

*We are pleased to announce a three-day Immersion course  
in Stockholm, 29-31<sup>th</sup> August, 2019*

## **Harnessing healing forces in your patients: Working with the unconscious therapeutic alliance**

### **8th Swedish Immersion in Davanloo's ISTDP with Dr. Allan Abbass**

Patients arrive to treatment with a range of conscious and unconscious resistances or habitual behaviors that can undermine the effectiveness of any type of psychotherapy. To counter these forces, we help the person mobilize the healing aspects of the therapeutic alliance. This alliance has both conscious and unconscious aspects. The Unconscious Therapeutic Alliance (UTA) is a powerful healing force discovered through detailed video research in the 1980s. This force is activated by the therapeutic attachment, including the therapist's efforts at helping the patient be emotionally present in a self-caring way while trying to oppose their own defenses against doing so. The UTA can be seen on spectrum from summary communications from the unconscious, through to first breakthroughs and finally partial, major and extended-major unlocking the unconscious. In major unlocking of the unconscious the imagery of the current person changes to the imagery of the person from the past with passage of painful feelings, positive feelings and guilt about rage. Because we have found treatment outcomes to relate to the degree of UTA activation, we actively focus on how to track and respond to it therapeutically.

In this 3-day video course, Dr Allan Abbass will review the metapsychology of ISTDP and the UTA. Case presentations from across the spectrum of low to high resistance and mild to severe fragility will illustrate the processes of activating UTA, detecting its presence and responding to it. A couple of case presentations will also be provided in Swedish by local ISTDP-therapists and trainers

The immersion is open to licensed mental health professionals and students.

## About the speaker



### *Dr. Allan Abbass*

*Dr. Allan Abbass is Professor of Psychiatry and Psychology, Director of Psychiatric Education, and founding Director of the Centre for Emotions and Health at Dalhousie University in Halifax, Canada. He is a leading award winning teacher and researcher in the area of Short-Term Psychodynamic Psychotherapy, with over 225 publications and 250 invited presentations over the globe.*

*He is known for simplifying the theory and technical aspects of the ISTDP model, with the use of algorithms and through highlighting moment-to-moment processes that inform interventions. He has received a number of teaching awards, including two national awards in psychiatry. He has been honored with visiting professorships at several international institutions including the Tavistock in London. He holds recurrent intensive training programs in Norway, Sweden, Denmark, Switzerland and Canada, and provides internet-based training to professionals and groups around the world.*

*Dr. Abbass' critically acclaimed textbook on ISTDP "Reaching Through Resistance: Advanced Psychotherapy Techniques" was published in 2015 and "Hidden from View: Clinician's Guide to Psychophysiological Disorders", co-authored with Howard Schubiner M.D. was published in 2018.*

## Registration Form: 8th Swedish ISTDP Immersion, August 29 - 31, 2019

**Location:** Stockholm, Ersta Sköndal Högskola, Campus Ersta, Stigbergsgatan 30

**Fee:** **6750 SEK** which includes welcome reception on first day and lunch all three course days

**5500 SEK** for any ISTDP core-training group members or full-time students

75% refundable until June, 30, 2019

Non-refundable after June, 30, 2019

Registration is mandatory as seating is limited.

To register email Jan Sandström at [jan.sandstrom@esh.se](mailto:jan.sandstrom@esh.se)

- ◆ Include your *name, profession, invoice address* and *e-mail address*
- ◆ Please state if you have any food allergies
- ◆ If you are in a ISTDP core group, provide the name of your trainer
- ◆ For Swedish registration, please include the organization number of your workplace (if your employer is paying) or personal number (if you pay yourself)

*Looking forward to meeting you in Stockholm!*