

ONLINE Short-Term Psychoanalytic Supportive Psychotherapy (SPSP-25 online)

What is SPSP-25?

SPSP-25 is an abbreviation of short-term psychoanalytic supportive psychotherapy, where 25 stands for 25 treatment sessions. This treatment may help you if you have persistent or recurrent mood disorders, such as depression. Different aspects are at play in mood disorders:

- The predisposition you have from birth.
- The events you experience in your life.
- The vulnerable parts of your character.

In SPSP-25 you and your therapist explore how your mood disorders are connected to your life experiences, your current relationships, the impact of past experiences, and how you perceive yourself.

An important outcome of the treatment is that your mood disorders subside, and you feel better. You will also work with your therapist to explore the difficult experiences from your past that have an impact on this. It will help you to better understand yourself. You will recognise unhelpful thoughts and emotions that you have not yet processed. You will also often start seeing yourself and others from a different perspective. This will boost your self-confidence and you can often have more positive relationships with others. This may help to prevent you from experiencing mood disorders or feeling down again during difficult moments or in times of stress.

It is scientifically proven that SPSP helps if you are depressed, whether or not you suffer from personality disorders.

Who is SPSP-25 online intended for?

SPSP-25 is an effective treatment if you have persistent or recurrent mood disorders. Scientific research shows that online therapy helps just as much as face-to-face therapy. The advantages of online therapy are:

- You can follow the therapy from your own home.
- You spend less time traveling.
- The appointments are easier to combine with other activities.
- The waiting time is usually shorter for online therapy.

SPSP-25 online is **not** an effective treatment if you:

- Have big psychosocial problems. This means your main problems are not only psychological, but also social. For example, you do not have a permanent place to live, or you have serious money problems.
- Have addiction problems.
- Have a severe depression.
- Think a lot about suicide.
- Have a bipolar disorder.

- Have a psychosis.
- Get so many benefits from your problems (like help, care, attention or money support) that you prefer to stay ill instead of getting better.. We call this secondary gain.

Important for online therapy

Just like in face-to-face therapy, it is important that you take part actively. Then online therapy works best. These things are important for online therapy:

- Make sure you have a good internet connection.
- Use a working camera, microphone, and headphones or speakers.
- Use a laptop, computer, or tablet. Do not use a phone.
- Sit in a quiet room where nobody disturbs you. Choose a place where you feel safe to talk freely. Preferably not at work.
- Make sure pets are not in the room with you.
- Try to avoid being disturbed, for example by a delivery person.
- Do not eat, smoke, or use alcohol or drugs during the session.

What happens in SPSP-25?

The main goal at the start of the treatment is to build a good relationship with your therapist. This is why you will meet twice a week online during the first month of treatment. Together, you will explore your mood disorders and how you experience them. After a while you will feel at ease and you will little by little begin to feel the change.

Together, you will also explore whether your symptoms are related to what is going on in your life. Next, you and your therapist will explore the impact of the main relationships you have with others and whether there are any patterns in how your mood disorders emerge or persist. You do this based on examples of recent true-life situations that have triggered a lot of feelings in you. Together with your therapist, you will explore the possibilities of changing your feelings, your thoughts and your behaviour. This phase of the treatment often leads to a shift in the topics you talk about. First, you will still talk about the situation in your life and the patterns in relationships with others. As time passes, the focus will shift to the relationship you have with yourself and how you take care of yourself.

At the end, you will talk about the treatment and about how you will move on once the treatment has stopped. It is about how to recognise in time if things take a turn for the worse again, and what you can do in that case. If the treatment stops, so will your contact with your therapist. This may occasionally trigger strong emotions. This is something which you will also discuss together.

How long will the treatment be?

An SPSP-25 treatment consists of 25 individual, one-to-one online sessions. Each session takes 45 minutes. The treatment is about seven to eight months.

- For the first four weeks, you will meet up with your therapist twice a week, for a total of eight sessions.
- For the next nine weeks, you will meet up with your therapist once a week, for a total of nine sessions.
- For the last eight sessions, you will meet up with your therapist once every two weeks.

Publications

- Driessen, E., Van, H.L., Don, F.J., Peen, J., Kool, S., Westra, D., et al. (2013). The efficacy of Cognitive Behavioral Therapy and Psychodynamic Therapy in the outpatient treatment of major depression: a randomized clinical trial. *American Journal of Psychiatry* (170) 1041–1050.
- De Jonghe, F.E.R.E.R. (2005). *Kort en Krachtig [transl. Short and Sweet]*. Amsterdam: Benecke N.I.
- De Jonghe F, Hendriksen M, van Aalst G, Kool S, Peen J, Van R, van den Eijnden E, Dekker J. Psychotherapy alone and combined with pharmacotherapy in the treatment of depression. *Br J Psychiatry* 2004; 185: 37- 45.
- De Jonghe, F.E.R.E.R., de Maat, S., Van, H.L., Hendriksen, M., Kool, S., van Aalst, G., Schoevers, R.A., & Dekker, J. (2013). Short-term Psychoanalytic Supportive Psychotherapy for depressed patients. *Psychoanalytic Inquiry*, in Press.

Costs

For all adults (18 years or over), treatment at the NPI is covered by the Healthcare Insurance Act. You will need Dutch health insurance for this. Payment is then handled via the health insurer. A general excess applies. You pay this excess each year to your health insurer on all care needed that year. The government decides the level of this excess on an annual basis.

Privacy

The NPI protects your privacy as regulated by law. It means that we keep information about you and your treatment secure and do not share it with others unless you have given your consent. We adhere to Arkin's privacy regulations. These regulations outline the rules by which our employees are bound when it comes to handling personal data and medical files.

You can read the privacy regulations here: <https://arkin.nl/documents/2023/07/Privacyreglement-Arkin-2023.pdf>. You can also request a copy from our secretariat by calling +31 (0) 20 590 4700.

Contact

If you are interested in treatment from the NPI, first discuss this with your GP or treatment provider. They can refer you to us. You can only make an appointment for an intake, an introductory meeting, if you have a letter of referral from your GP or therapist.

If you have any questions about the registration or if you would like to schedule an appointment for the intake, please call Arkin's Central Registration (the NPI is part of Arkin): +31 (0) 88 505 12 02. Another option is for your GP or treatment provider to register you with Arkin for treatment at the NPI.

If you are the referring physician, please contact Arkin's Central Registration on weekdays from 8.30 to 17.00 via telephone number +31 (0) 590 55 55 for registrations, peer consultation and any questions you may have.

If you are an Arkin treatment provider, please contact the Consultation and Registration Team (CAT). More information is available at <https://www.npspecialist.nl/voor-verwijzers/consultatie-expertise-en-second-opinion/>.