

The Swiss Institute for ISTDP is pleased to offer a 6 block, systematic training program in Davanloo's ISTDP in collaboration with Dr Allan Abbass, Professor & Director, Centre for Emotions and Health, Dalhousie University, Canada. These blocks will review the entire spectrum of patients suitable for ISTDP and details of assessment and treatment techniques as reviewed in *Reaching through Resistance* and Davanloo's research and writings. In this training there will be shown many videotaped sequences. So the presented method can be verified by the participant.

## 2016

**January: 23<sup>rd</sup> – 25<sup>th</sup> : General Introduction and Depression with and without Repression**

### **Program in Detail**

**Day 1: 23rd of January 2016**

#### **Overview of IS-TDP Spectrum of treatment in IS-TDP**

Spectrum from low to high resistance (Psychoneurotic Disorders) and the spectrum of patients with Fragile Character Structure including Borderline Disorder

**9.15 – 10.45**

Empirical basis for ISTDP and Metapsychology 1 15 minutes break

**11.00 – 12.30**

Metapsychology 2 Lunch

**13.45 – 15.15**

Moderate Resistance

**15.30 – 17.00**

High Resistance: timing of pressure, challenge and head on collision

**17.15 – 18.45**

Fragile Character Structure: assessing and building the capacity to tolerate anxiety.

**Day 2: 24th of January 2016**

#### **Treatment of Resistant Depression: Advanced Psychotherapy Techniques**

A. Major Depression with repression: How to bring structural change and repeated unlockings of the unconscious. (**Repression** means active repression of the feelings into smooth muscle, conversion, and psychomotor retarded major depression.)

B. Structural difference in major depression without repression: How to bring structural change and repeated unlockings of the unconscious.

**9.00 – 10.30**

Resistant patient without repression 1

**10.45 – 12.15**

Resistant patient without repression 2

**Lunch**

**13.30 – 15.00** Resistant patient with repression 1

**15.15 – 16.45** Resistant patient with repression 2

**17.00 – 18.30** Resistant patient with repression 3

**19th and 20th of August:** Moderate to high resistant Patients: Timing and application of pressure, challenge and head on collision in resistant patients: Focus on Cluster C Personality disorders

**Day 1**

**9.15 – 10.45**

ISTDP: A systematic approach to evaluating resistance:

Metapsychology of Resistance

15 minutes break

**11.00 – 12.30** Moderate resistance psychodiagnostics: low versus mid rise

**Lunch**

**13.45 – 15.15** Moderate Resistance Trial Therapy 1

**15.30 – 17.00** Moderate Resistance Trial Therapy 2

**Break**

**17.15 – 18.45** Moderate resistance Later sessions

**Day 2**

**9.00 – 10.30**

High Resistance: Psychodiagnostics: low versus mid versus high rise

**10.45 – 12.15**

Resistant patient: timing of pressure, challenge and head on collision

**13.30 – 15.00** Resistant patient Trial Therapy

**15.15 – 16.45** Resistant patient Trial Therapy

**17.00 – 18.30** Resistant patient Later Session

**Supervision day: 21st of August**

**2017**

**Sunday to Tuesday: 22nd - 24th of January 2017:** IS-TDP with Patients with Repression and Major Depression: Capacity Building Techniques

**Day 1**

**9.15 – 10.45**

Empirical basis for ISTDP in Depression

Metapsychology of Depressive types

15 minutes break

**11.00 – 12.30**

Metapsychology Continued: 2 Lunch

**13.45 – 15.15**

Moderate Resistance with Depression

**15.30 – 17.00**

High Resistance: timing of pressure, challenge and head on collision in depressed

patients without repression

**17.15 – 18.45**

Detecting the syntonic resistances in Dysthymic, depressed patients.

**Day 2**

**9.00 – 10.30**

High Resistance with Repression: Assessing and working with thresholds

**10.45 – 12.15**

Resistant patient: timing of pressure, challenge and head on collision

**13.30 – 15.00** Fragile Character Structure with Depression: assessing and building capacity

**15.15 – 16.45** Fragile Character Structure with Depression: First breakthroughs

**17.00 – 18.30** Fragile Character Structure with Depression: later treatment phases

**Supervision day**

**August 2017: Somatisation + Chronic Pain: low to high Resistance and Fragile Persons**

**Day 1**

**9:15-1045** Overview of Course, Evidence base for ISTDP in Somatic Disorders  
Metapsychology of ISTDP with videotape examples.

Break

**11:00-12:30** Timing and Technique: Psychodagnosis of low and moderate resistant patients with somatization

**12:30-1:45** Lunch

**13.45 – 15.15** Moderate Resistance with somatization

**15.30 – 17.00** Moderate Resistance with somatization continued

Break

**17.15 – 18.45** Moderate-highly resistant patient with somatization

**Day 2**

**9.00 – 10.30**

High Resistance with Repression based Somatization: Centrality of Guilt

**10.45 – 12.15**

Resistant patient with repression: Repeated unlockings

Lunch

**13.30 – 15.00** Fragile Character Structure with somatization: Handling complexity and thresholds

**15.15 – 16.45** Fragile Character Structure with somatization: to first breakthroughs

**17.00 – 18.30**

Severe Fragile Character Structure: New onset of somatic symptoms

**Supervision day**

## 2018

**January:** IS-TDP with Patients with fragile Character structure (Dissociation and severe Personality Disorder)

### **Day 1**

**9:15-1045** Overview of Course, Metapsychology of Non Fragile Cases with videotape examples.

#### **Break**

**11:00-12:30** Assessing and working with thresholds in mild-moderate fragile character structure

**12:30-1:45** Lunch

**13.45 – 15.15** Mild-moderate Fragility: capacity building to first breakthroughs

**15.30 – 17.00** Mild to moderate Fragility: First unlockings

#### **Break**

**17.15 – 18.45** Mild to moderate Fragility: First unlockings part 2

### **Day 2**

**9.00 – 10.30**

Severe Fragile Character Structure: Assessing Rapidly Rotating Fronts of the system

**10.45 – 12.15**

Severe Fragile Character Structure: Capacity Building to first breakthroughs

#### **Lunch**

**13.30 – 15.00** Severe Fragile Character Structure: Deeper zones of the unconscious and Dominance of the Unconscious Therapeutic Alliance

**15.15 – 16.45** Severe Dissociative Disorders: Fugue

**17.00 – 18.30** Severe Dissociative Disorders: Multiple Personality Disorder

### **Supervision day**

**August: Review and Overview Block:** Update on evidence for the metapsychological basis of ISTDP: Overview of the Spectra of suitable Patients for IS-TDP with Case Illustrations. This block will be responsive to key areas that require reviewing with detailed case examples and case discussion. It will also emphasize the common obstacles to learning and practicing ISTDP.

**9:15-1045** Metapsychology review and update of state of Evidence

#### **Break**

**11:00-12:30** Initiating the Process: review

**12:30-1:45** Lunch

**13.45 – 15.15** Moderate resistant Patients continued

**15.30 – 17.00** Highly resistant patients

#### **Break**

**17.15 – 18.45** High resistance with repression 1

**Day 2**

**9.00 – 10.30**

Fragile Character Structure 1 Assessing Rapidly Rotating Fronts of the system

**10.45 – 12.15**

Fragile Character Structure 2

**Lunch**

**13.30 – 15.00** Severe Fragile Character Structure and working with the UTA

**15.15 – 16.45** Depressive Disorders

**17.00 – 18.30** Psychotic Disorders

**Supervision day**