

Invites you to a one-day seminar with **Patricia Coughlin**:

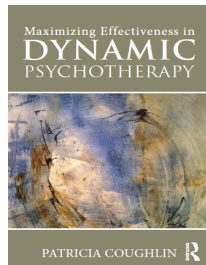
Maximizing Effectiveness in Dynamic Psychotherapy

- Working through towards character change using *Intensive Short-Term Dynamic Psychotherapy* (ISTDP)

In this one-day workshop, dr Coughlin will present six factors that are associated with effective psychotherapy according to research. To illustrate the factors dr Coughlin will show video excerpts from an 11 hour ISTDP treatment of a 62 year old woman who suffered from a host of psychosomatic and pain syndromes, as well as characterological passivity and masochism. The patient had previously been in psychoanalysis for 10 years, which she initially claimed to be "enormously helpful". However, the facts revealed she had actually gotten worse during treatment. So how was it possible for her to resolve her difficulties and have a transformational experience in only 11 hours? That is the question we will answer together!

Specific learning objectives of this presentation include:

1. How to enhance your practice using six factors associated with brain and behavior change
2. How to assess patients strengths and vulnerabilities using moment-to-moment assessment of patient responses to interventions
3. How to use principles from *Intensive Short-Term Dynamic Psychotherapy* (ISTDP) to help patients work through underlying conflicts towards character change



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, Thomas Jefferson School of Medicine. Her first 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. Her third book, entitled "*Maximizing Effectiveness in Dynamic Psychotherapy*", is scheduled to be released summer 2016 on Routhledge.

- Location: Odd Fellows, Engelbrektsgatan 20, Malmö, SWEDEN
- Date: Thursday, September 15th, 2016
- Time: Registration starts 8.30, workshop 09.00–17.00 (lunch approx. 12.00-13.00), book signing 17.00-18.30
- 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 peter.lilliengren@affekta.se for registration. Transfer the fee to bankgiro: 300-3944. Include "PATRICIA1609: 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 peter.lilliengren@affekta.se for registration. Transfer your money to bank account SE 3680000 8105 9923 9884 498, BIC/SWIFT SWEDSESS. Include "PATRICIA1609: Your name" in the caption. You will get a confirmation of your registrations as soon as the payment is at our account.

Register now - seating is limited!

Contact: Peter Lilliengren: peter.lilliengren@affekta.se