



Status

Active

## Medical and Behavioral Health Policy

Section: Behavioral Health

Policy Number: X-13

Effective Date: 05/28/2014

Blue Cross and Blue Shield of Minnesota medical policies do not imply that members should not receive specific services based on the recommendation of their provider. These policies govern coverage and not clinical practice. Providers are responsible for medical advice and treatment of patients. Members with specific health care needs should consult an appropriate health care professional.

## PSYCHOANALYSIS

**Description:** Psychoanalysis is the procedure devised by Freud for investigating mental processes by means of free association, dream interpretation, and interpretation of resistance through transference manifestations. It is considered a method of treatment for mental, emotional, and behavioral dysfunctions as well as a body of theory concerning the functioning of the mind. Freud described the mind as a complex structure which spontaneously generates meaning below conscious awareness. Unconscious mental processes are thought to be present always and are of great importance in mental functioning. Part of the analyst's role is to interpret the resistances and emerging unconscious forces in order to foster insight within the patient.

The underlying theory of unconscious motivation is common to different psychoanalytic approaches, although the emphasis on and relationship between drive theory, object-relations theory, and structural organization varies among these approaches. The objective of psychoanalysis is fundamental structural change involving the integration of repressed or dissociated unconscious conflict into the conscious ego. However, it is the translation of these objectives into technical approaches that characterizes psychoanalysis.

Psychoanalysis may be defined as the facilitation of the development of a regressive transference neurosis, and its resolution by interpretation alone, carried out by a psychoanalyst from a position of technical neutrality. Therefore, interpretation, transference analysis, and technical neutrality are the three essential features of the psychoanalytic method. The underlying assumption is that a regressive transference neurosis reproduces, in the psychoanalytic situation, the pathogenic unconscious impulse/defense configurations dominant in a patient's psychopathology.

Most psychoanalysts would agree that three or four sessions per week constitute the minimum for psychoanalytic work to be effective. There are few, if any, scientific studies that support the use of psychoanalysis for treatment of behavioral health disorders. Psychoanalysts claim that clinical experience and the volume of case studies provide evidence for the efficacy of psychoanalysis. However, conclusions regarding efficacy of psychoanalysis based on modern standards of scientific evidence are very difficult to make. Convincing evidence is not currently available showing that psychoanalysis improves health outcomes.

**Policy:** Psychoanalysis is considered **INVESTIGATIVE** for all mental health disorders.

**Coverage:** Blue Cross and Blue Shield of Minnesota medical policies apply generally to all Blue Cross and Blue Plus plans and products. Benefit plans vary in coverage and some plans may not provide coverage for certain services addressed in the medical policies.

Medicaid products and some self-insured plans may have additional policies and prior authorization requirements. Receipt of benefits is subject to all terms and conditions of the member's summary plan description (SPD). As applicable, review the provisions relating to a specific coverage determination, including exclusions and limitations. Blue Cross reserves the right to revise, update and/or add to its medical policies at any time without notice.

For Medicare NCD and/or Medicare LCD, please consult CMS or National Government Services websites.

Refer to the Pre-Certification/Pre-Authorization section of the Medical Behavioral Health Policy Manual for the full list of services, procedures, prescription drugs, and medical devices that require Pre-certification/Pre-Authorization. Note that services with specific coverage criteria may be reviewed retrospectively to determine if criteria are being met. Retrospective denial of claims may result if criteria are not met.

**Coding:** *The following codes are included below for informational purposes only, and are subject to change without notice. Inclusion or exclusion of a code does not constitute or imply member coverage or provider reimbursement.*

**CPT:**  
90845 Psychoanalysis

**Policy History:** **Developed February 12, 2003**

**Most recent history:**  
Reviewed March 9, 2011

Reviewed March 14, 2012  
Reviewed March 13, 2013  
Reviewed May 14, 2014

**Cross  
Reference:**

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