

# The standardization of processes of psychodynamic psychotherapies: a critical revision in an Adlerian prospect

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*Summary.* The problem of the standardization of processes defining analytical psychotherapies is getting more and more important during the last ten years. This matter regards all the psychodynamic schools and the Individual Psychology too. The possibility to standardize the adlerian psychotherapies is connected to the possibility to use a right method for the research. The definition of processes is only relatively important in the training of the analyst and psychotherapist. The best therapist is the technically experienced one, but also the one who doesn't give up the vital source of his own experience and the one who continuously learns from the relation with the patient.