

invites you to a two-day conference and one day of supervision with **Jon Frederickson** and **Ange Cooper**:

How to treat Medically Unexplained Symptoms and Depression with ISTDP

October 18th-20th, 2017 in Gothenburg

Day 1, October 18th : Working with Medically Unexplained Symptoms, Ange Cooper

Patients with MUS or mind-body symptoms, often present with somatic difficulties for which investigations fail to reveal any pathology. The blockage of psychological and emotional processes is thought to result in altered autonomic, endocrine, and immune system activity related to the development of these somatic conditions. If the psychological and emotional factors underlying these conditions are not addressed and only standard medical treatment is applied, they can lead to multiple and unnecessary biological investigations, medication trials and specialty referrals in an attempt to find a physical cause when none may exist.

Dr Cooper's workshop will cover psychological theory regarding the development and maintenance of MUS. We will look at a variety of MUS presentations and how we can use ISTDP's assessment framework to determine if emotional factors are present, how they might be contributing to symptoms and how we might target those areas in treatment.

Specific Objectives:

- Learning how to conduct an emotion focused assessment and link a patient's response to intervention with their current difficulties
- Handling barriers to engagement, anxiety and/or defences
- Conducting a psychodiagnosis to determine the areas required for treatment and the treatment trajectory
- Observing different treatment approaches based on the patient's response to intervention
- Assessing clinical outcomes

Day 2, October 19th: Building Self-Compassion, Jon Frederickson

Depression is a symptom with many causes. Thus, effective treatment requires that we address the right cause. Some patients become depressed because they detach from their feelings and people, thus leading lonely lives. Others become depressed because they project onto other people and, as a result, inhabit a world of hostile, terrifying people. Some people become depressed because they turn anger upon themselves. Often neglecting or dismissing themselves the way they were neglected or dismissed, they don't see the defenses causing their suffering.

This presentation will show

- how to help depressed patients see the defenses that cause their suffering
- how to let go of those defenses.

In particular, we will focus on

- how to help the patient shift from a position of self-hatred to self-compassion.

Moment to moment analysis of an initial session will demonstrate

- how to interrupt self-harming behaviors
- how to identify defenses
- how to model compassion for the patient as part of the healing process.

Day 3, October 20th: Supervision

The third day of this conference presents an unique opportunity to receive qualified supervision from presenters Ange and Jon. They will be consulting for one group each and you the participants may receive qualified supervision by bringing video-clips of your actual therapy-sessions. You may of course also participate without bringing a video-clip of your own.



Dr Angela Cooper is an Assistant Professor at Dalhousie University, Halifax, Canada and a Chartered Clinical Psychologist specializing in ISTDP. She has completed 4 years of post-doctoral ISTDP training with Dr Patricia Coughlin and 2 years of advanced supervision with Dr Allan Abbass specializing in medically unexplained symptoms (MUS). This comprehensive training has significantly deepened her therapeutic knowledge, enabling her to assess and treat a diverse range of mental health difficulties and psychopathology.

Dr Cooper currently works at the Centre for Emotions and Health and is currently undertaking a three-year pilot project to provide consultation, assessment, treatment, teaching and research using ISTDP to address the unconscious emotional problems that are believed to underlie many physical and somatic difficulties such as

chronic pain, chest pain, fibromyalgia, gastro intestinal issues, headache, migraine, memory difficulties, muscle weakness and other mind body problems.

Dr Cooper offers face to face or online supervision, teaching and training in ISTDP. She is also currently working on various research publications which focus on the process and mechanisms of change within psychotherapy. She has an ongoing passion for disseminating the ideas and learning from ISTDP in ways that all health professionals can benefit from.



Jon Frederickson, MSW, is on the faculty of the Intensive Short Term Dynamic Psychotherapy (ISTDP) Training Program at the Washington School of Psychiatry. He is also on the faculty of the Laboratorium Psykoeducacji in Warsaw and teaches at the Ersta Sköndal Högskola in Stockholm. Jon has provided ISTDP training in Sweden, Norway, Denmark, Poland, India, Australia, and the U.S. He is the author of over thirty published papers and three books, *The Lies We Tell Ourselves*, *Co-Creating Change: Effective Dynamic Therapy Techniques* and *Psychodynamic Psychotherapy: Learning to Listen from Multiple Perspectives*. His book, *Co-Creating Change*, won the first prize in psychiatry in 2014 at the British Medical Association

Book Awards. He has DVDs of actual sessions with patients who previously failed in therapy at his website www.istdpinstitute.com. There you will also find skill-building exercises designed to help therapists acquire the interventions skills necessary to develop and maintain an effective focus. He writes posts on ISTDP at www.facebook.com/DynamicPsychotherapy.

Location: October 18th-19th: *Asperö* på Folkets Hus, Olof Palmes Plats 3, 413 04 Göteborg
October 20th: Folkets Hus, Olof Palmes Plats 3, 413 04 Göteborg

Date: Wednesday-Friday, October 18th-20th , 2017

Time: Registration starts 8.30, workshop 09.00–17.00 (lunch approx. 12.00-13.00), book signing of Jons new book 17.00-18.30 at october 19th during winereception.

Price: Day 1 & 2: 3000 SEK for non-members, 2000 SEK for members, 1000 SEK for full-time students (regardless of membership).

Day 3: 2000 SEK for non-members, 1500 for members (Day 3 is not open for students).

All three days: 4500 SEK for non-members, 3000 SEK for members.

Coffe and snacks in the break + a glass of wine at the end of october 19th, are included in the price.

Registration: From Sweden: e-mail your name and phone number to liv.raissi@affekta.se for registration to the conference and/or the supervision. Transfer the fee to bankgiro: 300-3944. Include "Gothenburg1710: Your name" in the caption. You will get a confirmation of your registration as soon as the payment is at our account.

From abroad: e-mail your name and phone number to liv.raissi@affekta.se se for registration to the conference and/or the supervision. Transfer your money to bank account SE 3680000 8105 9923 9884 498, BIC/SWIFT SWEDSESS. Include "Gothenburg1710: Your name" in the caption. You will get a confirmation of your registration as soon as the payment is at our account.

Register now - seating is limited!

Contact: Liv Raissi liv.raissi@affekta.se, +46706388811