

## The Speaker:



Allan Abbass MD, FRCPC,  
Director, Centre for  
Emotions and Health,  
FACULTY OF MEDICINE,  
Dalhousie University,  
CANADA

## Intensive Short-Term Dynamic Psychotherapy (IS-TDP)

Dr. Allan Abbass will review the metapsychology of the unconscious and technical details of Davanloo's Intensive Short-term Dynamic Psychotherapy as relates to patients with fragile character structure.

Based on 40 years of video tape research the ISTDP treatment format has been adapted with specific technical modifications to first build psychic integration and structural capacity, leading to the development of healing forces of the unconscious therapeutic alliance leading to first breakthroughs and repeated unlocking of the unconscious.

This workshop will examine with detail videotaped from actual treatment sessions with his patients to demonstrate aspects of these treatment phases.

## Condition of admission

Because the course will be opened for foreigners and held online, it is open to the following groups of healthcare professionals and therapists:

- 1) those who are in an ISTDP or EDT Core training or supervision,
- 2) those who have previously completed an ISTDP/EDT Core training program,
- 3) ISTDP/EDT Trainers,
- 4) Colleagues of these 3 groups who will attend the immersion while physically being present in the same room, and 5) those who are part of any ISTDP/EDT Societies with signed confidentiality agreements. This is all to ensure confidentiality of case materials that will be reviewed and discussed.

Further informations and registration at the latest by 10.04.2021:

<http://www.istdp.ch/form/onlineform2021apraa>

Costs: for the three days 29-30. April 01. Mai:

CHF 900.- / € 830.- / \$ 1010.-	regular in person
CHF 600.- / € 550.- / \$ 675.-	students in person
CHF 540.- / € 500.- / \$ 600.-	online-participants
CHF 360.- / € 330.- / \$ 400.-	students participating online

**Place of Congress:** Punkt.Null Maulbeerstr. 10, 3011 Bern

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  
**Annotation :** Allan Abbass 2021

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Reservation for accommodation:  
please contact the local Tourist Information Bern  
**Adresse:** Bahnhofplatz 10A, 3011 Bern  
**phone:** ++41+31 328 12 12

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## Intensive Short-Term Dynamic Psychotherapy (IS-TDP)

### Severe Fragile Patients in IS-TDP

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

Training  
29<sup>th</sup> - 30<sup>th</sup> of April 2021 - 01<sup>st</sup> of Mai

02<sup>nd</sup> Mai.2021 Supervision Day

Venue : Punkt.Null Maulbeerstr. 10,  
3011 Bern

**All videos are subtitled in English.**

Please join us online or in person if possible in beautiful Bern, Switzerland for an enjoyable, supportive and collegial atmosphere to study this complex patient population.

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 fragile character structure. Audio-visual case illustrations.

**Day 1:** 29<sup>th</sup> of April 2021

### **9.15-10.40**

Overview of ISTDP and psychoneurotic (non fragile) patients

*20 minutes break*

### **11.00 – 12.30**

Meta psychology 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 unlocking

*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

#### **Literature**

Abbass Allan (2015):  
Reaching through Resistance Advanced Psychotherapy  
Technique  
Abbass Allan, Schubiner Howard (2018): Hidden from View  
Davanloo Habib (1990): Unlocking The Unconscious  
Davanloo Habib (2000): Intensive Short-Term Dynamic  
Psychotherapy

Times correspond to

**Timezone:** Europe/Zürich

**UTC:** +1:00 hour

**Day 2:** 30<sup>th</sup> of April 2021

### **9.00 – 10.30**

Severe fragility: Psychic integration 3

*20 minutes break*

### **10.50 – 12.15**

Severe fragility: First breakthroughs:  
Birth of the UTA 1

*Lunch: 12:15 – 13:45*

### **13.45 – 15.00**

Severe fragility: First breakthroughs:  
Birth of the UTA 2

*20 minutes break*

### **15.20 – 16.40**

Severe fragility: Repeated unlockings 1

*20 minutes break*

### **17.00 – 18.15**

Severe fragility: Repeated unlockings 2

15 credits SGPP / FSP / SAPPM  
for each day

**Day 3:** 01<sup>th</sup> of Mai 2021

### **9.00 – 10.30**

Working through 1

*20 minutes break*

### **10.50 – 12.15**

Working through 2

*Lunch: 12:15 – 13:45*

### **13.45 – 15.00**

Termination in time-limited and non-time-limited treatment

*20 minutes break*

### **15.20 – 16.40**

Unique issues in fragility

*20 minutes break*

### **17.00 – 18.15**

Reply to any questions, consolidation

**Day 4:** 02<sup>nd</sup> of Mai 2021

Supervision day with Allan Abbass  
for interested colleagues  
(with advance reservation!)

#### **Costs:**

active participants (presenting videos)  
(max. 8 people)

CHF 240.- / € 220.- / \$ 270.-

passive participants (only spectator)

CHF 120.- / € 110.- / \$ 135.-