

The Swedish Society for ISTDP invites you to a two-day workshop with Angela Cooper on the topic of:

MEDICALLY UNEXPLAINED SYMPTOMS

Somatic symptom disorder, functional disorders, psychosomatic symptoms, somatoform conditions and medically unexplained symptoms (MUS) – we find many names for those we love. Patients with MUS present with somatic difficulties for which medical investigations fail to fully explain. The blockage of psychological and emotional processes often results in altered autonomic, endocrine, and immune system activity. If the psychological factors underlying these conditions are not addressed and only standard medical treatment is applied, they can lead to unnecessary medical investigations, medication trials and specialty referrals in an attempt to find a physical cause when none may exist. Recently there has been a growth in research evidence to suggest that ISTDP is a low risk, cost efficient psychological treatment option for adults with MUS.

During the **first day** 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. We will look at videos of cases where significant changes have been observed, as well cases where the treatment process is more varied and challenging for both the patient and the therapist. You will:

- Learn how to conduct an emotion focused assessment and link a patient's response to intervention with their current difficulties
- Learn how to conduct a psychodiagnostic assessment to determine the areas required for treatment and the treatment trajectory
- Observe different treatment approaches based on different patient responses

The **second day** will combine video-based supervision with a focus on maximizing therapeutic effectiveness and deliberate practice to support the development of your therapeutic skills. We will also focus on the person of the therapist to help you develop a deeper awareness of your own emotional blocks. A maximum of 6 supervisees can apply to have supervision; other attendees will be able to observe the process with discussion afterwards.

Angela Cooper is a clinical psychologist at Dalhousie University in Halifax, Canada. She works at the Centre for Emotions and Health, which is a specialist unit for medically unexplained symptoms. She is the co-author of several publications on the theory and practice of ISTDP. Her current research focuses on the implementation of psychological treatment for MUS.



AUDIENCE: Licensed psychologists, psychotherapists and doctors. Students studying to become psychologists or psychotherapists.

LOCATION: Ersta Sköndal Bräcke Högskola, Campus Ersta, Stigbergsgatan 30, Stockholm

DATES: Workshop day – 15th of January. Supervision day – 16th of January.

TIMES: *Day 1:* Registration at 8.30, workshop 9-17, lunch at 12-13, reception at 17.
Day 2: Supervision 9-17, lunch at 12-13.

PRICES: *Day 1:* 2000 SEK normal price, 1500 SEK for members, 1000 SEK for students
Day 2: 2000 SEK normal price, 1500 SEK for members (not open for students)
Coffee during breaks and wine at the reception is included in the price.

REGISTER: Fill out the form at <https://bit.ly/2M7qyQc>

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