



CORE
GOTHENBURG

Welcome to a one-day seminar with Jon Frederickson

18/10 2020:

The Man Who Thought Therapy was Bullshit

- Working with Character Resistance

Imagine a patient who has defeated every therapist he has seen for thirty years. He's not sure he has a problem. He's not sure anyone can help him. He has given up. He thinks his previous therapist was "bullshit." He has come only because someone sent him. Then he asks: "What should I do here?"

How do we begin therapy if no problem is declared? How can we explore anything if it is not the patient's will to do therapy? How do we handle projection? What do we do when the patient devalues the therapist?

In this presentation of a videotaped initial session, Jon Frederickson will show how to work with treatment destructive defenses that would prevent any therapeutic alliance from forming. The case will also show how to mobilize an unconscious therapeutic alliance when there is no conscious therapeutic alliance.

In this presentation, you will learn how to:

- Maintain a therapeutic focus in the face of provocation and acting out.
- Deactivate projections.
- Mobilize the patient's will to the task.
- Turn the patient against his treatment destructive defenses

We will go through the videotape moment by moment to show how to assess and intervene on a microscopic level. The emphasis will be not just on learning theory, but on developing intervention skills.



Jon Frederickson, MSW, is on the faculty of the Washington School of Psychiatry, and guest faculty of the Laboratorium Psykoedukacji in Warsaw. He is also the author of *Psychodynamic Psychotherapy: Listening from Multiple Perspectives* and *Co-Creating Change: effective dynamic therapy techniques*, which won the first prize in psychiatry at the British Medical Association Book Awards in 2014. His most recent book is, *The Lies We Tell Ourselves*. He conducts trainings in the United States, Canada, Denmark, Norway, Sweden, Italy, Netherlands, India, Poland, and Australia. His skill building exercises for therapists and DVDs of actual sessions can be found at www.deliberatepracticeinpsychotherapy.com and www.istdpinstitute.com.

Location: Ellös at Folkets Hus, Olof Palmes plats 3, Göteborg.

Date: Sunday, October 18, 2020

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

Price: 2500 SEK
2000 SEK for members of the Swedish Society for ISTDP
1500 SEK for any ISTDP core-training student
1000 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 Lisak, frida.lis.sal@gmail.com. Please mention if you have any special diets.

Register now - seating is limited!

Organizier: Core Gothenburg/Liv Raissi and Frida Lisak

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