

Table 11. Psychodynamic Techniques in Primary Care

Interpersonal Therapy (IPT)^{58,78,118}: frequent interpersonal aspects are identified: grieving, role transition, disputes, and interpersonal deficit. This is a manual-based intervention that is specifically designed for patients who present anxiety or depression symptoms in relation to stressful life events and who do not suffer from a serious mental disorder. The goal is to reduce stress and the symptoms, improving social functioning.