

The Speaker:



Allan Abbass MD, FRCP,
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:

Kongress-Zentrum Kreuz Zeughausgasse 41 Bern
Costs 1 day (15. August): Fr. 300.- Extraday for advanced
Costs: the two first days (16th+17th of August)
Fr. 600.- / € 570.- for students and trainees Fr. 400.- / € 350.-
Total Costs for the third day (18th 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 31.07.2019

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Reservation for accommodation:

please contact the local tourism office
Tourist Information Bern

Adresse: Bahnhofplatz 10A, 3011 Bern

phone: ++41+31 328 12 12

Further informations: www.istdp.ch

Literature

Abbass Allan (2018): Hidden from View - his new book

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 / direct

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

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Intensive Short-Term Dynamic Psychotherapy (IS-TDP)

Functional Somatic Disorders

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

Bern Switzerland
16th – 18th of August 2019
with Extraday on the 15th of August

Kongress-Zentrum Kreuz, Zeughausgasse 41

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 course language is English

Program in Detail

**Update on evidence for the metapsychological basis of IS-TDP:
Overview of the spectra of patients with Functional Somatic Disorders. Audio-visual case illustrations.**

Day 1: 16th of August 2019

9.15-10.40

Metapsychology, Evidence for ISTDP for Somatic Conditions, differentiating functional and organic conditions and mixtures

20 minutes break

11.00 – 12.30

The tense moderate resistant patient

Lunch 12:30 – 14:00

14:00 – 15.15

Patient with smooth muscle anxiety, chronic pain and low anxiety tolerance: trial therapy

20 minutes break

15.35 – 16.50

Repression to smooth muscle, conversion disorder and depression: evaluation and capacity building

20 minutes break

17.10 – 18.15

Repression to smooth muscle and conversion disorder: unlocking the unconscious: centrality of guilt

Day 2: 17th of August 2019

9.00 – 10.30

Pseudoseizures with regressive defenses: evaluation and capacity building

20 minutes break

10.50 – 12.15

Pseudoseizures with regressive defenses: first breakthroughs

Lunch: 12:15 – 13:45

13.45 – 15.00

Diffuse somatization, dissociation and borderline disorder: evaluation and capacity building

20 minutes break

15.20 – 16.40

Diffuse somatization, dissociation and borderline disorder: first breakthroughs: centrality of guilt

20 minutes break

17.00 – 18.15

Questions and answers

Day 3: 18th of August 2019

Supervision day with Allan Abbass (advance reservation!)

Different venue

Restaurant Veranda, Schanzeneckstr. 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 supervision day**

Additional day with Allan Abbass 15th of August 2019

For ISTDP experts.

1. Understanding and psychodiagnosis of the somatic symptom patient
2. Voluntary muscle tension case
3. Smooth muscle anxiety and conversion case
4. Functional Neurological case