



*We are pleased to announce the 6<sup>th</sup> Danish Immersion in Davanloo's  
ISTDP with Dr. Allan Abbass:*

## **Mastering the Trial Therapy in Intensive Short – Term Dynamic Psychotherapy**

***August 20 – 22, 2020 at Vartov Conference Center, Copenhagen***

Intensive Short – Term Dynamic Psychotherapy (ISTDP) begins with an intensive and comprehensive evaluation and treatment session called the *Trial Therapy*. The trial therapy seeks to establish both a conscious and unconscious therapeutic alliance, gather a complete history of problem areas, past and present relationships, and related medical and social factors, while testing a client's response to this therapeutic mobilization of the unconscious. By the end of the interview, therapist and patient should both have information about the suitability of this treatment, and what format of the treatment may be most beneficial. The trial therapy is typically conducted in one session, but sometimes over more than one session.

Based on a study of several hundred trial therapies, we have found that the trial therapy is effective in reducing symptoms and interpersonal problems, and also effective in reducing excess healthcare use. There is evidence that it is beneficial in the hands of new learners, and that is more effective than standard psychiatric intake interviews.

In this sixth Danish Immersion in ISTDP, Dr. Allan Abbass and colleagues will provide a detailed video – based study of a series of trial therapies from across the two spectra of patients. Hence, we will look at entire trial therapies of patients with low – to – moderate

resistance, and high resistance, as well as patients who suffer from repression and significant fragility. The goal of this course is to assist attendees to master the understanding of functions and processes involved in the trial therapy to help build momentum from the very first session of their treatment courses.

### 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 250 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 Psychophysiologic Disorders (Abbass and Schubiner, 2018), deals with psychophysiologic 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 20 – 22, 2020

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>, 2020

Non-refundable after July 1<sup>st</sup>, 2020

*Please pay your fee to this account:*

Account number: 0002003929

Registration number: 6484

SWIFT/BIC: HANDDKKK

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 2020"

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)**