

The Swedish Society for ISTDP Invites you to a presentation with Dr. Angela Cooper on:

## *Treating PTSD with ISTDP*

Dr. Angela Cooper will show a trial therapy session, using ISTDP with a case of complex PTSD and severe repression. She will discuss technical aspects of the graded approach with this case alongside her personal reflections and developments as a therapist.

The learning objectives are:

- Learn how to use a graded approach to effectively regulate anxiety and build emotional capacity
- Understand how to work with childhood trauma with a here and now focus
- Learn how to build a patient's capacity for self-care and love to enable healthy guilt and emotional integration



Dr Angela Cooper is an ISTDP therapist, supervisor and teacher. She completed her ISTDP core training with Dr Patricia Coughlin in Stockholm, Sweden. For the last 5 years, she has worked with and been supervised by Dr Allan Abbass at the Centre for Emotions and Health, Halifax, Canada. In addition, she has completed 3 years of Jon Frederickson's training of trainers and 3 years of advanced ISTDP training at the ISTDP Institute, Washington, DC. She has published several articles related to ISTDP including the development of an ISTDP informed primary care psychotherapy service for Medically Unexplained Symptoms. She currently runs 2 core training groups and hopes to start advanced training groups in the not-too-distant future. Dr Cooper has recently taken on a leadership position as the inaugural Assistant Dean of Wellness at Dalhousie University, Faculty of Medicine. She aims to use her in-depth knowledge of ISTDP in order to create systemic change and address factors that influence wellness, burnout and engagement.

**Participants:** 1) Those who are in an ISTDP or EDT Core training or supervision program, 2) Those who have previously completed an ISTDP/EDT Core training program, 3) ISTDP/EDT Trainers, 4) Colleagues of these 3 groups who will attend while physically being present in the same room.

**Location:** on Zoom

**Date:** March 26<sup>th</sup>, 2021

**Time:** 18.00 – 21.00

**Price:** Free for members of the Swedish Society for ISTDP or 500 SEK for non-members.

**Registration:** Through the link: [https://simplesignup.se/private\\_event/176161/d3f26139f3](https://simplesignup.se/private_event/176161/d3f26139f3)