

Cover letter

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To whom it may concern,

I wish to submit for consideration by the Mediterranean Journal of Clinical Psychology (MJCP) an original research article entitled “Online psychodynamic psychotherapies: a scoping review. The case of bereavement support”.

I confirm that this paper is original and has not been published elsewhere, nor is it currently under consideration for publication elsewhere.

We believe that this manuscript is appropriate for publication by the MJCP in the psychotherapy section.

The purpose of the following article is to evaluate the recent literature on psychodynamic psychotherapy and the use of teletherapy, a practice that is unusual for this approach but has become more common (especially since the pandemic).

We are both psychologists with psychoanalytic background. We work with bereaved people and have experience working at a distance during the pandemic. For this reason, we felt it was essential to conduct research not only on online psychodynamic psychotherapy but also on the scientific results related to this practice when used explicitly in cases of bereavement.

It is therefore in the interest of training and for empirical reasons, having experienced both traditional and online settings, that we want to consider and investigate not only teletherapy in general but also its use with respect to a more specific clinical situation.

For this reason, we report two scoping reviews. The first concerns the validity of teletherapy in general with respect to the psychodynamic approach, while the second focuses exclusively on psychodynamic teletherapy in cases of bereavement (a central element of our clinical and research practice).

With respect to the research on the effectiveness of psychodynamic psychotherapy conducted online with all different types of patients, only 5 researches out of 781 articles were selected. Of 363 articles on the use of psychodynamic teletherapy with bereaved patients, no article was finally selected.

These results highlight the serious absence of scientific studies focusing exclusively on the effectiveness of teletherapy in psychodynamic treatments, in general, and with respect to the clinical situations of bereaved cases.

Our results seek to stimulate several reflections, both on the reasons for this gap and on possible clinical and research directions.

We have no conflicts of interest to disclose.

Agreement of authors for publication :

We declare that this manuscript is original, has not been published before and is not currently being considered for publication elsewhere.

We confirm that the manuscript has been read and approved by all named authors and that there are no other persons who satisfied the criteria for authorship but are not listed.

We further confirm that the order of authors listed in the manuscript has been approved by all of us. We understand that the Corresponding Author is the sole contact for the Editorial process. She is responsible for communicating with the other authors about progress, submissions of revisions and final approval of proofs.

Number of figures: 2

Number of tables : 1

Please address all correspondence concerning this manuscript to me at lsani@unistra.fr.

Thank you for your consideration of this manuscript.

Sincerely,

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