

## Psychoanalysis and psychoanalytic psychotherapy: tangencies and overlays

### Abstract

This paper aims to present an overview of theoretical and empirical papers that try to define characteristics of psychoanalytic psychotherapy and possible differences in comparison with psychoanalytic treatment itself. For this purpose, a review of the literature on this subject was performed. It was found that there are authors who see psychoanalysis and psychoanalytic psychotherapy as very similar techniques and think that is difficult to distinguish between them. Others see them as extreme poles of the same approach, and believe that therapists can fluctuate from one technique to another within the same treatment. And there are those who assume they are essentially different, using as criteria for differentiation between the techniques: extrinsic factors, such as session length, frequency and use of the couch; or intrinsic factors such as the centrality of transference and therapeutic goals. From this work, it's possible to see how complex this debate is and that's there is no consensus on the limits of divergence and convergence points between these therapeutic practices.

*Key-words:* Psychoanalysis; Psychoanalytic psychotherapy.