

The Swedish Society for ISTDP invites you to a lecture on the topic of:

The Healing Power of Guilt in Davanloo's ISTDP

with Reiko Ikemoto-Joseph, MA, LMFT, Los Angeles, USA

In Davanloo's ISTDP, unconscious guilt is understood to be the primary engine behind stubborn self-sabotage, character pathology and diffuse symptom formation. In this two-hour presentation, Ms. Joseph will present on the topic of unconscious guilt and its powerful curative role in treatment. Using videotaped case material, Ms. Joseph will illustrate the application of key ISTDP interventions to access and resolve unconscious guilt within the transference relationship with the therapist.

ISTDP is an evidence-based, emotion-focused, psychodynamic therapy that aims to help patients heal by accessing and working through unconscious affect-laden material. ISTDP is deeply experiential and known for its persistent focus on unconscious resistance and complex transference feelings, including anger, guilt, sadness, grief, gratitude, longing and love.

Learning Objectives

- Apply the use of precise, moment-to-moment attunement to patient affective states to restructure anxiety and safely access traumatic material
- Analyze techniques for mobilizing a high rise in complex transference feelings and resistance in order to activate a powerful unconscious therapeutic alliance
- Describe the use of visual imagery to facilitate attachment repair between the patient and past traumatizing figures

Reiko Ikemoto-Joseph, MA, LMFT is a marriage and family therapist in private practice in Los Angeles, California. Ms. Joseph completed her 3-year Core Training in AB-ISTDP with Robert Neborsky, MD and Josette ten Have-de Labije, PsyD, after which she completed an additional 2 years of advanced training in D-ISTDP with John Rathauer, PhD. Ms. Joseph has been interested in the application of ISTDP principles with diverse populations and treatment formats, including adolescents and couples. She has both lectured and published on the topic of integrating ISTDP with couples work. Most recently, Ms. Joseph presented her work with John Rathauer in Los Angeles and at the 2019 IEDTA Conference in Boston.



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

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

Important: The talk will be conducted through a video link

DATES: January 29th, 6:00pm to 8:30pm (with a 30 minute fika break)

PRICE: Free for members of ISTDP Sweden. **(Become a member at istdpsweden.se)**

Free for students from the Psychotherapy program at Ersta Sköndal Bräcke Högskola

REGISTER: Email your name, profession to **robert.johansson@gmail.com**. Please state if you have any allergies or if you want vegan fika.

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