THE POWER OF SPECIFICITY IN PSYCHOTHERAPY

When Therapy Works
And When It Doesn't

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with Lucyann Carlton
THE LIMITATIONS OF STRUCTURE THEORY

Psychodynamic Practice in Theory in
The Life of Theory in Psychological Practice

RESPONSES TO THE CONSTRAINTS OF FORMAL THEORY

These responses are based on acknowledging the psychological limits of the theories used to guide our practice. It is necessary to be aware of the limitations of our theories and to use them with care. Theories should not be seen as complete or deterministic, but as useful tools for guiding our work. It is important to remain flexible and open to new ideas, and to continue to evaluate and refine our theories as we gain new insights from our work.

Chapter 2
of psychodynamic theory (see chapter 4). In the former, attention drew to the unconscious and less "real" with psychodynamic theory, we now pay more attention to the conscious and "real" world. Thus, one primary conclusion of this view is that therapist action the therapist must be more explicitly included in the therapeutic process, and that therapeutic action is a primary variable in the therapeutic relationship. This being said, we need to recognize that any particular therapeutic action will depend on the particular patient and the particular relationship. Thus, the therapist's role is not to act as a "blank slate", but rather to facilitate the patient's own growth and development. The therapist's role is to create a safe and supportive environment in which the patient can explore their thoughts, feelings, and experiences, and to provide guidance and support as needed.
NOTES

which specifically is called "ambiguity" (Case, 2009).