

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** (21rd+22nd of January)
Fr. 600.- / € 570.- for students and trainees Fr. 400.- / € 350.-

Total Costs for the **third day** (23rd of January):
Supervision day for interested colleagues:
Fr. 4500.-. Will be shared by the participants.

Payment:
BIC: POFICHBEXXX **Clearing:** 0900
PC: 61-300195-0
IBAN: CH85 0900 0000 6130 0195 0

Contact and Registration **at the latest by 28.12.2016**
Doris Dällenbach 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 (2009): Intensive psychodynamische
Kurzzeittherapie nach Davanloo
(Hrsg.)

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**Intensive Short-Term Dynamic
Psychotherapy (IS-TDP)**
Focus on treatment resistant depression

Training with Allan Abbass
Professor & Director, Centre for Emotions
and Health, Dalhousie University, Canada

Olten Switzerland
21rd – 22nd – 23rd of January 2017

Third 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

Day 1: 21st of January 2017

Metapsychology of IS-TDP

IS-TDP with Patients with Repression and Major Depression: Capacity Building Techniques

9.15 – 10.40

Empirical basis for ISTDP and Metapsychology in Depression

20 minutes break

11.00 – 12.30

Metapsychology Continued

Lunch 12:30 – 14:00

14.00 – 15.30

Moderate Resistance with Depression

20 minutes break

15.50 – 17.20

High Resistance: timing of pressure, challenge and Head On Collision in depressed patients without repression

20 minutes break

17.40 – 18.40

Detecting the syntonic resistances in Dysthymic, depressed patients

Day 2: 22nd of January 2017

Treatment of Resistant Depression: Advanced Psychotherapy Techniques

- A. Major Depression with repression: How to bring structural change and repeated unlockings of the unconscious. (Repression means active repression of the feelings into smooth muscle, conversion, and psychomotor retarded major depression.)
- B. Structural difference in major depression without repression: How to bring structural change and repeated unlockings of the unconscious.

9.00 – 10.30

High Resistance with Repression: Assessing and working with thresholds

20 minutes break

10.50 – 12.15

Resistant patient: timing of pressure, challenge and Head On Collision

Lunch 12:15 – 13:45

13.45 – 15.00

Fragile Character Structure with Depression: assessing and building capacity

20 minutes break

15.20 – 16.40

Fragile Character Structure with Depression: First breakthroughs

20 minutes break

17.00 – 18.15

Fragile Character Structure with Depression: later treatment phases

Day 3: 23rd of January 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