

ISTDP-institutet presents:

PRE-CORE TRAINING

May 2020

Welcome to foundational ISTDP training in Helsinki! The three-day course gives a complete introduction to the theoretical and practical foundations of Intensive Short-term Dynamic Psychotherapy, ISTDP. Alongside theoretical lectures, the course includes skills training, role-plays, observation of actual therapy video and group discussions. This is the main content:

- an introduction to the central theoretical principles of ISTDP
- practical skills to establish an effective working alliance and a consistent focus on affect
- practical skills to assess and regulate anxiety manifestations during sessions
- practical skills to identify and manage defenses and resistance
- a critical introduction to the evidence base for ISTDP and other short-term dynamic therapies

The course is led by lic. psychologist Thomas Hesslow. He runs the ISTDP-unit at the psychiatric outpatient clinic Kronan in northwestern Stockholm. He's a certified ISTDP-therapist, trained by Jon Frederickson, Tobias Nordqvist and Peter Lilliengren. Currently he's in Jon Frederickson's *Training of trainers* program to become an ISTDP teacher and supervisor. He's also on the board of the Swedish society for ISTDP and doing ISTDP-research part-time. Before doing ISTDP he specialized in dialectical behavior therapy, DBT.

Location	Hotel Rantapuisto, Furuborginkatu 3, Helsinki
Date & Time	4-6th of May, 2020. 09am to 17pm.
Audience	The course is open for licensed psychotherapists and psychologists, as well as students within these fields.
Language	The course will be held in english
Kostnad	500 euro plus VAT (full-time students pay 300). This includes lunch and coffee breaks.
Registration	Send your <i>name, invoice address, workplace and profession</i> to thomas.hesslow@gmail.com The last day for registration is on the 15/4 2020.
Cancellation	Registration is binding. Cancellation before 4/4 will be charged 50% of the price. After this date full price will be charged.
Questions	Send an email to Thomas at thomas.hesslow@gmail.com .

Welcome!