

Rapid assessment and Handling of Resistance in Psychotherapy:

ISTDP for the Moderate to Highly Resistant Client

13th Halifax Immersion in Intensive Short Term Dynamic Psychotherapy

We are pleased to announce a 3 day Immersion course in Davanloo's ISTDP in Halifax Canada September 28, 29 and 30th 2016.

Resistance to all varieties of mental health treatment is common, costly and frustrating to providers. Treatments can become prolonged, drop outs occur or the treatment results in adverse effects. To respond to the problem of resistance, Davanloo developed his technique of Intensive Short-term Dynamic Psychotherapy. ISTDP has a built in assessment and intervention tool evaluate and handle high degrees of treatment resistance, enabling treatment of up to 86% of clients presenting for psychotherapy.

This in depth videotape based Immersion will cover the following areas:

- ◆ Overview of Davanloo's Metapsychology of Resistance
- ◆ A systematic assessment tool as described in *Reaching Through Resistance*
- ◆ Nature of interventions including pressure, challenge and head on collision with resistance
- ◆ The timing of these interventions to further the alliance and prevent misalliance
- ◆ Partial and Major Unlocking of the Unconscious
- ◆ Countertransference and therapist issues in working with resistance

Guest Presenters will include Dr Leon Baruh, an ISTDP Trainer in Italy and a Board Member of the International Experiential Dynamic Therapy Association.

The Location will be at the World Trade Center in Halifax, Canada
The fee is \$1000 Canadian Dollars. \$750 Canadian Dollars for those in Core training groups and NS Health Employees. \$600 for full time students and trainers
The fee includes lunches, nutrition breaks, an evening dinner with the group and a course handout. Fees must be paid on application to reserve a spot. Seating is strictly limited. This course is open to regulated health professionals in good standing.

For more information or to register please email Jennifer at abbass@bellaliant.net or call 1-902-488-7715

Registration Form: 13th Halifax Immersion in ISTDP

Location: Halifax World Trade and Convention Centre, downtown Halifax, NS

Fee: \$1000 (Canadian or US)

\$750 for any ISTDP Core Training Group Members, Trainers,
Faculty/Staff of Dalhousie or CDHA

\$600 for full time students.

Fees are due upon registration to reserve a spot.

75% refundable until August, 31st 2014

Non-refundable after August, 31st

Name:

Profession:

Address:

Contact number:

e-mail address:

food allergies/ sensitivities:

Fee is to be wire transferred in Canadian Dollars. Please contact Jennifer at abbass@bellaliant.net for banking information.



Dr Allan Abbass

Dr. Allan Abbass is currently a Professor of Psychiatry and Psychology, Director of Psychiatric Education and founding Director of the Centre for Emotions and Health at Dalhousie University in Halifax, Nova Scotia, Canada.

He completed a degree in Medicine at Dalhousie, a residency in Family Medicine at McGill University and has worked as both a family physician and an emergency physician. He began to study with Dr. Davanloo at McGill University in 1990. Following this exposure he decided to complete a residency in Psychiatry at the University of Toronto with the goal of teaching and conducting research in psychotherapy.

He is now a leading teacher and researcher in the area of Short-term Psychoanalytic Psychotherapy, having contributed 175 publications. These articles can be viewed at www.allanabbass.com He is known for simplifying the theory and technical aspects of the model through highlighting moment to moment processes that inform intervention. He has received a number of teaching awards including 2 national awards in Psychiatry. He has been honoured with visiting professorships at several international universities and institutions including the Tavistock in London UK.

His recent research includes clinical trials and several meta-analyses of short-term psychotherapy, including the Cochrane Review of Short-term Psychodynamic Psychotherapy for common mental disorders. He provides training programs for local and international audiences in the area of anxiety, depression, somatic disorders and personality disorders.

His first book *“Reaching Through Resistance: Advanced Psychotherapy Skills”* has been a major success. Some copies will be available for purchase.

Twitter: istdp and Facebook: istdp