*We are pleased to announce a three – day Immersion course in Stockholm, August 25 - 27, 2016*

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**Reaching Through Resistance: Assessing and treating patients across the spectrum with ISTDP**

**5th Swedish Immersion in Davanloo’s ISTDP with Dr. Allan Abbass**

This 3 – day immersion will provide a detailed study of the full spectra of patients who can benefit from Davanloo's ISTDP. These 86% of referred patients span from healthy patients with loss to patients with severe personality disorders.

This video based immersion will detail the metapsychology of the ISTDP approach, how to initiate the process, how to assess systems of resistance and levels of anxiety, how to mobilize the unconscious pathogenic feelings, how to build capacity, and how to work through with patients.

The objective is to provide knowledge on the basis and methods of this powerful treatment system, which you can use to inform your psychotherapy practice now. This information is particularly helpful to understand and handle treatment resistance. A couple of case presentations will also be provided in Swedish by local ISTDP trainers Tobias Nordqvist and Peter Lilliengren.

The immersion is open to mental health professionals and students. It can be a component of Core Training, adds to supervision based training, and will cover the following areas:

* Overview of Davanloo’s Metapsychology of the Unconscious
* Overview of the spectrum of suitable patients with videotape illustrations
* Psychodiagnostic assessment to determine resistance and level of anxiety
* Nature of interventions including pressure, challenge, and head-on-collision with resistance
* Timing of interventions
* Various forms of Unlocking of the Unconscious

About the speaker

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*Dr. Allan Abbass*

*Dr. Allan Abbass is Professor of Psychiatry and Psychology, Director of Psychiatric Education, and founding Director of the Centre for Emotions and Health at Dalhousie University in Halifax, Canada. He is a leading award winning teacher and researcher in the area of Short-Term Psychodynamic Psychotherapy, with over 150 publications and 200 invited presentations over the globe. These articles can be viewed at* [*www.istdp.ca*](http://www.istdp.ca)

*He is known for simplifying the theory and technical aspects of the ISTDP model, with the use of algorithms and through highlighting moment-to-moment processes that inform interventions. He has received a number of teaching awards, including two national awards in psychiatry. He has been honored with visiting professorships at several international universities and institutions, holds recurrent intensive training programs in Norway, Sweden, Italy, and Canada, and provides internet based training to professionals and groups around the world.*

*Dr. Abbass’ recent research includes clinical trials and several meta-analyses of Short-Term Dynamic Psychotherapy, including the Cochrane Review of Short-Term Psychodynamic Psychotherapy for common mental disorders. He provides training programs for local and international audiences in the area of anxiety, depression, somatic disorders and personality disorders.*

*Dr. Abbass’ first textbook on ISTDP* “Reaching Through Resistance: Advanced Psychotherapy Techniques” *was published in May, 2015.*

**Registration Form: 5th Swedish ISTDP Immersion, August 25 - 27, 2016**

Location: Stockholm, Ersta Sköndal Högskola, Campus Ersta, Stigbergsgatan 30

Fee: $1000 Canadian

$800 Canadian for any ISTDP Core Training Group Members

$600 for Full Time Students

Fees are due upon registration to reserve a spot.

Seating is limited.

Fees are Non-refundable as on June, 30, 2016

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For banking information and wire transfer email Jennifer at abbass@bellaliant.net