

S:t Lukas utbildningsinstitut proudly presents

The Man Who Thought Therapy was Bullshit: Working with Character Resistance

**A Videotape Presentation
Jon Frederickson, MSW**

Imagine a patient who has defeated every therapist he has seen for thirty years. He's not sure he has a problem. He's not sure anyone can help him. He has given up. He thinks his previous therapist was "bullshit." He has come only because someone sent him. Then he asks: "What should I do here?"

How do we begin therapy if no problem is declared? How can we explore anything if it is not the patient's will to do therapy? How do we handle projection? What do we do when the patient devalues the therapist?

In this presentation of a videotaped initial session, Jon Frederickson will show how to work with treatment destructive defenses that would prevent any therapeutic alliance from forming. The case will also show how to mobilize an unconscious therapeutic alliance when there is no conscious therapeutic alliance.

In this presentation, you will learn how to:

- Maintain a therapeutic focus in the face of provocation and acting out.
- Deactivate projections.
- Mobilize the patient's will to the task.
- Turn the patient against his treatment destructive defenses

We will go through the videotape moment by moment to show how to assess and intervene on a microscopic level. The emphasis will be not just on learning theory, but on developing intervention skills.

Jon Frederickson, MSW, is on the faculty of the Washington School of Psychiatry, and guest faculty of the Laboratorium Psykoedukacji in Warsaw. He is also the author of *Psychodynamic Psychotherapy: Listening from Multiple Perspectives* and *Co-Creating Change: effective dynamic therapy techniques*, which won the first prize in psychiatry at the British Medical Association Book Awards in 2014. His most recent book is *The Lies We Tell Ourselves*. He conducts trainings in the United States, Denmark, Norway, Sweden, Italy, Poland, and Australia. His skill building exercises for therapists and DVDs of actual sessions can be found at www.deliberatepracticeinpsychotherapy.com and www.istdpinstitute.com.

Location: Ersta Sköndal Bräcke Högskola, Aulan, Stigbergsgatan 30 A, Stockholm, Sweden
Date: 2018-03-20
Time: Registration 9.15 – 9.30, presentation 10.00 – 17.30, Evening reception from 17.45.
Price: 2000 SEK (*The price includes lunch, coffee during breaks, as well as a glass of wine and appetizers at the evening reception*)
Registration: From Sweden: e-mail your name, 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.
From outside Sweden please contact Teci Hill teci.hill@esh.se for registration and Jan Sandström for payment details: jan.sandstrom@esh.se
Last registration date is 20th February 2018.
Seats are limited, register now!