OPD-CA-2 Operationalized Psychodynamic Diagnosis in Childhood and Adolescence: Theoretical Basis and User Manual

Following the success of the Operationalized Psychodynamic Diagnosis for Adults (OPD-2), this multiaxial diagnostic and classification system based on psychodynamic principles has now been adapted for children and adolescents by combining psychodynamic, developmental, and clinical psychiatric perspectives.

The OPD-CA-2 is based on four axes that are aligned with the new dimensional approach in the DSM-5: I = interpersonal relations, II = conflict, III = structure, and IV = prerequisites for treatment. After an initial interview, the clinician (or researcher) can evaluate the patient’s psychodynamics according to these axes to get a comprehensive psychodynamic view of the patient. Easy-to-use checklists and evaluation forms are provided. The set of tools and procedures the OPD-CA-2 manual provides have been widely used for assessing indications for therapy, treatment planning, and measuring change, as well as providing information for parental work.

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