

## 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:

Punkt.Null Maulbeerstr. 10, 3011 Bern

#### Total Costs 1st day 02nd of Mai Fr. 4500.-.

Supervision day for interested colleagues:  
Will be shared by the participants.

#### Costs: for the two days (03rd+04th of Mai)

Fr. 600.- / € 570.- for students and trainees Fr. 400.- / € 350.-  
for the 4th day 05. Mai: Fr. 300.- Extraday for advanced training

#### Payment to:

ISTDP Schweiz **Important data for money transfer**  
Sulgeneckstrasse 38 3007 Bern

#### Bank/Institute : UBS Switzerland AG

Postfach CH-8098 Zürich

BIC/SWIFT: UBSWCHZH80A

IBAN: CH0700 231231 1345 3701C

Clearing: 0231

#### Contact : Doris Dällenbach MASPT

Untertor 22, Postfach 1695, 8401 Winterthur

phone +41+52 / 213 19 61 email : [d.daellenbach@gmx.ch](mailto:d.daellenbach@gmx.ch)

#### 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 and registration at the latest by

10.04.2020: <http://www.istdp.ch/form/onlineform2020maiaa>

#### 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)

#### Severe Fragile Patients in IS-TDP

#### Training with Allan Abbass

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

02<sup>nd</sup> of Mai Supervision  
03<sup>rd</sup> – 04<sup>th</sup> of Mai 2020 Training  
05<sup>th</sup> of Mai Extraday

#### Punkt.Null Maulbeerstr. 10, 3011 Bern

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 / SAPPM**  
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 fragile character structure.  
Audio-visual case illustrations.

### **Day 2: 03<sup>rd</sup> of Mai 2020**

#### **9.15-10.40**

Overview of ISTDP and psychoneurotic (non fragile) patients

*20 minutes break*

#### **11.00 – 12.30**

Metapsychology of the unconscious in fragility: Psychodiagnosis in mild fragility

*Lunch 12:30 – 14:00*

#### **14:00 – 15.15**

Mild Fragility 2: Capacity building and first unlockings

*20 minutes break*

#### **15.35 – 16.50**

Severe fragility: Meta psychology and Psychic integration 1

*20 minutes break*

#### **17.10 – 18.15**

Severe fragility: Psychic integration 2

### **Day 3: 04<sup>th</sup> of Mai 2020**

#### **9.00 – 10.30**

Severe fragility: Psychic integration 3

*20 minutes break*

#### **10.50 – 12.15**

Severe fragility: First breakthroughs: Birth of the UTA

*Lunch: 12:15 – 13:45*

#### **13.45 – 15.00**

Severe fragility: Repeated unlocking

*20 minutes break*

#### **15.20 – 16.40**

Severe fragility: Working through

*20 minutes break*

#### **17.00 – 18.15**

Severe fragility: Termination in time-limited and non-time-limited treatment

### **Day 1: 02<sup>nd</sup> of Mai 2020**

**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

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

### **Additional day with Allan Abbass 05<sup>th</sup> of Mai 2020**

For therapists experienced in ISTDP

In this intensive workshop day the metapsychology of the unconscious and technical details as relates to patients with fragile character structure will be reviewed and intensified