



CORE
GOTHENBURG



Welcome to a one-day seminar with Beata Zaloga, MD

21/04 2020

A patient who regained human rights in the course of ISTDP treatment.

- Working with a fragile character structure.

This case presentation you show how to:

- Help the patient to face feelings they avoided through their self-neglect;
- Help the patient see and let go of defences of somatization, weepiness, and projection;
- Use the technique of bracing to build the capacity to bear feelings without using primitive defences;
- Help the patient process unconscious feelings so they do not need to ward them off through self-punishment.



Beata Zaloga, M.D. - psychiatrist, psychotherapist in 'Laboratorium Psychoedukacji' Training and Psychotherapy Institute, in Warsaw. She is the chair of the ISTDP Section in Polish Society for the Integration of Psychotherapy. She completed the training for ISTDP trainers organized by Jon Frederickson and ISTDP Institute in Washington. She has been practicing and teaching Intensive Short Term Dynamic Psychotherapy in Laboratorium Psychoedukacji for almost 10 years. Presently, she teaches at introductory courses and core trainings of ISTDP in Poland.

"Beata brings a uniquely warm and delicate touch to the therapy encounter. Another reminder of how different voices around the world give us a richer perspective on how ISTDP can embody the human encounter." Jon Frederickson

Location: Gothenburg. Specific location will be announced later

Date: 21 April 2020

Time: Registration starts 8.30, workshop 09.00–17.00 (lunch approx. 12.00-13.15)

Price:

2200 SEK

1900 SEK for members of the Swedish Society for ISTDP

1500 SEK for any ISTDP core-training student

750 SEK for full-time students (limited number of seats)

Swedish fika is 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 Frida Salman Lisak frida.lis.sal@gmail.com . Please mention if you have any special diets.

Organizier: Core Gothenburg/Frida Salman Lisak and Swedish Society for ISTDP

Contact: Frida Salman Lisak frida.lis.sal@gmail.com,
+46706892538

