

INTENSIVE SHORT-TERM DYNAMIC PSYCHOTHERAPY:
THEORY AND TECHNIQUE (ISTDP)

A three year training program for licensed mental health professionals seeking expertise in this method of empirically validated psychotherapy. Taught by Dr. Patricia Coughlin Della Selva (www.patriciacoughlin.com)

Sweden, 2009-2011; four 3 day training blocks per year

Year 1: Lectures and videotaped illustrations of the theory and technique of ISTDP will be the focus of the first year of training. Students will be encouraged to role play each step of the technique as it is presented.

During the first year, students will learn the dynamic theory of the unconscious, as well as being versed in attachment theory, emotion theory and the latest research on neurobiology. The ways in which technique flows from and is internally consistent with theory will be highlighted.

Block #1:

Understanding the nature of intrapsychic conflict and the conceptualization of same with Malan's two triangles.

How to implement the central dynamic sequence during the initial evaluation or trial therapy.

Operational definitions of dynamic terms - taking a phenomenological approach to inquiry.

Developing and maintaining and intrapsychic focus.

Assessing the patient's ego adaptive capacity and ability to benefit from therapy, using response to intervention as the guide.

Reading the body and monitoring channels of anxiety.

Block #2:

Using the standard technique with patients who have a high level of capacity and low resistance.

Mobilizing the conscious and unconscious therapeutic alliance

Working with defenses and turning the ego against them in order to access hidden feelings

Facilitating the direct experience of previously unconscious feelings and impulses - the trigger that unlocks the unconscious

Understanding the phenomenon of de-repression - linking past, present and transference phenomenon.

Working through toward resolution

Block # 3:

The graded approach for patients with impaired ego function and moderate resistance - how to re-structure the ego.

Activating the patient's will, as well as their ability to pay attention to their internal world and monitor anxiety and emotions.

When defenses against feelings get crystallized into therapeutic resistance.

Monitoring the transference pattern of behavior.

Dealing with defenses against emotional closeness.

How to render synoptic defenses dystonic.

Taking step wise and circular approach to anxiety laden feelings.

Block #4:

Working with patients who have fragile ego and highly self destructive patterns of behavior (treatment resistant and chronically ill).

Activating the alliance and the patient's drive toward health and wholeness.

Focus on anxiety awareness and regulation (learn to read the body).

Identify superego resistance and the patient's entrenched need to suffer

Create a healthy alternative to destructive pathways of behavior.

Learn how to strip self destructive defenses of their secondary gratification.

Understanding and working with somatic pathways of anxiety.

Facilitate the direct experience complex feelings toward others, leading to integration and increased capacity to tolerate ambivalence.

Dealing with issues of loss aroused by termination.

Conducting follow-up evaluations.

YEARS 2 and 3

During years 2 and 3, all participants are required to bring in videotaped sessions from their work with patients during each block of training. During the first year, each member of the group must present an initial session or trial therapy for direct supervision. During the third year, sessions from mid-treatment and termination will be included.

Through out the process of training, readings will be assigned and required. During the supervision years, participants will be expected to write up each evaluation they will present for supervision. Theoretical and technical issues will be discussed as they emerge. Research findings will be introduced and discussed throughout the training. Special topics, like treating patients with psychosomatic disorders, the importance of precision and timing in the practice of ISTDP, and working with erotic transference, will be included in the second and third year of training. Group participants will be encouraged to enter their own ISTDP therapy and to attend conferences and workshops to expand their knowledge and expertise.

Place: to be Announced

Dates for 2009: March, 29, 30 and 31; June 1,2,
and 3; September 3, 4, and 5; and December 10, 11
and 12, 2009

Cost: \$!000.00 per three day session