

*S:t Lukas Educational Institute is pleased to announce
the 9th Swedish Immersion in
Davanloo's ISTDP with Dr. Allan Abbass:*

**Mastering the Trial Therapy in
Intensive Short-term Dynamic Psychotherapy
*August 27-29, 2020***

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 9th Swedish 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, 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. Some of these articles can be viewed at 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, Switzerland 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: 9th Swedish ISTDP Immersion, August 27-29, 2020

Location: Stockholm, Ersta Sköndal Bräcke Högskola, Campus Ersta, Stigbergsgatan 30

Fee: 6950 SEK including welcome reception on first day and lunch all three days
5600 SEK for any ISTDP core-training group members or full-time students
75% refundable until June, 30, 2020
Non-refundable after June, 30, 2020

Registration is mandatory as seating is limited.

The course sold out last year so register now to avoid disappointment.

To register email Jan Sandström at jan.sandstrom@esh.se

- ◆ Include your *name, profession, invoice address* and *e-mail address*
- ◆ Please state if you have any food allergies
- ◆ For Swedish registration, please include the organisation number of your workplace (if your employer is paying) or personal number (if you pay yourself)

Looking forward to meeting you in Stockholm!