**Psychiatry & Psychotherapy Podcast Series: Episode 29: What is Psychodynamic Theory**

June 26, 2024 – December 31, 2025

**Purpose**

This episode discusses psychodynamic theory. Psychodynamic therapy is a form of talk therapy where the practitioner work focuses on the patient’s emotions, fantasies, dreams, unconscious drives and wishes, early and current life relationships, and the relationship that is forming between the patient and therapist.

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

**Activity Objectives**

1 Define the predominant components of psychodynamic therapy.

2 Explain how Sigmund Freud’s work shaped psychiatry and psychodynamic therapy as we define it today.

3 Define affect and be able to apply it to better understanding the patient.

4 Explain the difference between transference and countertransference.

5 Define what mentalization-based therapy is and what disorder it has been helpful for.

**Accreditation Statement**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and Emotion Connection, LLC. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

**Designation Statement**

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**California Assembly Bill 1195 and 241**

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, <https://www.meded.uci.edu/CME/> for AB 1195 and AB 241 resources.



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**Faculty & Planner Disclosures**

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| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| Allison Maxwell-Johnson, LCSW | Faculty | Nothing to disclose - 06/17/2024 |
| David Puder, MD | Course Director, Faculty | Nothing to disclose - 05/27/2024 |

**Agenda**

**[INSERT AGENDA HERE MANUALLY]**

**Acknowledgement of Commercial Support**

No commercial support has been received for this activity.