

# **Risks and side effects of psychotherapy based on depth psychology in adults with depression**

## **Abstract**

The effectiveness of psychotherapy based on depth psychology in people with depression has been scientifically confirmed. The aim of this study is to expand the epistemological reference of the treatment method for a specific target group. The objective is to illustrate possible risks and side effects that arise for patients in the context of psychotherapy based on depth psychology, as well as corresponding preventive measures. As a consequence, the following research question will be answered: Which risks and side effects of individual psychotherapy based on depth psychology result in adults with unipolar depression from the perspective of experts and how can these be prevented?

In order to capture the subjective perception as best as possible, the author conducted personal oral interviews with psychotherapists with a depth psychology foundation. Afterwards, they were evaluated using the qualitative content analysis according to Philipp Mayring. The interview results show a range of potential risks and side effects in different areas of life, which result from the methodology of the psychotherapy procedure and the therapeutic approach. Likewise, preventive measures that should be initiated before and after the start of treatment are listed.

It is of essential importance to increase the thematic education of patients and therapeutic professionals. Further research on specific procedures and disorders as well as outcome-centred comparisons could have a promising effect on the success of treatment.