



*We are pleased to announce the 5<sup>th</sup> Danish Immersion in Davanloo's  
ISTDP with Dr. Allan Abbass:*

## **Mobilization of the Unconscious Therapeutic Alliance and breakthrough to the Unconscious across the Spectrum**

***August 22 – 24, 2019 at Vartov Conference Center, Copenhagen***

Intensive Short – Term Dynamic Psychotherapy (ISTDP) is an extensively researched accelerated therapeutic process, developed to activate specific healing forces within the patient. The most powerful healing force within the patient is the *Unconscious Therapeutic Alliance* (UTA), a force discovered through detailed video research by Dr. Davanloo in the 1980s.

This force is activated by therapeutic attachment and focusing to help the person be emotionally present with you in a self-caring way, while trying to oppose their own defenses against doing so. The UTA can be seen on a spectrum from summary communications from the unconscious, through to negation, to first breakthroughs and finally partial, major, and extended-major unlocking the unconscious. In major unlocking of the unconscious, the imagery of the current person changes to the imagery of the person from the past, with passage of painful feelings, positive feelings and guilt about rage.

Through systematic research, we have repeatedly seen that activation of the Unconscious Therapeutic Alliance provides a therapeutic benefit greater than interviews, or treatments where this is not activated. Hence, the central objective of ISTDP is activating the UTA, and learning how to track and respond to it therapeutically.

In this 3-day video immersion course, the basic theory of ISTDP and metapsychology of the UTA will be reviewed. Case presentations from across the spectrum of low to high resistance, and mild to severe fragility, will illustrate the processes of activating UTA and responding to it.

### About the speaker



#### *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 200 publications and 300 invited presentations over the globe. These articles can be viewed at [www.allanabbass.com](http://www.allanabbass.com)*

*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 numerous teaching awards, including two national awards in psychiatry, and 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' critically acclaimed textbook on ISTDP "Reaching Through Resistance: Advanced Psychotherapy Techniques" was published in 2015. His latest book, Hidden from View: A Clinician's Guide to Psychophysiological Disorders (Abbass and Schubiner, 2018), deals with psychophysiological disorders and how health professionals can diagnose and manage these conditions including the use of ISTDP techniques.*

## Registration Form: 5<sup>th</sup> Danish ISTDP Immersion

Location: Vartov Conference Center, Farvergade 27, 1463 Copenhagen

Dates: August 22 – 24, 2019

Fee: 5.500 Danish Kroner (DKK)

4.500 DKK for members of the Danish Society for ISTDP

4.000 DKK for students (ISTDP core group, or full-time students)

The fee includes a light morning snack, lunch, coffee/tea, fruit, and a course handout.

Fees are due upon registration to reserve a spot and seating is limited.

75% refundable until June 30<sup>th</sup>, 2019

Non-refundable after July 1<sup>st</sup>, 2019

*Please pay your fee to this account:*

Account number: 0002003929

Registration number: 6484

SWIFT/BIC: HANDDKKB

IBAN: DK1064840002003929

Fee is to be transferred in Danish Kroner (DKK) and must include all banking fees. Please write that this is for "YOUR NAME: DANISH IMMERSION 2019"

Name: \_\_\_\_\_

Profession: \_\_\_\_\_

City: \_\_\_\_\_

Mobile phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Food allergies: \_\_\_\_\_

**PLEASE FILL IN THE REGISTRATION FORM AND SEND TO: [ael@sandlarsen.com](mailto:ael@sandlarsen.com)**