



S:T LUKAS INBJUDER TILL UTBILDNINGSDAG
11 NOVEMBER 2015



Jon Frederickson

WSW, ISTDP Institute

Depressionsbehandling - hur förstår vi depression?

Hur identifierar vi de försvar som leder till depression? Hur hjälper vi patienter att bygga upp sin förmåga att själva känna igen och acceptera sina känslor?

Detta är frågor som behandlas genom föreläsning och videomaterial. Denna utbildningsdag är upptakten till en 2-årig utbildning i ISTDP (Intensive Short-Term Dynamic Psychotherapy).

Plats: Immanuelskyrkan, Kungstensgatan 17, Stockholm

Tid: Onsdag 11 november kl 13.00 - 18.00

Kostnad: 1 250 kr inkl moms (312 kr)
750 kr inkl moms (100 kr) för studerande vid psyko-terapeutprogram.

Anmälan: Senast 20 september till Bilda, www.bilda.nu.

Treatment of depression building capacity

In this videotape presentation we will see how to assess and work with depression in a patient who had over 12 years of previous therapy. She suffered from lifelong depression and somatization. In the case we will see how to identify defenses that cause depression, how to help the patient see them, how to help the patient see their price, and how to help patients turn against those defenses to face the warded off feelings underneath. We will also show how to address somatization as a defense.

We often misunderstand depression as a "state" inherent in the patient rather than as a result of unconscious defenses. This case will show, through micro-analysis of the video, how to identify the microscopic defenses occurring nearly every fifteen seconds which unconsciously create the depression. Further, the analysis of the therapeutic process will show how we can reverse the process of depression within the session leading to more rapid symptom relief.

These patients turn anger against the self to protect those they love. Thus, we must build their capacity to recognize what they feel and tolerate feeling those feelings outward toward others rather than turn them inward and become depressed. By developing this capacity in the therapy relationship, the patient develops experiential insights which lead to change.

Jon Frederickson, MSW

Anmäl dig senast 20 september

Till anmälan

I samarbete med:

Bilda