

## Letters

### Don't discount psychoanalysis

I appreciated your article on the Freud exhibit very much ("Dr. Freud Goes to Washington," SN: 11/28/98, p. 347). I have one minor comment, however. You quote Drew Westen as reporting that there is no solid evidence for the effectiveness of psychoanalysis or psychotherapy beyond 2 years after the completion of treatment. Although there are studies that do demonstrate the long-term effectiveness of psychotherapy, a more important point involves the difficulty in assessing long-term gains for all psychiatric and psychological treatments because of the complex interactions of multiple variables and the unanticipated vagaries of life.

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