

The Speaker:



**Allan Abbass MD, FRCPC,
Director, Centre for
Emotions and Health,
FACULTY OF MEDICINE,
Dalhousie University,
CANADA**

Intensive Short-Term Dynamic Psychotherapy (IS-TDP).

developed by Habib Davanloo, Professor of Psychiatry at the University of Montreal.

In the years of 1960 Davanloo started to record his psychotherapy sessions on video. He verified the effectiveness of his interventions by studying the verbal and non-verbal reactions of his patients. He developed new psychodiagnostic tools and precise interventions. These interventions made it possible for a broad range of patients to overcome their anxiety, self-destructive defensive behavior and were able to experience and process their underlying feelings with the help of the therapist.

The method has now been extensively researched spearheaded by the work of Dr Allan Abbass and has been found effective with complex patients with Anxiety Disorders, Depression, Neurotic disorders, Psychosomatic Disorders and Personality Disorders. The problems are tackled at the emotional roots. Resistances against emotional closeness can be overcome. So marked and persistent change in the patients' relationship functioning occur.

Condition of admission

Medical Doctors and Psychologists or in Formation.
Other Psychotherapists or Students on request.

Place of Congress: Hotel OLTEN at the train station, Olten

Costs: the **two first days** (18th+19th of August)
Fr. 600.- / € 570.- for students and trainees Fr. 400.- / € 350.-

Total Costs for the **third day** (20th of August):
Supervision day for interested colleagues:
Fr. 4500.-. Will be shared by the participants.

Payment:

Emmenegger Pierre Alain Sulgeneckstrasse 38 3007 Bern

BIC: POFICHBEXXX **Clearing:** 09000

PC: 61-300195-0

IBAN: CH85 0900 0000 6130 0195 0

Contact and Registration **at the latest by 30.06.2017**

Doris Dällénbach MASPT, Untertor 22, Postfach 1695, 8401 Winterthur

Tel. 052/ 213 19 61 **email :** d.daellenbach@gmx.ch

Reservation for accommodation:

Hotel OLTEN at train station Olten
Bahnhofstrasse 5 4600 Olten

email: sleep@hotelolten.ch **tel:** +41 62 287 32 32
(indicate that you are participant of the Congress)

Further informations: www.istdp.ch

Literature

Abbass Allan (2015): Reaching through Resistance Advanced Psychotherapy Technique
(For this seminar, Chapter 15 is relevant)

Davanloo Habib (1990): Unlocking The Unconscious
Davanloo Habib (2000): Intensive Short-Term Dynamic Psychotherapy

Troendle Paul (2005): Psychotherapie dynamisch – intensiv - direkt

Gottwick Gerda (Hrsg.) (2009): Intensive psychodynamische Kurzzeittherapie nach Davanloo

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Intensive Short-Term Dynamic Psychotherapy (IS-TDP)

Focus on somatisation and chronic pain

Training with Allan Abbass

Professor & Director, Centre for Emotions and Health, Dalhousie University, Canada

Olten Switzerland

18th – 19th – 20th of August 2017

Fourth of six modules within three years

All presentations go along with audio-visual examples. The videopresentations illustrate the practical work with IS-TDP. The conveyed theory gets experienced and verified.

15 credits SGPP / FSP / SAPP

The language is English

Program in Detail

Somatisation and chronic pain: low to high resistance and fragile persons

Day 1: 18th of August 2017

9.15 – 10.40

Overview of Course:
Evidence base for IS-TDP in somatic disorders.
Metapsychology of IS-TDP with videotape examples.

20 minutes break

11.00 – 12.30

Timing and Technique:
Psychodiagnosis of low and moderate resistant patients with somatization.

Lunch 12:30 – 14:00

14:00 – 15.20

Moderate resistance with somatization.

20 minutes break

15.40 – 17.00

Moderate resistance with somatization continued.

20 minutes break

17.20 – 18.45

Moderate-highly resistant patient with somatization.

Day 2: 19th of August 2017

9.00 – 10.30

High Resistance with Repression based
Somatization:
Centrality of guilt.

10.50 – 12.15

Resistant Patient with Repression:
Repeated unlockings.

Lunch: 12:30 – 13:45

13.45 – 15.00 Fragile Character Structure with
somatization:
Handling complexity and thresholds.

20 minutes break

15.20 – 16.40 Fragile Character Structure with
somatization:
To first breakthroughs

20 minutes break

17.00 – 18.30

Severe Fragile Character Structure:
New onset of somatic symptoms during the
course of treatment

Day 3: 20th of August 2017

**Supervision day with Allan Abbass
(advance reservation!)**

Total Fee: Fr. 4500.- to be shared by the
participants.

Ideally 16 participants.

8 active participants
(presenting videos)
2/3 of total costs

passive participants
(only spectator)
reduced price 1/3 of total costs