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**Allan Abbass January-December 2023**

**Fragile Case Rounds Course**

I am very much looking forward to working with you in the detailed study of ISTDP for the fragile patient.

In this course we will detail the treatment processes of capacity building and early breakthroughs and termination with a patient with moderate to severe fragility. The hope is to review 2 sessions each week but a minimum of 1 session per week will be reviewed.

**Format and Preparation**

This course format will be similar to the online immersion courses with:

* Theory with slides
* Video review
* Discussion of materials
* Chat by text as we watch videos
* Verbal or in writing discussion/ questions and answers

It will also include access to video edited summaries of the didactic portion of the sessions for your own review online.

**Detailed Objectives**

The intention is that at the completion of the course, attendees will be able to:

1. describe the causes and development of fragile character structure (FCS)
2. explain the distribution of suffering in fragile patients
3. describe the multiple thresholds in FCS
4. describe the therapeutic stance in treatment of FCS
5. recognize barriers to engagement in FCS
6. explain how to do a psychodiagnostic assessment of a fragile patient
7. distinguish Bracing from Pressure and Recap
8. recognize split parts or modes and explain how to address split parts or modes
9. distinguish split parts from “self attack”
10. recognize projection and explain techniques to handle projection
11. recognize repression and explain how to handle repression
12. recognize rapid rotations and explain how to handle rapid rotations
13. recognize self-attack and explain how to handle self attack
14. recognize self escalating loops and explain how to handle self escalating loops
15. explain ways of handling dissociation at different level of capacity
16. recognize different levels of rise to inform interventions
17. explain the impact of hope and positive feeling in FCS at different levels of capacity
18. describe the guilt immersion technique and when to use it
19. explain the difference between single quick links (raft building) versus recapping
20. recognize UTA signs: whisper from alliance, negation, links, imagery
21. understand the impact of termination and how to handle termination reactions
22. understand the regressive reactions at ends of sessions and the importance of holding a structure in therapy

**Intention: the main goal**

The intention of the course is to help you to better recognize processes, feel more confident and more comfortable with fragile patients, and thereby be better able to help these patients gain capacities and become more integrated and self-caring in the context of your therapies.

**Our own emotions as we study FCS**

The material of this case and this population is very mobilizing for most of us because it brings us to very early emotional states of non-security and related difficult memories. Therefore be extra self-caring and self-regulating and validate your own very normal human feelings as a growth vehicle if they arise: this will help you sit more comfortably with FCS patients. Splits can tend to happen with strong feelings or polarized extreme views of each other in this type of learning too: we are all there doing our best to learn and grow with good intentions for ourselves and each other, so we will keep this in mind. To help with this process, please read the chapter on learning ISTDP, Reaching through Resistance chapter 17 and the Eating disorder article in the learning materials section at the bottom of the Publications on my webpage: <http://reachingthroughresistance.com/publications/>

The 2023 Dates are:

January 18, February 15, March 22, April 19, May 17, June 14, September 20, October 25, November 15, December 13

The times are all 9:00 am Pacific Time, 1:00 Atlantic Time, 12:00 Noon Eastern (US) Time. For other time zones make sure you have the right hours because the clocks change at different times in different countries. Note that Canadian clocks change the same time as in the USA, but it may differ in your country!

**Learning materials and any updated course materials**

On my webpage at the bottom of publications there are some materials and articles about learning ISTDP. There is also a video with edits from the didactic parts of the June Immersion course to remind you of many of the key points <https://www.youtube.com/watch?v=DDc5fn2tO28>

Any other materials about the course will be put here as well.

<http://reachingthroughresistance.com/publications/>

**Fees and Agreement**

The fee is $1800 Canadian Dollars which is $180 for each 3.5 hour block. A commitment of 12 months and payment for all 10 blocks is required on registering. If you cannot attend one block your price can be prorated, but attendance at all blocks is recommended for continuity. If you require a fee reduction for any economic reason to enable you to attend, email me about this. Please sign and send the below back to me. Payment should be by Paypal (including 3.5% paypal fee) or by Etransfer by Canadian Bank to my email allan.abbass@dal.ca .

Name:

Email:

Previous ISTDP/EDT trainer name:

Degree:

License Type – Licensing Number:

I understand and agree to these above terms and conditions. Please sign and date and send to allan.abbass@dal.ca to confirm your spot. I look forward to seeing you soon.

Signature: Date: