

## ***Building capacity: Theory and application of the Graded format of ISTDP***

### **2nd Swedish Immersion in Davanloo's ISTDP with Dr Allan Abbass**

We are pleased to announce a 4 day Immersion course in Davanloo's ISTDP in Stockholm September 12-15, 2013.

As clinicians and researcher know, perhaps the majority of referred patients do not have the capacity to tolerate direct mobilization of emotions, instead developing fatigue, weakness, depression and somatic symptoms while trying to do focused dynamic psychotherapy.

To respond to this problem, Davanloo developed a Graded Format of ISTDP to first build capacity to tolerate unconscious anxiety. This enables the ISTDP treatment to be applied to a further 30-50% of referred patients compared to the standard technique of ISTDP.

This in depth videotape based Immersion will cover the following areas:

- ◆ Overview of Davanloo's Metapsychology of the Unconscious
- ◆ Overview of the spectrum of suitable patients with videotape illustrations
- ◆ Psychodiagnostic assessment to determine who needs capacity building
- ◆ Theory of the Graded format
- ◆ How to mobilize and reduce unconscious anxiety
- ◆ Optimization by monitoring the unconscious signalling system
- ◆ Partial and Major Unlocking of the Unconscious after building capacity

The Location will be in Stockholm at Ersta Sköndal Högskola, Campus Ersta, Stigbergsgatan 30.

The fee is 1200 Canadian Dollars.

For those in ISTDP Core training groups the fee is 1100 Canadian Dollars.

The fee includes nutrition breaks and a course handout.

Fees payable on application to reserve a spot. Seating is limited.

This course is open to regulated health professionals in good standing.

For more information or to register please email Jennifer at [abbass@bellaliant.net](mailto:abbass@bellaliant.net) or call 1-902-488-7715

**Registration Form: 2<sup>nd</sup> Swedish ISTDP Immersion 2013**

**September 12-15**

Location: Stockholm, Ersta Sköndal Högskola, Campus Ersta, Stigbergsgatan 30

Fee: \$1200 Canadian

\$1100 Canadian for any ISTDP Core Training Group Members

Fees are due upon registration to reserve a spot.

Seating is limited.

75% refundable until July, 31<sup>st</sup>

Non-refundable after July, 31<sup>st</sup>

Name: \_\_\_\_\_

Profession: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Contact number: \_\_\_\_\_

e-mail address: \_\_\_\_\_

food allergies/ sensitivities: \_\_\_\_\_

Fee is to be wire transferred in Canadian Dollars and must include all banking fees. Please write that this is for "SWEDEN IMMERSION 2013"

Dr. Allan Abbass, MD, Inc., account number 702430077011. The account is at Bank of Nova Scotia - Coburg & Robie, 6005 Coburg Road, Halifax , Nova Scotia, Canada, B3H 1Y8. The telephone number is 1-902-420-4929. SWIFT code: NOSCCATT. Transit Number: 70243. Institution Number: 002. Routing Number: 026002532



***Dr Allan Abbass***

Dr. Allan Abbass is currently a Professor of Psychiatry and Psychology, Director of Psychiatric Education and founding Director of the Centre for Emotions and Health at Dalhousie University in Halifax, Nova Scotia, Canada.

He completed a degree in Medicine at Dalhousie, a residency in Family Medicine at McGill University and has worked as both a family physician and an emergency physician. He began to study with Dr. Davanloo at McGill University in 1990, where he was provided training in Intensive Short-term Dynamic Psychotherapy. Following this exposure to mental healthcare, he decided to complete a residency in Psychiatry at the University of Toronto with the goal of teaching and conducting research in psychotherapy.

He is now a leading teacher and researcher in the area of Short-term Psychoanalytic Psychotherapy, having contributed over 125 publications. These articles can be viewed at [www.istdp.ca](http://www.istdp.ca) He is known for simplifying the theory and technical aspects of the model with the use of algorithms and through highlighting moment to moment processes that inform intervention. He has received a number of teaching awards including a national teaching award in Psychiatry. He has been honoured with visiting professorships at several international universities and institutions.

His recent research includes clinical trials and several meta-analyses of short-term psychotherapy, including the Cochrane Review of Short-term Psychodynamic Psychotherapy for common mental disorders. He provides training programs for local and international audiences in the area of anxiety, depression, somatic disorders and personality disorders.

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