

Abstract

Current research on the effectiveness of psychotherapy has largely focused on quantitative measures of symptoms, which has its advantages but also its shortcomings. An alternative approach, drawing on the psychoanalytic tradition, is the measurement of structural change, which focuses on complex changes in relatively stable latent aspects of an individual's psyche. In the Czech environment, however, the treatment of this issue is still lacking. Therefore, the aim of this literature review is to clarify the knowledge about structural change, its relation to psychotherapeutic practice and research and to make this perspective available to a wider professional public.

The thesis first situates the measurement of structural change in the context of current research approaches and their limitations. It defines structural aspects of the psyche in relation to different psychodynamic theoretical approaches and delves deeper into the relationship between changes in latent psychological structures and changes in observable manifestations of pathology. In the context of psychotherapeutic practice, the thesis examines interventions that contribute to structural change. In order to introduce structural change in research, the thesis offers a cross-comparison of different conceptualizations of structure and structural change, which include, for example, the concepts of Operationalized Psychodynamic Diagnosis (OPD), the Karolinska Psychodynamic Profile (KAPP), Kernberg's organization of personality, and the Psychodynamic Diagnostic Manual (PDM). The last part of the thesis provides an overview of specific methods that are used in structural change research.

Key words: structural change; psychotherapy research; psychodynamic psychotherapy