

## 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.

Since the 1960s 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:** Best Western Hotel Bern in Bern

**Costs:** the **two first days** (17th+18th of August)  
Fr. 600.- / € 570.- for students and trainees Fr. 400.- / € 350.-  
**Total Costs for the third day** (19th of August):  
Supervision day for interested colleagues:  
Fr. 4500.-. Will be shared by the participants.

**Payment to:** [important data for money transfer](#)

ISTDP Schweiz  
Sulgeneckstrasse 38 3007 Bern

**Bank/Institute :** UBS Switzerland AG  
Postfach CH-8098 Zürich

**BIC/SWIFT:** UBSWCHZH80A

**Clearing:** 0231

**IBAN:** CH0700 231231 1345 3701C

Contact and Registration **at the latest by 31.07.2018**  
Doris Dällenbach MASPT, Untertor 22, Postfach 1695, 8401  
Winterthur  
Tel. +41 +52 / 213 19 61 **email :** [d.daellenbach@gmx.ch](mailto:d.daellenbach@gmx.ch)

#### Reservation for accommodation:

BEST WESTERN HOTELBERN  
Zeughausgasse 9, CH-3011 Bern  
**email:** [reception@hotelbern.ch](mailto:reception@hotelbern.ch) **Tel:** +41 31 329 22 22  
(indicate that you are participant of the Congress)

**Further informations:** [www.istdp.ch](http://www.istdp.ch)

#### Literature

Abbass Allan (2015): Reaching through Resistance Advanced  
Psychotherapy Technique

Davanloo Habib (1990): Unlocking The Unconscious

Davanloo Habib (2000): Intensive Short-Term Dynamic  
Psychotherapy

Troendle Paul (2005): Psychotherapie dynamisch – intensiv –  
direktGottwick Gerda (Hrsg.) (2009): Intensive psychodynamische  
Kurzzeittherapie nach Davanloo

#### Unsere Sponsoren



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## Intensive Short-Term Dynamic Psychotherapy (IS-TDP) Review and Overview Block

Also fittingly for those who start learning IS-TDP.

### Training with Allan Abbass

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

**Bern Switzerland**  
**17<sup>th</sup> – 19<sup>th</sup> of August 2018**

### Sixth 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

**Update on evidence for the metapsychological basis of IS-TDP: Overview of the spectra of suitable Patients for IS-TDP with Case Illustrations. This block will be responsive to key areas that require reviewing with detailed case examples and case discussion. It will also emphasize the common obstacles to learning and practicing IS-TDP.**

### **Day 1: 17<sup>th</sup> of August 2018**

#### **9.15-10.40**

Metapsychology review and update of state of Evidence

*20 minutes break*

#### **11.00 – 12.30**

Initiating the Process: review

*Lunch 12:30 – 14:00*

#### **14:00 – 15.20**

Moderate resistant Patients continued

*20 minutes break*

#### **15.40 – 17.00**

Highly resistant patients

*20 minutes break*

#### **17.20 – 18.45**

High resistance with repression 1 (**Repression** means active repression of the feelings into smooth muscle, conversion, and psychomotor retarded major depression, selfattacking.)

### **Day 2: 18<sup>th</sup> of August 2018**

#### **9.00 – 10.30**

Fragile Character Structure 1 Assessing Rapidly Rotating Fronts of the system

*20 minutes break*

#### **10.50 – 12.15**

Fragile Character Structure 2

#### **Lunch: 12:15 – 13:45**

#### **13.45 – 15.00**

Severe Fragile Character Structure and working with the (UTA) unconscious therapeutic alliance

*20 minutes break*

#### **15.20 – 16.40**

Depressive Disorders

*20 minutes break*

#### **17.00 – 18.30**

Psychotic Disorders

### **Day 3: 19<sup>th</sup> of August 2018**

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

#### **venue:**

Restaurant Veranda  
Schanzeneckstrasse 25  
3012 Bern

**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

**7.5 credits SGPP / FSP / SAPP  
for the supervisionday**