

We kindly invite you to a workshop with **Jon Frederickson**:

## Trauma: Living Through and Working Through

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March 26, 2020, Helsinki

As the writer William Faulkner once said, “The past is never dead. It’s not even past.” And what better example of that can we find than in the ways patients relive their traumas from the past in their present life. Every therapist knows that what patients cannot put into words they will put into action. The question becomes: how do we help patients move from reliving their traumas in therapy to being able to work through those traumas so that they become free to live into life in a new way.

We will study a videotaped three-hour initial session with a woman who had been in therapy for over twenty years. Her therapy had helped her understand her past cognitively, but it had not changed her emotionally. She was still suffering from depression, anxiety, and a series of relationships with abusive men.

### Learning objectives:

- to help patients work through traumatic memories and experiences.
- how to help patients bear what was once unbearable.
- how to link bodily experiences in therapy with past traumas.
- how to deactivate projections onto the therapist.
- how to help patients move from reliving the past to living in the present.



**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 LaboratoriumPsykoedukacji in Warsaw and the Ersta Skondal Hogskole in Stockholm. Jon has provided ISTDP training in Sweden, Norway, Denmark, Poland, India, 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. *The Lies We Tell Ourselves* is published in Polish, Farsi, and Danish. And it will soon be translated into Norwegian and Chinese. He has DVDs of actual sessions with patients who previously failed in therapy at his websites [www.istdpinstitute.com](http://www.istdpinstitute.com) and [www.deliberatepracticeinpsychotherapy.com](http://www.deliberatepracticeinpsychotherapy.com) There you will also find skill-building exercises designed for therapists. He writes posts on ISTDP at [www.facebook.com/DynamicPsychotherapy](https://www.facebook.com/DynamicPsychotherapy)

## Information About the Event

Trauma: Living Through and Working Through, March 26, 2020

- Place:** Auditorium *Aalto*, Building: *Sähkötalo*. Adress: *Kampinkuja 2, Helsinki*.
- Price:** 180 € + VAT 24%. The price includes coffee/tea and a sandwich during the morning coffee break and coffee/tea and a sweet snack during the afternoon break.
- Language:** The presentation will be held in English. The registration form is in both in Finnish and English.
- Registration:** Register by filling out the form found on [katarinakiiskinen.com/koulutukset/jonfrederickson2020](http://katarinakiiskinen.com/koulutukset/jonfrederickson2020) by March 6, 2020 the latest. The registration form can be found below the Finnish description of the event. There is a limited number of seats available.
- Cancellation:** Registration is binding. Cancellations made before March 6, 2020 will be charged with 50% of the price. Cancellations made after this date will be charged with the full price.
- Target audience:** Psychotherapists and psychotherapy students, psychologists and other health care professionals and students.

Program March 26, 2020

8:30-9:00	Registration
9:00- 10:15	Recognizing enacted memories of trauma
10:15-10:45	Coffee and sandwich
10:45-12:00	Bearing the unbearable: empathic living through together
12:00-13:00	Lunch (at own expense)
13:00-14:15	Linking of memories from the past to suffering in the present
14:15-14:45	Coffee and pastry
14:45-16:00	Integration
16:00-17:00	Discussion and termination

### Organizers:

Psykologipalvelut Katarina Kiiskinen  
ISTDP Sweden - Svenska föreningen för ISTDP

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