**Psychotherapy Written Case Patient Eligibility Criteria**

Patient Name: …………………………………..…………………………………………………………….

Referring Practitioner: …………………………………………………………………………………………

Date: ……………….…………………………

For the purposes of the RANZCP assessment and given the psychiatry registrar’s stage of training, please ensure your patient ticks **all** the boxes in the “Physiological" and “Safety” domains of the Maslow’s Hierarchy of Needs pyramid. So:

no drugs or alcohol for at least 2-3 months (there is no point doing formal psychotherapy with someone who cannot remember things from one session to another because they are permanently drunk or stoned)

no acute mental health issues (risk of harm to self or others should only be low to medium). Any acute mental health issues e.g. clinical depression, should be stabilised and mostly in remission.

no eating disorder patients

no untreated, acute medical issues, and no ongoing, chronic, debilitating medical conditions

the patient has to be physically and emotionally safe in the present (e.g. not be currently in a domestic violence situation)

no uncertainty re: job, finances, accommodation

no current forensic issues or significant past forensic history

not a current university student with a history of coping poorly during exam times

no ongoing medico-legal claims (there will be no chance of your patient getting well if there is a current claim)

no active, justified concerns regarding a loved one’s welfare

In addition:

the patient commits to see the registrar for at least 40 sessions

the patient is agreeable to not see any other therapist for the duration of the 40 sessions

The patients who may preferentially respond to psychodynamic psychotherapy are those with:

Some degree of developmental trauma

Ongoing, chronic, moderate level of depressive or anxiety symptoms