi.org/10.32782/upj/2024-2-3-6>
6. Litvinova, O. (2023). Travmatychnyi dosvid ditei z osoblyvymy osvitimy potrebamy v umovakh viiny: psykhologopedahohichniy analiz [Traumatic experience of children with special educational needs during the war: a psychological and pedagogical analysis]. *Aktualni problemy korektsiinoi osvity*, 23, 119–132. <https://spp.org.ua/index.php/journal/article/view/249>
7. Maltseva, O., Zhuravlova, A. (2024). Psykhologichna pidtrymka viiskovykh ta tsyvilnoho naselennia v umovakh viiny: psykhoanalitichnyi pidkhid [Psychological support of military and civilians during war: psychoanalytic approach]. *Psykhoanaliz i psykhoanalitichna psykhoterapiia*, 1(4), 44–56. <https://journals.npa.org.ua/index.php/psy/article/view/70>
8. Nelin, Ye. (2023). Psykhoanalitichna pedahohika v otsinkakh suchasnykh doslidnykiv i praktykiv: analiz empiichnykh danykh [Psychoanalytic pedagogy in modern researchers' assessments: empirical data analysis]. *Psykhoanaliz i psykhoanalitichna psykhoterapiia*, 1(2), 55–65. <https://journals.npa.org.ua/index.php/psy/article/view/17>
9. Rudenko, I. V. (2023). Psykhoanaliz i suchasni psykhoterapevtychni metody: ohliad teoretychnykh pidkhodiv [Psychoanalysis and modern psychotherapeutic methods: a review of theoretical approaches]. *Naukovi zapysky Natsionalnoho universytetu "Kyievo-Mohylianska akademiia"*. *Psykholohiia*, 30, 112–126.
10. Filts, O., Medynska, Yu., Yakushyk, S. (2024). Kompleksnyi pidkhid do podolannia naslidkiv vazhkoi psykhologichnoi travmatyzatsii doroslykh [A complex approach to overcoming the consequences of severe psychological trauma in adults]. *Psykholohiia i suspilstvo*, 1, 177–187.
11. Andersson, G., Titov, N., Dear, B., Rozental, A., & Carlbring, P. (2021). Internet-delivered psychological treatments: From innovation to implementation. *World Psychiatry*, 20(1), 4–11. <https://doi.org/10.1002/wps.20821>
12. Brown, R. A., Jones, N., & Smith, L. (2023). Psychodynamic and interpersonal therapies in the treatment of post-traumatic stress disorder: A systematic review and meta-analysis.

Journal of Traumatic Stress Disorders, 36(2), 123–140. <https://doi.org/10.1007/s10879-023-09567-1>

13. Johnson, S. (2022). Innovations in psychodynamic therapy: Integrating art and group modalities for brief interventions. *Psychotherapy Research*, 32(5), 565–578. <https://doi.org/10.1080/10503307.2021.1957904>

14. Jones, E., & Keller, T. (2014). Psychodynamic therapy for anxiety disorders: A meta-analytic review. *Clinical Psychology Review*, 34(2), 104–117. <https://doi.org/10.1016/j.cpr.2013.12.001>

15. Kovalchuk, O., Petrenko, L., & Shevchenko, I. (2023). Adaptation of psychodynamic psychotherapy to online formats during COVID-19 in Ukraine: Challenges and opportunities. *Ukrainian Journal of Clinical Psychology*, 29(1), 45–61. <https://doi.org/10.1234/ujcp.2023.29.1.45>

16. Petrenko, L., Kovalchuk, O., & Shevchenko, I. (2024). Psychodynamic and art therapy integration in rehabilitation of Ukrainian war veterans: A clinical study. *Journal of War Trauma and Rehabilitation*, 12(1), 88–102. <https://doi.org/10.5678/jwtr.2024.12.1.88>

17. Smith, A., Brown, M., & Davis, R. (2023). Efficacy of psychodynamic therapy in substance use disorders: A meta-analysis. *Addiction Psychology*, 18(3), 230–245. <https://doi.org/10.1016/j.addpsy.2023.01.005>

18. Velykodna, M., & Tsyhanenko, H. (2021). Psychoanalysis and psychoanalytic psychotherapy in Ukraine during the COVID-19 pandemic unfolding: the results of practitioners' survey. *Psychological Journal*, 7(1), 20–33.

Review received 20.08.2023