We are pleased to announce a three – day Immersion course in Stockholm, August 24 - 26, 2017

Building capacity: Theory and application of the Graded format of ISTDP

6th Swedish Immersion in Davanloo's ISTDP with Dr. Allan Abbass

As clinicians and researcher know, perhaps the majority of referred patients do not have the capacity to tolerate direct mobilization of emotions, instead developing fatigue, weakness, depression and somatic symptoms while trying to do focused dynamic psychotherapy.

To respond to this problem, Davanloo developed a Graded Format of ISTDP to first build capacity to tolerate unconscious anxiety. This enables the ISTDP treatment to be applied to a further 30-50% of referred patients compared to the standard technique of ISTDP.

In this video based immersion, Dr. Abbass will detail the metapsychology of ISTDP and illustrate the principles of the Graded Format. A couple of case presentations will also be provided in Swedish by local ISTDP trainers Tobias Nordqvist and Peter Lilliengren. 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 the Unconscious*
- *Overview of the spectrum of suitable patients with videotape illustrations*
- *Psychodiagnostic assessment to determine who needs capacity building*
- *Theory of the Graded format*
- *How to mobilize unconscious complex emotions and monitor the unconscious signalling system*
- *Use of recapping and "bracing" to optimize the treatment process*
- *Partial and Major Unlocking of the Unconscious after building capacity*

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 150 publications and 200 invited presentations over the globe. These articles can be viewed at www.istdp.ca

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 universities and institutions, holds recurrent intensive training programs in Norway, Sweden, Italy, and Canada, and provides internet based training to professionals and groups around the world.

Dr. Abbass' recent research includes clinical trials and several meta-analyses of Short-Term Dynamic 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.

Dr. Abbass' first textbook on ISTDP "Reaching Through Resistance: Advanced Psychotherapy Techniques" *was published in May, 2015.*

Registration Form: 6th Swedish ISTDP Immersion, August 24 - 26, 2017

Location: Stockholm, Ersta Sköndal Bräcke högskola, Campus Ersta, Stigbergsgatan 30

Fee: 6500 SEK

5700 SEK members of the Swedish Society for ISTDP

5000 SEK for any ISTDP core-training group members

3600 SEK full-time students

The fee includes welcome reception on first day, coffee and lunch all three days.

75% refundable until June, 30, 2017

Non-refundable after June, 30, 2017

Registration is mandatory as seating is limited.

To register email Jan Sandström at 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!