LEARNING OBJECTIVES: Halifax Immersion 2022

A. Name the content of the corners of the Triangle of Conflict

                        1.Nature of Repressed Impulse/Feelings

                        2.Unconscious Anxiety

                                    a.Manifestations: Striated muscle, smooth muscle, cognitive perceptual disruption

                        3.Resistance

                                    a.Character Defences

                                    b.Isolation of Affect

                                    c.Tactical Defences

                                    e.Repression

 f. Resistance of Guilt

B. Name the corners of the Triangle of Person

                        1.Transference <Relationship with Therapist> (T)

                        2.Current Relationship (C)

                        3.Past Relationship (P)

C. Describe the Complex Transference Feelings (CTF)

                        1.How they are Mobilized: Work on Resistance

                        2.Content including positive feelings, rage and guilt

                        3.Impact on Patient

D. Describe the Unconscious Therapeutic Alliance (UTA)

                        1.Manifestations: links and imagery

                        2.How it is Mobilized: Mobilize CTF

E. State the use and function of the main interventions of Pressure, Bracing, Clarification and challenge to resistances in ISTDP.

F. Explain the ISTDP Psychodiagnostic Evaluation

                        1.Manifestation of defense and unconscious anxiety

                        2.Assess capacity to tolerate anxiety

                        3.Assess somatization, depression, other functional disturbances

                        4.Fragility

G. Describe the Spectrum of Fragility

                        1.Frequency of patients along the spectrum

                        2.Mild versus severe fragility

H. Explain the Graded Technique in Repression and Fragile Patients

       1. Indications

        2. Function: to build isolation of affect and striated muscle discharge

I.List the categories on the Spectrum of Psychoneurotic Disorders

J.Describe the steps of the Central Dynamic Sequence of Unlocking the Unconscious in Resistant Patients

K.State the central role of guilt in capacity building and symptom removal

L. List the Selection criteria for ISTDP:

            A.Inclusion Criteria

                        1.Response to Trial Therapy

                        2.Activation of the Unconscious Therapeutic Alliance

            B.Exclusion Criteria

                        1.Active Psychotic Illness

                        2.Active severe Major Depression

                        3.Active mania in Bipolar Disorder

                        4.Certain active psychosomatic Illnesses such as Crohn's Disease