

## Condition of admission

Medical Doctors and Psychologists or in Formation. Other Psychotherapists or Students on request.

**Place of Congress:** Hotel OLTEN at the train station, Olten

**Costs: the two first days** (19th+20th of August)  
Fr. 600.- / € 570.- for students and trainees Fr. 400.- / € 350.-

**Total Costs for the third day** (21th of August): Supervision day for interested colleagues:  
Fr. 4500.-. Will be shared by the participants.

### Payment via:

Swiss Association for Intensive Short Term Dynamic Psychotherapy  
GIK Fortbildungskonto

zhv : Emmenegger Pierre Alain Sulgeneckstrasse 38 3007 Bern

**IBAN: CH85 0900 0000 6130 0195 0**

**BIC: POFICHBEXXX Clearing: 9000 PC: 61-300195-0**

Contact and Registration **at the latest by 30.06.2016**

Doris Dällenbach MASPT,

Untertor 22, Postfach 1695, 8401 Winterthur

Tel. 052/ 213 19 61 **email : [d.daellenbach@gmx.ch](mailto:d.daellenbach@gmx.ch)**

### Reservation for accomodation:

Hotel OLTEN at the trainstation Olten

Bahnhofstrasse 5 4600 Olten

**email :** [sleep@hotelolten.ch](mailto:sleep@hotelolten.ch) **tel:** +41 62 287 32 32

(indicate that you are participant of the Congress)

**Further informations:** [www.istdp.ch](http://www.istdp.ch)



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## Intensive Short-Term Dynamic Psychotherapy (IS-TDP)

### Training with Allan Abbass

Professor & Director, Centre for Emotions and Health  
Dalhousie University, Canada

### Olten Switzerland

**19<sup>th</sup> - 20<sup>th</sup> - 21<sup>th</sup> of August 2016**

**second of six modules within the next three years**

The modules can be booked separately or as a whole

All presentations go along with audio-visuel examples. The videopresentations illustrate the practical work with IS-TDP. The conveyed theory gets experienced and verified.

**15 credits SGPP / FSP / SAPPm** - The language is English

## The Speaker :



**Allan Abbass MD, FRCPC,  
Director, Centre for Emotions and  
Health, FACULTY OF MEDICINE,  
Dalhousie University, CANADA**

Intensive Short-Term Dynamic Psychotherapy (IS-TDP). Founder: H. Davanloo

IS-TDP was developed by Habib Davanloo, Professor of Psychiatry at the University of Montreal.

In the years of 1960 Davanloo started to record his psychotherapy sessions on video. He verified the effectiveness of his interventions by studying the verbal and non-verbal reactions of his patients. He developed new psychodiagnostic tools and precise interventions. These interventions made it possible for a broad range of patients to overcome their anxiety, self-destructive defensive behavior and were able to experience and process their underlying feelings with the help of the therapist.

The method has now been extensively researched spearheaded by the work of Dr Allan Abbass and has been found effective with complex patients with Anxiety Disorders, Depression, Neurotic disorders, Psychosomatic Disorders and Personality Disorders. The problems are tackled at the emotional roots. Resistances against emotional closeness can be overcome. So marked and persistent change in the patients' relationship functioning can occur.

## Literature

- Abbass Allan (2015): Reaching through Resistance Advanced Psychotherapy Techniques
- Davanloo Habib (1990): Unlocking The Unconscious
- Davanloo Habib (2000): Intensive Short-Term Dynamic Psychotherapy
- Troendle Paul (2005): Psychotherapie dynamisch – intensiv - direkt
- Gottwick Gerda (2009): Intensive psychodynamische Kurzzeittherapie nach Davanloo (Hrsg.)

## Sponsoren



## Program in Detail

**Day 1: 19th of August 2016**

**Moderate to high resistant patients: Timing and application of pressure, challenge and head on collision in resistant patients: Focus on personality- and psychosomatic disorders.**

**8.45 – 9.15 Registration**

**9.15 – 10.45**

ISTDP: A systematic approach to evaluate 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 minutes break

**15.30 – 17.00**

Moderate resistance : Trial Therapy 2

15 minutes break

**17.15 – 18.45**

Moderate resistance : Later sessions

## Day 2: 20th of August 2016

**9.00 – 10.30**

High Resistance: Psychodiagnosis:  
low versus mid versus high rise

15 minutes break

**10.45 – 12.15**

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

Lunch

**13.30 – 15.00**

Resistant patient Trial Therapy

15 minutes break

**15.15 – 16.45**

Resistant patient Trial Therapy

15 minutes break

**17.00 – 18.30**

Resistant patient Later Session

## Day 3: 21th of August 2016

**Supervision day with Allan Abbass** (advance reservation!)

**Total Fee:** Fr. 4500.- to be shared by the participants depending on the amount of participants.

maximum 16 participants.

8 active participants (presenting videos)

sharing 2/3 of total costs

up to 8 passive participants (only spectator)

sharing 1/3 of total costs

Best practice:  
for active participants bring your video on a USB-Stick

### Storno-conditions:

till the	15.07.2016 :	100% refunding
till the	29.07.2016 :	50% refunding
from the	12.08.2016 :	0% refunding