



**CORE GROUP GOTHENBURG INVITES YOU TO A**

**ONE-DAY SEMINAR WITH**

**JON FREDERICKSON**

**OCTOBER 19th 2018**

**"It's my fault"**

**- working with repression using ISTDP**

Feelings always arise in life because those we love can only do one of three things: deliver, delay, or disappoint. Thus, those we love often disappoint us (as we disappoint them), and that triggers anger. How do we handle these mixed feelings toward those we love? In many ways.

In this daylong seminar, we will study how to help patients who blame themselves, hurt themselves, and criticize themselves. How can we help them learn to face their feelings toward other people without turning those feelings upon themselves?

By studying a videotaped session, we will learn the theory of how to understand depressive processes that happen in therapy, how to identify them, and how to help the patient overcome them. Then we will do skill building exercises designed to help you master the most important skills when working with this group of patients.



**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](http://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](https://www.facebook.com/DynamicPsychotherapy).

**Location:** Ellös at Folkets Hus, Olof Palmes Plats 3, 413 04 Göteborg

**Date:** Friday, October 19th 2018

- Time:** Registration starts 8.30, workshop 09.00–17.00 (lunch approx. 12.00-13.00)
- Price:** 2500 SEK  
2000 SEK for members of the Swedish Society for ISTDP  
1500 SEK for any ISTDP core-training student, and full-time students (limited number of seats)  
ISTDP core-training students starting core with Liv Raissi and/or Frida Lisak in 2017 or 2018 pays no extra fee for the seminar as it is included in their core-training.
- Swedish fika is included in the price.
- Target audience:** Lic. psychologists, psychotherapists and doctors. Students studying to become psychologists or psychotherapists.
- Registration:** E-mail your name, profession and invoice address to [liv.raissi@affekta.se](mailto:liv.raissi@affekta.se). Please state if you have any special diets.
- Register now - seating is limited!*
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