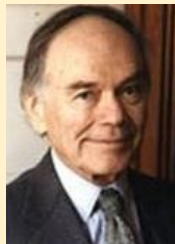


# Principales referencias que reúnen las Evidencias de Investigación sobre la Psicoterapia Psicoanalítica, así como sobre otras estrategias de intervención derivadas o relacionadas con ella

**Compilación elaborada por el Prof. Dr. Alejandro Ávila Espada**  
*(Catedrático jubilado, Universidades Complutense, Madrid, y de Salamanca, España, a partir de fuentes documentales y bases de datos de relevancia internacional.*



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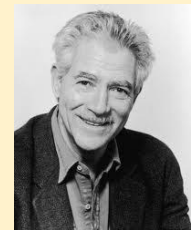
George Silbersachtz



John F. Clarkin



Peter Fonagy



Daniel N. Stern



Eric Kandel



Andrew Meltzoff



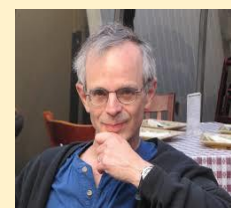
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Jonathan Shedler

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Esta compilación actualizada aporta las principales referencias que dan respuesta a las controversias sobre la científicidad del psicoanálisis, la psicoterapia psicoanalítica, y las psicoterapias dinámicas en general. Hay una extensa tradición de investigación científica de calidad, que viene siendo ignorada por quienes hacen una crítica interesada contra la práctica clínica de orientación psicodinámica. En modo alguno se puede seguir sosteniendo que esta carece de investigación que apoye su efectividad, eficacia y utilidad clínica, y las referencias aquí incluidas son pruebas de ello. Esta compilación de referencias incluye las siguientes secciones:

- I. [Documentación y compilaciones de estudios en páginas web de acceso abierto.](#)
- II. [Principales compilaciones de estudios de investigación relevantes a las modalidades de tratamiento de psicoterapia psicoanalítica publicadas como libro o monografía.](#)
- III. [Meta-análisis, estudios y compilaciones de especial relevancia.](#)
- IV. [Revisiones de líneas de investigación pertinentes a las psicoterapias dinámicas y de orientación psicoanalítica y otros métodos e intervenciones basados en ellas o comparados con ellas.](#)
- V. [Revisiones de líneas de investigación específicas a la intervención con niños/as y adolescentes.](#)
- VI. [Revisiones relevantes sobre las polémicas epistemológicas y metodológicas que afectan a la “Psicoterapia basada en la evidencia” \(y al estatuto científico del psicoanálisis y la psicoterapia psicoanalítica\).](#)
- VII. [Informes y estudios de Coste/Efectividad de las Psicoterapias Psicodinámicas \(y de comparación con otros tratamientos\).](#)
- VIII. [Objetivos de evaluación relevantes a la psicoterapia psicodinámica-relacional y algunos ejemplos de los principales métodos e instrumentos más frecuentemente usados \(Principalmente con adultos\)](#)
- IX. [Otros trabajos de interés](#)

Algunos de los trabajos incluidos podrían ser ubicados en más de un apartado, pero se han evitado, en lo posible, las redundancias.

Los trabajos de revisión y compilación de resultados, y los debates epistemológicos y metodológicos son muy numerosos. En esta compilación solo se ha incluido una selección de los más recientes y/o relevantes de entre los muy numerosos existentes en la amplia trayectoria de estos temas. Enviar sugerencias para la ampliación o mejora de esta compilación, así como de corrección de errores a: [avilaespada@psi.ucm.es](mailto:avilaespada@psi.ucm.es) / [avilaespada@gmail.com](mailto:avilaespada@gmail.com)



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### I. Documentación y compilaciones en páginas web de acceso abierto:

RESEARCH GATE - [psychodynamicresearch] The RCT-list 2019 - Comprehensive compilation of randomized controlled trials (RCTs) involving psychodynamic treatments and interventions ([Peter Lilliengren](#), Ersta Sköndal Bräcke University College, Stockholm, Sweden):

[https://www.researchgate.net/publication/317335876\\_Comprehensive\\_compilation\\_of\\_randomized\\_controlled\\_trials\\_RCTs\\_involving\\_psychodynamic\\_treatments\\_and\\_interventions](https://www.researchgate.net/publication/317335876_Comprehensive_compilation_of_randomized_controlled_trials_RCTs_involving_psychodynamic_treatments_and_interventions)

Neuropsychanalysis. Lecturas sugeridas sobre eficacia y efectividad del psicoanálisis. *Npsa*. Recuperado de <https://npsa-association.org/education-training/suggested-reading/the-efficacy-of-psychoanalyticpsychodynamic-therapies-reading-list/>

IPA - Documentación: [https://www.ipa.world/ipa/es/Es/Resources/Evidence\\_Base.aspx](https://www.ipa.world/ipa/es/Es/Resources/Evidence_Base.aspx)

IPA- Versión web de la compilación de estudios de investigación psicoanalítica, incluidos los principales que están en marcha actualmente: *Open Door Review-4*: <https://www.opendoorreview.com/>

Australian Psychoanalytical Society – Compila referencias y documentos en: <https://www.psychoanalysis.asn.au/all-resources>

British Psychoanalytical Society – Institute of Psychoanalysis: <https://psychoanalysis.org.uk/resources/evidence-base-of-psychoanalytic-psychotherapy>

Columbia University (USA) – Center for Psychoanalytic Training and Research.

Recoge información y referencias relevantes en las siguientes páginas:

<https://www.psychoanalysis.columbia.edu/research/empirical-clinical-studies>

<https://www.psychoanalysis.columbia.edu/research/attachment-development-and-trauma>

<https://www.psychoanalysis.columbia.edu/research/clinical-theory-and-technique>

<https://www.psychoanalysis.columbia.edu/research/neuropsychanalysis>

University College London (UCL) – Psychoanalysis Unit. Incluye información sobre los principales proyectos que llevan o han llevado a cabo, incluyendo valiosos instrumentos de investigación

<https://www.ucl.ac.uk/psychoanalysis/research>

IPA- Información sobre la última convocatoria publicada anual de becas de investigación sobre Psicoanálisis:

<https://www.ipa.world/SubmitAProposal>

*EVIDENCE-BASED PSYCHOANALYTIC CASE STUDY-PRIZE: Premios anuales convocados en el Reino Unido por The Association for Child Psychotherapy (ACP) & Association for Psychoanalytic Psychotherapy Education Trust (APP)*. Más información: [therapy@practice.demon.co.uk](mailto:therapy@practice.demon.co.uk)

**Psychotherapy Action Network:** A multidisciplinary and periodical conference aimed to explore the threats to psychotherapy posed by legislation, insurance policies, marketplace interests, biases in research and training, and cultural pressures, and also to suggest hopeful directions for collective action



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### II. Principales compilaciones de estudios de investigación relevantes a las diferentes modalidades de tratamiento de psicoterapia psicoanalítica publicadas como libro o monografía:

- Barlow, J., Bennett, C., Midgley, N., Larkin, S.K., & Wei, Y. (2015). *Parent-infant psychotherapy for improving parental and infant mental health (Review)*. The Cochrane Collaboration and published in The Cochrane Library 2015, Issue 1, Wiley.
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- Leuzinger-Bohleber, M.; Solms, M. & Arnold, S.E. (Eds.) (2020). *Outcome Research and the Future of Psychoanalysis. Clinician and Researchers in Dialogue*. London / New York: Routledge
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Parte del grupo del IPA Research Training Program 1997, con Bob Emde, John Clarkin, Wilma Bucci y Horst Kächele/  
Alejandro Ávila con Horst Kächele



Los grupos de 1995 y 1996 en el jardín y en el despacho de Maresfield Gardens, London.



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En Weimar, 2003, el grupo de investigación del CCRT

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- Leichsenring, F., Abbass, A., Luyten, P., Hilsenroth, M., & Rabung, S. (2013). The emerging evidence for long-term psychodynamic therapy. *Psychodynamic Psychiatry*, 41(3), 361-384. doi: <https://doi.org/10.1521/pdps.2013.41.3.361>
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### IV. Revisiones de líneas de investigación pertinentes a las psicoterapias dinámicas y de orientación psicoanalítica y otros métodos e intervenciones basados en ellas o comparados con ellas:

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### VI. Revisiones relevantes sobre las polémicas epistemológicas y metodológicas que afectan a la “Psicoterapia basada en la evidencia” (y al estatuto científico del psicoanálisis y psicoterapia psicoanalítica)

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