

S:t Lukas utbildningsinstitut proudly presents a two-day presentation on the topic of:

Treatment of a Traumatized Migrant– How to work with flashbacks, delusions and high anxiety

Mental health services are often overwhelmed today with migrants suffering from psychological traumas in their past. We are proud to be able to offer a two-day seminar with Jon Frederickson, MSW, on trauma work with refugees and immigrants. This presentation will show videotapes of treatment with a traumatized migrant to the United States. The patient suffered from childhood physical, verbal, and sexual abuse.

This video-based case presentation will show:

- ❖ how to identify and regulate anxiety in the traumatized patient
- ❖ how to work with flashbacks
- ❖ how to understand and work with delusions
- ❖ how to explore issues gradually in accordance with the patient's capacity
- ❖ how to work with projection and splitting.

The examples will show actual sessions throughout a course of treatment so that you will be able to see the progress and changes in the work as the therapist continually shifts his work to match the patient's ability to work through the psychological trauma. The therapist works in many ways, shifting in response to the patient's gradually increasing capability to work through the trauma.



Jon Frederickson, MSW, is Chair of the Intensive Short Term Dynamic Psychotherapy (ISTDP) Training Program at the Washington School of Psychiatry. Jon is also teaching psychotherapy in Sweden, Norway, Denmark, Poland, Italy, Lebanon, Australia, and the U.S. He is the author of over twenty published papers and two books, *Co-Creating Change: Effective Dynamic Therapy Techniques* and *Psychodynamic Psychotherapy: Learning to Listen from Multiple Perspectives*.

- Location:** Ersta Sköndal Högskola, Aulan, Stigbergsgatan 30 A, Stockholm, Sweden
- Date:** October 12-13th, 2016
- Time:** Day 1: Registration 9.30 – 10.00, presentation 10.00 – 17.30, Evening reception 18.00.
Day 2: Presentation 9.30-17.30
- Price:** 1 500 SEK (*The price includes lunch at Ersta terrass, coffee during breaks, as well as a glass of wine and appetizers at the evening reception on Wednesday.*)
- Registration:** From Sweden: e-mail your name, phone number and invoice information/address to teci.hill@esh.se for registration. You will get a confirmation of your registration on email and then we will send an invoice to the invoice address.
- Seats are limited, register now!*
- Contact:** Teci Hill: teci.hill@esh.se
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