



**ISTDP Institute**

and

**New Center for Psychoanalysis**

Extension Division

present

**ISTDP Summer School**

**Five Days of ISTDP Training & Immersion Experience**

23 CEU Hours

**Captain Whidbey Inn**

**Whidbey Island WA**

**Puget Sound, Pacific Northwest, USA**

**August 21-26, 2016**

(Sunday dinner–Friday noon meal)

**Faculty**

**Thomas M. Brod, MD**

**Jon Frederickson, MSW**

**Nat Kuhn, MD**

**Tony Rousmaniere, PsyD**

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## ISTDP Summer School

ISTDP (Intensive Short-Term Dynamic Psychotherapy) is a unique form of psychodynamic treatment that facilitates the rapid resolution of a broad spectrum of emotional disorders. It is an evidence-based psychotherapy developed by Habib Davanloo, MD that is strongly supported by current clinical research studies. ISTDP interventions are specifically designed to resolve anxiety, depression, somatization and personality disorders, as well as, to alleviate a variety of self-defeating behaviors, many of which derive from unstable or troubled early life attachments.

This Summer School is designed for psychotherapists at all levels who wish to deepen their understanding, competence, and comfort with the theory and practice of ISTDP.

Physicians, psychologists, licensed therapists, nurses, and social workers can earn **23 Continuing Education Units** through New Center for Psychoanalysis (see page 6).

## Description of the Summer School

The Summer School will occupy the full facility of the historic 100-year-old **Captain Whidbey Inn** for this five-day intensive program. The Inn is located at a stunning site on Whidbey Island, on Puget Sound, outside of Seattle. Recreational opportunities are scheduled.

The curriculum includes didactics, skill-building exercises including role-playing, and group processing of unconscious activation; for those

who are interested, there are opportunities for individual supervision of recorded material with the rest of the group observing. The didactic material will focus on both principles and techniques of ISTDP, and will include extensive video vignettes. Topics to be covered will include establishing an internal emotional focus for treatment, helping patients track emotional causality of anxious/somatic experiences, and focusing on the transformative power of the Unconscious Therapeutic Alliance (UTA) in the processing of guilt and forgiveness, among others.

## Two Tracks: Introductory and Advanced

Although much activity takes place in a single group, didactics are divided into two tracks. The **Introductory Track** is built as a primer on ISTDP for psychotherapists ready for foundational work in this revolutionary dynamic treatment. Psychotherapists with significant previous exposure to ISTDP (i.e., with at least one year in an ISTDP core-training group), can join the **Advanced Track** with the opportunity for close study of faculty videotapes, supervision, and on skill-building.

The Introductory Track presents a systematic overview of ISTDP theory and technique. After touching briefly on basics such as Malan's triangles, the focus will turn to topics including anxiety pathways, anxiety regulation and the graded format; pressure, clarification, and challenge; psychodiagnosis; syntonticity; and transference resistance. Even participants with significant ISTDP exposure have found this systematic approach helpful.



## FACULTY and SPONSORS

### Coordinator: Thomas Brod, MD

Thomas M Brod, MD, graduated from the University of California, Berkeley and received his medical degree from the University of Southern California. After serving in the Indian Health Service of the U.S. Public Health Service, he was selected into the National Institute of Mental Health Career Development Program, and was sponsored by NIMH during his residency and fellowship in Psychiatry at the UCLA Neuropsychiatric Institute.

Trained in classical and contemporary psychoanalytic models, and Intensive Short-Term Dynamic Psychotherapy, Dr. Brod is a graduate of the Los Angeles Psychoanalytic Institute. He trained in ISTDP with Robert Neborsky, Patricia Coughlin, and Josette Ten Have-de Labije—but predominantly under Habab Davanloo in Montreal. He is also an Associate Clinical Professor of Psychiatry at UCLA. Certified by the American Board of Psychiatry & Neurology, he is a Distinguished Life Fellow of the American Psychiatric Association, Senior Fellow of the Biofeedback Certifying Institute of America, and maintains professional memberships in national and local societies for medicine, psychiatry, psychoanalysis, hypnosis, biofeedback and neurofeedback. He is a certified instructor and supervisor of the International Experiential Dynamic Psychotherapy Association (IETDA), and is on the faculty of the ISTDP Institute. Dr. Brod is also a certified yoga instructor and a volunteer teacher at his local YMCA.

### Jon Frederickson, MSW

Jon Frederickson, MSW, is on the faculty of the Intensive Short Term Dynamic Psychotherapy (ISTDP) Training Program at the Washington School of Psychiatry. Jon is also on the faculty of the Laboratorium Psykoeducaji in Warsaw and teaches at the Ersta Skondal University in Stockholm. He provides ISTDP training in Sweden, Norway, Denmark, Poland, India, Italy, Lebanon, Australia, and the U.S., and is the author of over twenty published papers and two books, *Co-Creating Change: Effective Dynamic Therapy Techniques* and *Psychodynamic Psychotherapy: Learning to Listen from Multiple Perspectives*. His book, *Co-Creating Change*, won the first prize in psychiatry at the British Medical Association Book Awards. His DVDs, skill building exercises, and books are available at [www.istdpinstitute.com](http://www.istdpinstitute.com). He writes posts on ISTDP at

[www.facebook.com/DynamicPsychotherapy](http://www.facebook.com/DynamicPsychotherapy). He was formerly a professional musician.

### **Nat Kuhn, MD**

Nat Kuhn, MD is a Lecturer (Part-Time) in Psychiatry at Harvard Medical School where he teaches Short-Term Dynamic Psychotherapy to the PGY-4 psychiatry residents in the Harvard Longwood Psychiatry Residency training program. He has been practicing EDT since 1996, when he joined Leigh McCullough's Psychotherapy Research Program at Harvard's Beth Israel Deaconess Medical Center. He worked closely with Dr. McCullough for a decade, serving as Assistant Director of the program, collaborating on the design and validation of the ATOS scale for psychotherapy coding, and serving as second author of *Treating Affect Phobia: A Manual for Short-Term Dynamic Psychotherapy*.

An IEDTA Certified teacher and supervisor in Dr. McCullough's Affect Phobia Therapy (APT) model, Dr. Kuhn has taught in the US and Europe, including a presentation at the 2007 IEDTA Conference in Aarhus, Denmark.

Since 2008, Dr. Kuhn has practiced Davanloo's ISTDP, which he has studied with Allan Abbass and Jon Frederickson. He is an IEDTA Certified teacher of ISTDP, and has a particular interest in training and dissemination of Experiential Dynamic Therapies (EDTs). His book, *Intensive Short-Term Dynamic Psychotherapy: A Reference*, ([www.istdp-reference.org](http://www.istdp-reference.org)) was published in 2014 to wide acclaim.

In 2013, he joined the IEDTA Board of Directors and has participated in planning the 2014 IEDTA Conference in Washington, DC and the 2016 Conference in Amsterdam. As co-chair of the IEDTA's Technology Committee, he spearheaded the redesign and revitalization of the IEDTA website.

He has a private practice in Belmont, Massachusetts. Before becoming a psychiatrist, Dr. Kuhn was a research mathematician; he has published work on psychotherapy, mathematics, and computational chemistry. More information is [www.natkuhn.com](http://www.natkuhn.com).

### **Tony Rousmaniere, PsyD**

Dr. Rousmaniere is a psychologist in private practice in Seattle, Washington. He teaches and supervises Intensive Short-Term Dynamic Psychotherapy to therapists around the world. Dr. Rousmaniere's



research focus is clinical supervision, the use of deliberate practice in clinical training, and technology for clinical supervision and training. He is the co-editor of *Using Technology to Enhance Counseling Training and Supervision: A Practical Handbook* (American Counseling Association Press, 2015) and *The Cycle of Excellence: Training, Supervision, and Deliberate Practice*, to be published in 2016 by Wiley Publishers. More about Dr. Rousmaniere can be found at [www.drtonyr.com](http://www.drtonyr.com).

### **The ISTDP Institute**

The Institute for ISTDP Training and Research is a community of people who feel a calling to alleviate human suffering to build healthier communities. We try to do this by helping people achieve their full potential through psychotherapy, psychotherapy training, and supervision. We value personal integrity, commitment to excellence, and compassion for self and others. Although the model of therapy we practice is intensive short-term dynamic psychotherapy, we are not here to “fossilize” it, but rather to co-create the integrative therapy of the future. We believe that the final answers of psychotherapy have not been found. That’s why this community is “a place that keeps the questions open.” For more information, visit [www.istdpinstitute.com](http://www.istdpinstitute.com).

### **The New Center for Psychoanalysis**

The New Center for Psychoanalysis is the ten-year-old merger of the Los Angeles and Southern California Psychoanalytic Institutes. It is dedicated to excellence in psychoanalytic education and research. We offer professionals the opportunity to achieve greater understanding, affect greater results and, ultimately, obtain greater fulfillment in their careers and personal lives. For more information, visit [www.n-c-p.org](http://www.n-c-p.org).

### **Fees**

The enrollment fee covers tuition, room, all meals (Sunday dinner–Friday lunch), and the continuing education certificate. Transportation, alcoholic beverages, and a few recreational activities are not included.

Our summer school will be filling the entire Captain Whidbey Inn. The historic inn has thirty-one rooms of many types (see their website at [www.captainwhidbey.com](http://www.captainwhidbey.com)). A shared room with shared bathroom is \$1400; private room with shared bathroom is \$1900; and private room with private bathroom is \$2100. An additional guest sharing your room

but not participating in the program is \$950. Space is limited, and **preference in room assignment will go those who register earliest.**

**To register**, please fill out and return the registration form at the end of this document with your payment.

**Please note** that because this Summer School is designed as not-for-profit, fees have already been cut to the lowest possible point. Unfortunately, we are not able to offer discounts for residents or students.

## Transportation Planning

**Captain Whidbey Inn**  
**2072 West Captain Whidbey Inn Road, Coupeville, WA 98239**  
**360-678-4097**   [www.captainwhidbey.com](http://www.captainwhidbey.com)

Note: The journey from Seattle to Captain Whidbey Inn takes at least 3-4 hours, so it is wise to consider flying into Seattle on **Saturday Aug. 20** and traveling to Whidbey Island on Sunday Morning

**Shuttle Bus:** From the Seattle-Tacoma (SEA, known as “Sea-Tac”), the SeaTac/Whidbey Island Shuttle (see schedule below) travels via ferry from Mukilteo on the mainland to Clinton, on Whidbey Island, and stops in the town of Coupeville. Participants can take a taxi from Coupeville to the inn (about 3 miles). Please let us know your arrival time; there is a good chance someone can pick you up in Coupeville. On-line shuttle schedule information and booking is at [www.seatacshuttle.com](http://www.seatacshuttle.com). If twelve or more arrive or depart at the same time, it is possible to charter a SeaTac shuttle directly to or from the inn, and for this reason it is best not to book a return shuttle before arriving.

**By Car:** Cars can take either the Mukilteo-Clinton ferry or the Port Townsend-Coupeville ferry. Unlike shuttle buses, which have priority, cars can face a long wait at the ferries. There are apps and websites with information on wait times, but during the summer it is probably best to take the “long way,” via the breathtaking Deception Pass Bridge at the north end of the island.

**By Floatplane:** Please contact the Captain Whidbey Inn for information on taking a floatplane from Sea-Tac to the Inn.

## Mukilteo-Clinton Ferry Schedule

<b>Arrival: Sea-Tac Int'l Airport to Whidbey Island (Daily)</b>			<b>Return: Whidbey Island to Sea-Tac Int'l Airport (Daily)</b>		
Sea-Tac Hotels	Sea-Tac Airport	Coupeville	Coupeville	Sea-Tac Airport	Sea-Tac Hotels
6:15 am	6:45 am	9:00 am	--	4:30 am	4:45 am
8:15 am	8:45 am	11:00 am	4:30 am	6:30 am	6:45 am
10:15 am	10:45 am	1:00 pm	6:30 am	8:30 am	8:45 am
12:15 pm	12:45 pm	3:00 pm	8:30 am	10:30 am	10:45 am
2:15 pm	2:45 pm	5:00 pm	10:30 am	12:30 pm	12:45 pm
4:15 pm	4:45 pm	7:00 pm	12:30 pm	2:30 pm	2:45 pm
6:15 pm	6:45 pm	9:00 pm	2:30 pm	5:00 pm	5:15 pm
8:15 pm	8:45 pm	11:00 pm	5:30 pm	7:30 pm	7:45 pm
10:15 pm	10:45 pm	1:00 am	7:30 pm	9:30 pm	9:45 pm

## Fares between Sea-Tac Airport and Coupeville

	<b>Adult</b>	<b>Senior (60+) / Military</b>	<b>Youth (15 or less)</b>
<b>One-way</b>	\$41	\$39	\$26
<b>Round-trip</b>	\$78	\$74	\$52





## 2016 Summer School Tentative Schedule (23 CE hours)

### Sunday, August 21

2-3 pm	Arrival and Registration
3-4	Tom Brod—Welcome and Introductions
4-5:30	Introductory: Kuhn/Rousmaniere—Nuts and Bolts of ISTDP: Defenses, Anxiety, and Feelings
4-5:30	Advanced: Jon Frederickson—Maintaining an Effective Focus
6:30	Dinner
7:30-8:30+	Welcome Gathering for All
8:12	Sunset

### Monday, August 22

6:15	Sunrise
9-10:30	All: Frederickson—Faculty Video
11-1	Introductory: Kuhn/Rousmaniere—Primer continues
11-1	Advanced: Brod/Frederickson—High Resistance
1-2	Lunch
2-4	Introductory: Kuhn/Rousmaniere
2-4	Advanced: Brod/Frederickson
4-5	All: Skill Building Practice
5-5:30	All: Group process
6:30	Dinner
8:10	Sunset

### Tuesday, August 23

6:16	Sunrise
9-10:30	All: Rousmaniere—Faculty Video (will include group excersises)
11-1	Introductory: Kuhn/Rousmaniere
11-1	Advanced: Brod/Frederickson—Inviting Feeling and Defense Work

1-2	Lunch
2-4	Introductory: Kuhn/Rousmaniere
2-4	Advanced: Brod/Frederickson
4-5	All: Skill Building Practice
5-5:30	All: Group process
6:30	Dinner
8:08	Sunset
<b>Wednesday, Aug 24</b>	
6:17	Sunrise
9-10:30	All: Kuhn—Faculty Video
11-12:30	All: Group Supervision
12:30-6	<b>Play day:</b> hiking, kayaking, whale watching, swimming
6:30	Dinner
8:06	Sunset
<b>Thursday, Aug 25</b>	
6:19	Sunrise
9-10:30	All: Brod—Faculty Video
11-1	All: Group Skill Building/Supervision
1-2	Lunch
2-4	All: Rousmaniere—Deliberate Practice
4-5	All: Skill Building Practice
5-5:30	All: Group process
6:30	Dinner
8 pm	Singalong, etc.
8:04	Sunset
<b>Friday, Aug 26</b>	
6:20	Sunrise
9-11	All: Rousmaniere—Deliberate Practice
11-12	All: Group Process and Goodbye; afternoon departure

## Continuing Education Credits

23 CEUs are will provided through the New Center for Psychoanalysis (Los Angeles). **Important disclosure information for all learners:** None of the planners and presenters of this CME program have any relevant financial relationships to disclose. The activity is coordinated and funded by Thomas M. Brod, and designed to be a not-for-profit activity; any net profit will go to New Center for Psychoanalysis.

**Physicians:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychoanalytic Association and the New Center for Psychoanalysis. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians. The American Psychoanalytic Association designates this Live Activity for the maximum of 23 hours of AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Psychologists:** The New Center for Psychoanalysis is approved by the American Psychological Association to sponsor continuing education for psychologists. New Center for Psychoanalysis maintains responsibility for this program and its content. Full attendance is required for psychologists to receive credit; partial credit may not be awarded based on APA guidelines. For the psychologists' records, certificates of attendance are provided at the completion of the course

**Social Workers and Family Therapists, LCSW, LMFT, ASW, IMF, LEP, LPCC, PCCI :**The New Center for Psychoanalysis is a continuing education provider that has been approved by the American Psychological Association, a Board of Behavioral Sciences recognized approval agency.

**Registered Nurses:** The New Center for Psychoanalysis is an accredited provider approved by the California Board of Registered Nursing (Provider #CEP1112). Registered Nurses may claim only the actual number of hours spent in the educational activity for credit.

## Learning Objectives

At the conclusion of the Summer School participants should be able to:

1. Apply at least two techniques that build capacity to tolerate anxiety
2. Understand and apply at least two forms of Pressure to resolve Intrapsychic Crisis;
3. Differentiate Conscious from Unconscious Therapeutic Alliance and recognize how each contributes to therapeutic success;
4. Identify the unconscious guilty need for punishment and self-sabotage in patients/clients and help them free themselves from the resultant symptoms
5. Understand and apply the Triangle of Conflict in the management of symptoms
6. Understand and apply respect for the patient/client while helping them turn against their defenses against emotional closeness

## Overview of ISTDP

ISTDP is an experience-based, affect-oriented psychodynamic treatment that centers on difficulties with attachment and emotional closeness. Deeply rooted in classical psychoanalysis, the treatment adopts Davanloo's technical discoveries to intensify the experience and penetrate the patient's emotional difficulties. Davanloo found a series of pathways, based on psychodiagnosis, to the unconscious connections of anxiety, pain, and guilt. The unconscious battle between healthy and destructive impulses is reawakened and resolved through the transference work. Like classical object-relational psychoanalytic treatment, unconscious mental processes (perceptions, past events, feelings about events, and distorted beliefs) and defenses are investigated, but always with a primary focus on the in-the-moment experience and avoiding an intellectualized process.

Research supports the notion that experience of core emotion is transformative. The ISTDP therapist encourages the patient to face and experience these painful feelings, and, when patients resist using defenses, forms a healing alliance with the patient so that the patient can understand how these defenses are harmful and join the therapist in turning against the defenses. The result is the creation of a "safe place" to face not just pain and rage, but also grief, forgiveness, and love, allowing patients to free themselves and move beyond the destructive influence of early experience. The attitude of the ISTDP therapist is that the patient's time is irreplaceable and comprehensive change is possible in a reasonable, cost-effective time frame.

In ISTDP, experience of core emotion from the past is seen as the transformative vehicle and the therapist relies on pressure to an intimate relationship: encouragement to feel and face conflict; challenge to take responsibility to change; and confrontation of resistance to emotional closeness. Rumination and intellectualization are discouraged.

The result is a naturalistic system that processes psychic pain and need for punishment and leads, ideally, beyond rage in the transference, to a massive experience of forgiveness and love for primary attachment figures and others.

Extensive and systematic research in Short-Term Dynamic Psychotherapies, including ISTDP, confirms that these therapies are effective, and that the gains are not simply maintained but actually continue to increase at follow-up.

## Contact Information

Questions, registration forms, payments, and other communication should be directed to:

Thomas M Brod MD	Email	<a href="mailto:tbrod@ucla.edu">tbrod@ucla.edu</a>
12304 Santa Monica Blvd.	Tel	+1-310-207-3337
Suite 210, Los Angeles CA 90025	Fax	+1-310-207-1109
	Web	<a href="http://www.EEGym.com">www.EEGym.com</a>

## Registration

The enrollment fee covers tuition, room, all meals (Sunday dinner-Friday lunch), and the continuing education certificate. Transportation, alcoholic beverages, and a few recreational activities are not included.

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The room options are:

- Shared room with shared bathroom, \$1400
- Private room with shared bathroom, \$1900
- Private room with private bathroom, \$2100

An additional guest sharing your room but not participating in the program is \$950.

## Payment

A \$500 deposit will reserve your place through May 31, 2016. Full payment is due by June 1, 2016. Checks in US funds should be made payable to Thomas M Brod, MD. Credit cards (via PayPal, [www.paypal.me/ThomasMBrodMD](http://www.paypal.me/ThomasMBrodMD)) and international bank transfer are welcome, but there is a 3% service charge which we must pass on to you.

**Cancellations** before April 14, 2016 are subject to a 15% fee; April 15-June 14 are subject to a 50% fee. After June 14, there is no refund unless we are able to fill the space.



## Registration Form for ISTDP Summer School 2016

Fill in this form and mail (address below), fax (+1-310-207-1109), or scan and email ([tbrod@ucla.edu](mailto:tbrod@ucla.edu)). Payment information is on the previous page.

Name:	Degree:
License Type:	License State/Country:
License Number:	
Address 1:	
Address 2:	
City:	State:
Postal/Zip Code:	Country:
Email Address:	
Phone:	Cell Phone:

Room preference (rank in order of preference):

- \_\_\_ Shared room with shared bathroom, \$1400
- \_\_\_ Private room with shared bathroom, \$1900
- \_\_\_ Private room with private bathroom, \$2100

Please indicate and dietary or other special accommodations, extra guests, or other additional information/concerns:


***I have read and understood the policies listed in the Summer School information brochure, including payment and cancellation (sign below).***

Signature:	Date:
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Mail to: Thomas M Brod MD / 12304 Santa Monica Blvd, Suite 210 /  
Los Angeles CA 90025