**Thinking about psychotherapy and the (in)ability to regulate fundamental psychological needs**

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Within the frame of the Paradigmatic Complementarity Metamodel fundamental psychological needs are conceptualized in terms of seven polarities along a dialectical continuum stemming from different theoretical orientations and their regulation is seen as a pivotal aspect of human adaptation and well-being.

Both the use of the construct of psychological needs and attempts at specification of fundamental human needs are made in diverse psychological and psychotherapy models; there are quite different theories of needs and there are even some theories that don’t see the need for the construct of needs.

In this theoretical paper, we discuss the history and heuristic value of this construct by presenting a brief review of the different ways how needs are defined, conceptualized and valued within the four main different psychotherapeutic approaches: systemic, cognitive-behavioral, humanistic- experiential and psychodynamic.

We will conclude by discussing potential implications of our review and proposal for clinical practice. On the one hand, the question of what prevents a person to be able to regulate his or her psychological needs, and therefore prevents that person`s well-being is crucial to the understanding of non-adaptation and suffering, and therefore to psychotherapy. On the other hand, if the attainment of the ability to flexibly regulate different psychological needs is a superordinate goal of therapy, it is important to reflect about what psychological processes may be involved in that ability to regulate fundamental psychological needs.

We believe that research on such a field is potentially fruitful for bridging the gap between science and practice and it concerns several psychotherapeutic approaches.