



WELCOME TO A TWO-DAY SEMINAR WITH

JOEL TOWN:

**Working with Treatment Resistant Depression using
ISTDP**

Over half of people suffering with major depression do not report an adequate response to front line treatment efforts. With each unsuccessful treatment, the prognosis becomes worse leading to demoralization in both patients and professionals. The Halifax Depression Study demonstrates the efficacy of Intensive Short-Term Dynamic Psychotherapy (ISTDP) in a treatment resistant depression population. New research from this study suggests how ISTDP therapists can enhance treatment for depression by better understanding the times in therapy when helping patients to experience their emotions will be most effective.

This 2-day training course will focus on the method of ISTDP for treatment resistant depression. Detailed analysis of audio-visual case material will illustrate central principles therapists can use for helping their patients to overcome processes linked to treatment resistance.

Learning Objectives:

Learn to better identify processes contributing to treatment resistance
Learn to enhance your delivery of ISTDP for treatment resistant populations



Dr. Joel Town is Assistant Professor at the Centre for Emotions & Health, Dalhousie University, Canada and director of Dynamic Health Psychological Services. He has published widely on the efficacy of short-term psychodynamic therapies and therapeutic processes associated to change. He is the primary investigator on two clinical trials exploring the efficacy of ISTDP for somatic symptom disorders and treatment resistant depression. In his clinical practice, Dr. Town specializes in treating refractory populations, specifically post-traumatic stress disorder, somatic symptoms and depression.

Location: Hotell 11, floor 3 at Eriksberg, Maskingatan 11,
417 64 Göteborg.

Date: Monday-Tuesday October 21-22, 2019

Time: Registration starts 8.30, workshop 09.00–17.00 (lunch approx.
12.00-13.00) every day

Price: 4800 SEK
3500 SEK for members of the Swedish Society for ISTDP
3000 SEK for any ISTDP core-training student
2000 SEK for full-time students (limited number of seats)

A generous lunch, fika, popcorn and ice cream every day is included in the price. After the first conference day everyone is welcome to enjoy a glass of cava at the hotell, also 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 peter.lilliengren@affekta.se. Please mention if you have any special diets.

Register now - seating is limited!

Organizier: Core Gothenburg/Liv Raissi and Swedish Society for ISTDP

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