

Dynamic Psychiatry – an Integrative Psychiatric-Psychotherapeutic Concept

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Dynamic Psychiatry

- In Dynamic Psychiatry there is an integration further developed psychoanalytical personality structural conception with psychiatry and group-dynamics.
- Ammon 1994: “The integration must be demonstrated by a new approach of thinking, a new conception, an alternative to previous thinking concerning the same clinical facts. In such a framework I have developed Dynamic Psychiatry as an independent integrated model of science. Instead of the drive model of traditional psychoanalysis, I have put the model of social energy from within the group, and instead of the topographic model of it, ego and super-ego, we have the humanstructure model...”

Dynamic Psychiatry

- the personality structure model is a holistic concept of personality where the biological, psychological and behavioral and spiritual aspects of man should be considered.
- in his understanding, the personality structure model is considered as an abstraction of energetic, dynamic, structural and genetic processes. Man`s personality structure is understood as a net of primary, secondary, and central human functions.

Dynamic Psychiatry

- primary personality functions biological and neurophysiological areas of man
- secondary personality human functions are the “functional carriers of personality”
- core of personality is formed by the central personality functions
- personality function of identity is of special importance
- dynamizing, integrating and bringing into relation all personality functions, constitutes the personality of man

Dynamic Psychiatry

- identity is the central integrating moment of Dynamic Psychiatry; both in the theoretical conception
- the theory of treatment as the goal of each development. Identity means the actual totality of the personality being in constant development. Identity can show constructive, destructive and deficient tendencies
- mental illness is defined as a disintegration of personality functions with deficient and destructive expressions
- mental illness shows a deficit in the human structure which is filled with different symptomatology. Mental health understood expression of personality functions towards their constructive optimistic possibilities.

Dynamic Psychiatry

- understanding of groups is the important point, also being an integrative moment both in theory and in treatment practice
- each human development, constructive-creative, biological-physiological but also disorders which start to develop, are understood as being determined group-dynamically
- concept of social energy which Ammon defined as energy being always dependent from interpersonal and group-dynamic relations
- social energy has a transmitter function between dynamics of a group and the process which develop the individual's personality within the group
- social energy can be constructive, destructive or deficient

Dynamic Psychiatry

- therapeutic concept of Dynamic Psychiatry. It is based on the understanding of human life as a process including health and disease but also work, love, as well as psychic, biological and social potentialities and also disease. So human beings have to be understood as always being in processes of development
- emphasize the necessity of a so-called health diagnosis
- patient 's capacities, interests, his physical health, his talents and intelligence, but also his life experiences and his group relations
- the group-dynamic principle is important for the following areas in psychotherapeutic treatment:
 - examination of the patient`s life story;
 - examination of the actual group-relations at the time, when the patient fell ill;

Dynamic Psychiatry

- the question of what unconscious group-dynamics are restored in the net of transference during treatment and the question how group-dynamics change in the course of treatment;
- working with the unconscious group-dynamic processes of mirroring in the supervision of the team; and
- working with the unconscious group-dynamics of the team both in the Dynamic Psychiatric Hospital and the out-patient areas of the institutes.
- in considering the entire group-dynamic environment, a social energetic therapeutic field has to be structured, which is necessary for an integrated treatment concept.

Dynamic Psychiatry

- a spectrum of verbal and non-verbal therapy methods
- for the Dynamic Psychiatric hospital this means the involvement of the whole team, including nurses, psychotherapeutically trained psychiatrists, as well as the administration and kitchen personnel into treatment as parts of the social-energetic field.
- The methods of treatment include individual therapy, group therapy, group-dynamic milieu-therapy as well as non-verbal therapy methods as analytic dance therapy, theatre, music, painting and art, sport and horseback-riding therapies and special interest groups

Dynamic Psychiatry

- for each patient a special therapeutic program is provided, which corresponds with his personality
- important points of integration for the entire treatment concept are integration conferences, supervisions with therapists, special control work with milieu therapists and the plenary group

Dynamic Psychiatry

- the therapeutic efficacy depends on the social energy which a therapeutic team is able to provide
- in dynamic-psychiatric therapy various therapists build a social-energetic net around the patient
- dynamic-psychiatric therapy is always an identity and humanizing therapy, make a person again able to have contact with himself and with other persons, to strengthen his creative and integrating powers , to get into work with the destructive and deficient parts of the personality, with destructive aggression, destructive anxiety and destructive narcissism.
- personality and identity of the patient are in the centre, what needs, goals, sense and tasks in life he may find and realize

Dynamic Psychiatry

- for the therapeutic work, an attitude of partnership of the therapist, engagement for the patient, therapeutic optimism
- to reach the patient in the unconscious core of his personality
- training and qualification of the team are of basic interest
- summarizing following points for Dynamic Psychiatry as an integrative model for psychiatric-psychotherapeutic treatment:
 1. image of man: holistic
 2. development model of personality structure: with an identity principle, a personality theory, a theory of social energy, a processual development and dynamic thinking, a group-dynamic principle
 3. therapy has group-dynamic multidimensional treatment spectrum, integration in the center

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- 4. therapeutic intervention in a net of therapeutic team members and the plenary group, group-dynamic principle of supervision as integrating work, therapeutic alliance between patient and therapist, attitude of partnership
- 5. Dynamic Psychiatry includes psychiatry, psychoanalysis, psychology, neurophysiology, group-dynamics psychosomatics, philosophy, pedagogics, sociology, anthropology and law
- 6. the most important integrative moment is the human being. As a centre, being part of the group, be supported and healed in the group (see Ammon 1991, 1994)