

### Is the Treatment Psychoanalytic? Some Parameters for Assessment:

1. Is the dialogue between patient and analyst unstructured and open-ended?
2. Is the therapist empathically attuned?
3. Are links being made between the patient's present subjective experiences and past history?
4. Does the therapist identify painful thoughts and feelings that the patient believes are unacceptable?
5. Does the analyst identify defensive maneuvers the patient uses unconsciously to avoid feelings?
6. Does the therapist use countertransference to understand and address preconscious material?
7. Does the analyst use the therapeutic relationship as a way to help the patient understand herself and the ways in which she recreates (with the analyst) relational patterns developed in childhood?
8. Is an analytic frame created, setting boundaries that allow the analysis to evolved and flourish?
9. Is the development of transference considered and addressed, including the awakening of unconscious memories with accompanying emotional arousal, for the purpose of working through?