

Invites you to a one-day seminar with **Patricia Coughlin** on the topic of:

Pathological mourning

- Helping patients process unresolved grief using emotion-focused interventions

Pathological mourning has been referred to as the “great deceiver” as it can be disguised as anxiety symptoms, depression, somatization, or even maladaptive personality traits. Since the patient is often unaware that his suffering is the result of unresolved feelings regarding traumatic loss, he does not report it. This can only be discovered as the result of skillful psychotherapeutic intervention.

This seminar will provide an updated, research-informed overview of both normal and complicated grief reactions. Factors contributing to a pathological course of mourning will be outlined and illustrated with clinical material. Specific interventions designed to overcome defense and resistance, and facilitate the direct experience of complex, mixed feelings regarding loss, will be exemplified with video clips from actual therapy sessions.

Specific learning objectives include:

1. How to detect indications of pathological mourning underlying the patients presenting problems
2. How to assess patients factors that prevent the resolution of the grieving process using moment-to-moment assessment of patient strengths and vulnerabilities
3. How to use principles from *Intensive Short-Term Dynamic Psychotherapy* (ISTDP) to help patients process complex feelings to resolve the grieving process

ISTDP was originally created by Habib Davanloo, MD, and is a short-term therapy approach with roots in psychoanalytic theory, attachment theory and neuroscience. The ISTDP-therapist is active in helping patients see and turn against self-destructive defenses that block adaptive emotional responding. Therapy sessions are videotaped to facilitate therapist learning, supervision and research. ISTDP has a growing empirical base for a wide range of emotional disorders.



Patricia Coughlin (Della Selva), Ph.D. is a Clinical Psychologist with over 30 years of experience as a clinician, teacher, supervisor and author. In addition to a private practice, she has been Clinical Professor of Psychiatry at Northwestern School of Medicine, Albany Medical College, and Thomas Jefferson School of Medicine. Currently, she is Visiting Scholar at the University of New Mexico School of Medicine. Her book, *Intensive Short-Term Dynamic Psychotherapy: Theory and Technique* (1996/2004) is considered a classic in the field. Known as a lively and engaging presenter, Dr. Coughlin is a sought after speaker around the world.

Location: Gothenburg, SWEDEN (specific location TBA)

Date: Friday, September 5th, 2014

Time: 8.30 – 16.30

Price: 2000 SEK for non-members, 1500 SEK for members of the Swedish society for ISTDP, 750 SEK for full-time students (regardless of membership)

Coffee and snacks during breaks is included in the price

Registration: From Sweden: e-mail your name and phone number to liv.raissi@affekta.se for registration. Transfer the fee to bankgiro: 300-3944. Include "ISTDP1409: Your name" in the caption. You will get a confirmation of your registrations as soon as the payment is at our account.

From abroad: e-mail your name and phone number to liv.raissi@affekta.se for registration. Transfer your money to bank account 300-3944 (SE 3680000 8105 9923 9884 498, BIC/SWIFT SWEDSESS) Include "ISTDP1409: Your name" in the caption. You will get a confirmation of your registrations as soon as the payment is at our account.

Contact: Liv Raissi: liv.raissi@affekta.se or Peter Lillengren: peter.lillengren@affekta.se