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## Psychodynamic Consultation in Crisis

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### Introduction

This paper will present a framework for a brief intensive psychotherapeutic intervention designed to address symptomatic expressions of distress that arise as the expression of unconscious conflict provoked by situations of crisis. This therapeutic approach has elements that will be familiar to any experienced therapist, but is specific in its conceptualization. What distinguishes this therapy from others is the induction and utilization of a special positive quality in the therapeutic relationship as a therapeutic aim and "curative factor" in its own right beyond its role as the substrate for a trusting relationship that underlies all successful psychotherapeutic treatments. (Viederman, 2011) This involves a specific strategy and technique designed to develop a 'benevolent transference' to effect change, sometimes to achieve symptom relief, sometimes as a precursor to meaningful insight. In this respect the relationship, considered to be a central feature of the therapy, complements understanding as a vehicle for change. A variety of interventions are described to facilitate this process and the approach will be illustrated with description of interactions with patients.

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