

The Swiss Institute for ISTDP is pleased to offer a 6 block, systematic training program in Davanloo's ISTDP in collaboration with Dr Allan Abbass, Professor & Director, Centre for Emotions and Health, Dalhousie University, Canada. These blocks will review the entire spectrum of patients suitable for ISTDP and details of assessment and treatment techniques as reviewed in *Reaching through Resistance* and Davanloo's research and writings. In this training there will be shown many videotaped sequences. So the presented method can be verified by the participant.

2016

January: 23rd – 25th : General Introduction and Depression with and without Repression

Program in Detail

Day 1: 23rd of January 2016

Overview of IS-TDP Spectrum of treatment in IS-TDP

Spectrum from low to high resistance (Psychoneurotic Disorders) and the spectrum of patients with Fragile Character Structure including Borderline Disorder

9.15 – 10.45

Empirical basis for ISTDP and Metapsychology 1 15 minutes break

11.00 – 12.30

Metapsychology 2 Lunch

13.45 – 15.15

Moderate Resistance

15.30 – 17.00

High Resistance: timing of pressure, challenge and head on collision

17.15 – 18.45

Fragile Character Structure: assessing and building the capacity to tolerate anxiety.

Day 2: 24th of January 2016

Treatment of Resistant Depression: Advanced Psychotherapy Techniques

A. Major Depression with repression: How to bring structural change and repeated unlockings of the unconscious. (**Repression** means active repression of the feelings into smooth muscle, conversion, and psychomotor retarded major depression.)

B. Structural difference in major depression without repression: How to bring structural change and repeated unlockings of the unconscious.

9.00 – 10.30

Resistant patient without repression 1

10.45 – 12.15

Resistant patient without repression 2

Lunch

13.30 – 15.00 Resistant patient with repression 1

15.15 – 16.45 Resistant patient with repression 2

17.00 – 18.30 Resistant patient with repression 3

19th and 20th of August: Moderate to high resistant Patients: Timing and application of pressure, challenge and head on collision in resistant patients: Focus on Cluster C Personality disorders

Day 1

9.15 – 10.45

ISTDP: A systematic approach to evaluating resistance:

Metapsychology of Resistance

15 minutes break

11.00 – 12.30 Moderate resistance psychodiagnosis: low versus mid rise

Lunch

13.45 – 15.15 Moderate Resistance Trial Therapy 1

15.30 – 17.00 Moderate Resistance Trial Therapy 2

Break

17.15 – 18.45 Moderate resistance Later sessions

Day 2

9.00 – 10.30

High Resistance: Psychodiagnosis: low versus mid versus high rise

10.45 – 12.15

Resistant patient: timing of pressure, challenge and head on collision

13.30 – 15.00 Resistant patient Trial Therapy

15.15 – 16.45 Resistant patient Trial Therapy

17.00 – 18.30 Resistant patient Later Session

Supervision day: 21st of August

2017

Sunday to Tuesday: 22nd - 24th of January 2017: IS-TDP with Patients with Repression and Major Depression: Capacity Building Techniques

Day 1

9.15 – 10.45

Empirical basis for ISTDP in Depression

Metapsychology of Depressive types

15 minutes break

11.00 – 12.30

Metapsychology Continued: 2 Lunch

13.45 – 15.15

Moderate Resistance with Depression

15.30 – 17.00

High Resistance: timing of pressure, challenge and head on collision in depressed

patients without repression

17.15 – 18.45

Detecting the syntonic resistances in Dysthymic, depressed patients.

Day 2

9.00 – 10.30

High Resistance with Repression: Assessing and working with thresholds

10.45 – 12.15

Resistant patient: timing of pressure, challenge and head on collision

13.30 – 15.00 Fragile Character Structure with Depression: assessing and building capacity

15.15 – 16.45 Fragile Character Structure with Depression: First breakthroughs

17.00 – 18.30 Fragile Character Structure with Depression: later treatment phases

Supervision day

August 2017: Somatisation + Chronic Pain: low to high Resistance and Fragil Persons

Day 1

9:15-1045 Overview of Course, Evidence base for ISTDP in Somatic Disorders
Metapsychology of ISTDP with videotape examples.

Break

11:00-12:30 Timing and Technique: Psychodiagnosis of low and moderate resistant patients with somatization

12:30-1:45 Lunch

13.45 – 15.15 Moderate Resistance with somatization

15.30 – 17.00 Moderate Resistance with somatization continued

Break

17.15 – 18.45 Moderate-highly resistant patient with somatization

Day 2

9.00 – 10.30

High Resistance with Repression based Somatization: Centrality of Guilt

10.45 – 12.15

Resistant patient with repression: Repeated unlockings

Lunch

13.30 – 15.00 Fragile Character Structure with somatization: Handling complexity and thresholds

15.15 – 16.45 Fragile Character Structure with somatization: to first breakthroughs

17.00 – 18.30

Severe Fragile Character Structure: New onset of somatic symptoms

Supervision day

2018

January: IS-TDP with Patients with fragile Character structure (Dissociation and severe Personality Disorder)

Day 1

9:15-10:45 Overview of Course, Metapsychology of Non Fragile Cases with videotape examples.

Break

11:00-12:30 Assessing and working with thresholds in mild-moderate fragile character structure

12:30-1:45 Lunch

13.45 – 15.15 Mild-moderate Fragility: capacity building to first breakthroughs

15.30 – 17.00 Mild to moderate Fragility: First unlockings

Break

17.15 – 18.45 Mild to moderate Fragility: First unlockings part 2

Day 2

9.00 – 10.30

Severe Fragile Character Structure: Assessing Rapidly Rotating Fronts of the system

10.45 – 12.15

Severe Fragile Character Structure: Capacity Building to first breakthroughs

Lunch

13.30 – 15.00 Severe Fragile Character Structure: Deeper zones of the unconscious and Dominance of the Unconscious Therapeutic Alliance

15.15 – 16.45 Severe Dissociative Disorders: Fugue

17.00 – 18.30 Severe Dissociative Disorders: Multiple Personality Disorder

Supervision day

August: Review and Overview Block: Update on evidence for the metapsychological basis of ISTDP: Overview of the Spectra of suitable Patients for IS-TDP with Case Illustrations. This block will be responsive to key areas that require reviewing with detailed case examples and case discussion. It will also emphasize the common obstacles to learning and practicing ISTDP.

9:15-10:45 Metapsychology review and update of state of Evidence

Break

11:00-12:30 Initiating the Process: review

12:30-1:45 Lunch

13.45 – 15.15 Moderate resistant Patients continued

15.30 – 17.00 Highly resistant patients

Break

17.15 – 18.45 High resistance with repression 1

Day 2

9.00 – 10.30

Fragile Character Structure 1 Assessing Rapidly Rotating Fronts of the system

10.45 – 12.15

Fragile Character Structure 2

Lunch

13.30 – 15.00 Severe Fragile Character Structure and working with the UTA

15.15 – 16.45 Depressive Disorders

17.00 – 18.30 Psychotic Disorders

Supervision day