LEARNING OBJECTIVES

I.              Describe the development of Short-term Therapies

A.    Mann, Malan, Sifneos

B.    Overview of Davanloo's Contributions

II. List:

            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.Bipolar Disorder

                        4.Certain Psychosomatic Illnesses such as Crohn's Disease

III. Metapsychology

1. 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.Regressive Defences

1. 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

                        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.

            F. Explain the ISTDP Psychodiagnostic Evaluation

                        1.Manifestation of defense and Anxiety

                        2.Capacity to Tolerate a rise in Anxiety

                        3.Somatization, depression, other functional disturbances

                        4.Fragility

                        G. Describe the Spectrum of Fragility

                        1.Frequency of patients along the spectrum

                        2.Left vs Right sided patients

            H. Explain the Graded Technique in Fragile Patients

                        1. Indications

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

I. State the central role of guilt in capacity building and symptom removal in Fragile Patients

 J.  Differentiate ISTDP for fragile versus non fragile PTSD patients