

*We are pleased to announce a three – day Immersion course in
Stockholm, August 25 - 27, 2016*

Reaching Through Resistance: Assessing and treating patients across the spectrum with ISTDP

5th Swedish Immersion in Davanloo's ISTDP with Dr. Allan Abbass

This 3 – day immersion will provide a detailed study of the full spectra of patients who can benefit from Davanloo's ISTDP. These 86% of referred patients span from healthy patients with loss to patients with severe personality disorders.

This video based immersion will detail the metapsychology of the ISTDP approach, how to initiate the process, how to assess systems of resistance and levels of anxiety, how to mobilize the unconscious pathogenic feelings, how to build capacity, and how to work through with patients.

The objective is to provide knowledge on the basis and methods of this powerful treatment system, which you can use to inform your psychotherapy practice now. This information is particularly helpful to understand and handle treatment resistance. A couple of case presentations will also be provided in Swedish by local ISTDP trainers Tobias Nordqvist and Peter Lilliengren.

The immersion is open to mental health professionals and students. It can be a component of Core Training, adds to supervision based training, and 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 resistance and level of anxiety
- ◆ Nature of interventions including pressure, challenge, and head-on-collision with resistance
- ◆ Timing of interventions
- ◆ Various forms of Unlocking of the Unconscious

About the speaker



Dr. Allan Abbass

Dr. Allan Abbass is Professor of Psychiatry and Psychology, Director of Psychiatric Education, and founding Director of the Centre for Emotions and Health at Dalhousie University in Halifax, Canada. He is a leading award winning teacher and researcher in the area of Short-Term Psychodynamic Psychotherapy, with over 150 publications and 200 invited presentations over the globe. These articles can be viewed at www.istdp.ca

He is known for simplifying the theory and technical aspects of the ISTDP model, with the use of algorithms and through highlighting moment-to-moment processes that inform interventions. He has received a number of teaching awards, including two national awards in psychiatry. He has been honored with visiting professorships at several international universities and institutions, holds recurrent intensive training programs in Norway, Sweden, Italy, and Canada, and provides internet based training to professionals and groups around the world.

Dr. Abbass' recent research includes clinical trials and several meta-analyses of Short-Term Dynamic 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.

Dr. Abbass' first textbook on ISTDP "Reaching Through Resistance: Advanced Psychotherapy Techniques" was published in May, 2015.

Registration Form: 5th Swedish ISTDP Immersion, August 25 - 27, 2016

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

Fee: \$1000 Canadian

\$800 Canadian for any ISTDP Core Training Group Members

Fees are due upon registration to reserve a spot.

Seating is limited.

75% refundable until June, 30, 2016

Non-refundable after June, 30, 2016

Name: _____

Profession: _____

Address: _____

Contact number: _____

E-mail address: _____

Food allergies: _____

To register email Jennifer at abbass@bellaliant.net and transfer the fee.

Fee is to be wire transferred in Canadian Dollars and must include all banking fees. Please Include your name on the bank transfer and include "YOUR NAME : SWEDEN IMMERSION 2016"

Dr. Allan Abbass, MD, Inc., account number 7024300 23914. 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