

*S:t Lukas Educational Institute are pleased to announce  
a three-day Immersion course in Stockholm, Sweden,  
24-26<sup>th</sup> August, 2018*

## **Reaching through resistance: Treating the highly resistant patient with ISTDP**

### **7th Swedish Immersion in Davanloo's ISTDP with Dr. Allan Abbass**

The majority of all psychotherapy patients do not benefit sufficiently from medications or psychotherapies, including manualized CBT or traditional psychoanalytic therapy. Such patients typically present with entrenched symptoms, relational difficulties and self-defeating behaviour patterns, which destroy their efforts to benefit from psychotherapy. This type of resistance to treatment is common, costly and frustrating to health care providers, and the patients we try to help.

To respond to the problem of resistance, Davanloo developed his technique of *Intensive Short-Term Dynamic Psychotherapy* (ISTDP). The method has a built-in assessment and intervention tool for evaluating and handling resistance of any degree. Eleven published studies, including the recent Halifax Treatment Resistant Depression Study, show that ISTDP can be a highly effective form of treatment for resistant patients.

This in-depth videotape based Immersion course, Dr. Abbass will illustrate principles for working with resistance in ISTDP. A couple of case presentations will also be provided in Swedish by local ISTDP-therapists and trainers. The immersion is open to mental health professionals and students. It can be a component of core-training, adds to supervision based training, and will cover the following areas:

- ◆ Overview of Davanloo's Metapsychology of resistance
- ◆ Overview of the spectrum of suitable patients, with videotape illustrations
- ◆ Review of common causes of treatment resistance
- ◆ Psychodiagnostic assessment to determine degree and type of resistance
- ◆ Nature and timing of interventions, including pressure, challenge and head-on-collision with resistance
- ◆ Partial and Major Unlocking of the Unconscious

## 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 200 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, 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 his new book "Hidden from View: Clinician's Guide to Psychophysiologic Disorders" is now published at [www.unlearnyourpain.com](http://www.unlearnyourpain.com).*

## Registration Form: 7th Swedish ISTDP Immersion, August 24 - 26, 2018

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

**Fee:** 6750 SEK including welcome reception on first day and lunch all three days

5400 SEK for any ISTDP core-training group members or full-time students

75% refundable until June, 30, 2018

Non-refundable after June, 30, 2018

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
- ◆ For Swedish registration, please include the organisation number of your workplace (if your employer is paying) or personal number (if you pay yourself)

*Looking forward to meeting you in Stockholm!*