At his friends’ urging, Barney has decided to seek help for the depression he has been struggling with ever since moving away from home and starting college two months ago. He’s heard a lot about Sigmund Freud’s therapy, called psychoanalysis, in which patients use whatever comes to mind in order to uncover their unconscious conflicts.

In this therapy, analysts traditionally would interpret their patients’ tendency to change the subject in response to difficult questions as a defense, such as if a patient’s anger toward abusive family members began to be directed at the therapist, that defense would be interpreted as a form of repression. Barney finds, however, that this therapy is practiced by only a very few therapists and that most are instead offering an updated version called short-term therapy.

In this therapy, current symptoms are analyzed to consider themes across important relationships, such as those between Barney and his family members back home. Or, Barney might be helped best by the brief variation known as brief psychotherapy, which may enable him to gain insight into the root of his problem.

Answers may be found in the Appendix at the end of this booklet.