

Depression: When Anger Goes Inward

Presenter: Jon Frederickson, MSW

March 6, 2020, Ersta Sköndal Bräcke University College

To treat depression, we must know what causes it. And by learning to assess each patient response, we can figure out what causes depression even in the therapy. Then we can address the cause and help the patient overcome her depression.

In this videotape presentation of a therapy session, we will learn how to identify what makes patients depressed so we can help them recover. The patient had suffered for years in spite of various therapies. She had a pattern of over-working, doing the work of others, and not being able to stand up for herself. Her husband was unemployed by choice, so she was the sole source of support. Due to her self-criticism, she couldn't see her genuine capacities and strengths.

Through the moment-to-moment analysis of the session, we will learn how to support depressed patients, how to help them build the inner strength they need to face the feelings they have feared, and how to help them bear together with us what they could not bear alone.

Friday, Mars 6

- 9.00-9.15 Registration
- 9.15-10.45 How to assess what causes depression in session
- 10:45-11:15 Morning nutrition break
- 11.15-12.45 Developing self-compassion as a substitute for self-criticism
- 12.45-13.45 Lunch at Ersta Terass
- 13.45-15.00 Strengthening the depressed patient
- 15.00-15.30 Afternoon nutrition break
- 15.30-16.30 Integrating the impact of maternal hatred
- 16.30-17.15 Discussion

Mingle - wine and snacks



Location

Stockholm, Ersta Sköndal Bräcke University College, Stigbergsgatan 30.

Conference cost

The conference cost is 1700 SEK (not subject to VAT/ej momsbelagt). This includes coffee, lunch and mingle (wine/snacks) in the evening. For ISTDP students the cost is 1500 SEK, and for students from St Luke's educational institute the cost is 300 SEK.

Registration

The registration is made no later than 21 February to Jan Sandström via email (jan.sandstrom@esh.se). Enter your billing address including your organization number (or social security number if you pay as an individual).

Registration is binding.

For further information contact Teci Hill, Associate Professor (teci.hill@esh.se).

Jon Frederickson

Jon Frederickson, MSW, is on the faculty of the Intensive Short Term Dynamic Psychotherapy Training Program at the Washington School of Psychiatry. He also teaches at the Laboratorium Psykoeducacji in Warsaw and the Ersta Sköndal Bräcke University College in Stockholm. Jon has provided ISTDP training in Sweden, Norway, Denmark, Poland, India, Dubai, Italy, Australia, Canada, and the U.S. He is the author of over fifty published papers and three books, *Co-Creating Change: Effective Dynamic Therapy Techniques*, and *Psychodynamic Psychotherapy: Learning to Listen from Multiple Perspectives*, and *The Lies We Tell Ourselves*. *Co-Creating Change*, won the first prize in psychiatry in 2014 at the British Medical Association Book Awards, and it is published in Farsi and Polish, and soon in Spanish. *The Lies We Tell Ourselves* is published in Polish, Farsi, and Danish, and will be published in Norwegian this year and soon in Chinese. He has DVDs of actual sessions with patients who previously failed in therapy at his websites www.istdpinstitute.com and www.deliberatepracticeinpsychotherapy.com There you will also find skill-building exercises designed for therapists. He writes posts on ISTDP at www.facebook.com/DynamicPsychotherapy .

