

## The Speaker:



**Allan Abbass MD, FRCP,**  
**Director, Centre for**  
**Emotions and Health,**  
**FACULTY OF MEDICINE,**  
**Dalhousie University,**  
**CANADA**

### Intensive Short-Term Dynamic Psychotherapy (IS-TDP)

developed by Habib Davanloo, Professor of Psychiatry at the University of Montreal.

Since the 1960s Davanloo started to record his psychotherapy sessions on video. He verified the effectiveness of his interventions by studying the verbal and non-verbal reactions of his patients. He developed new psychodiagnostic tools and precise interventions. These interventions made it possible for a broad range of patients to overcome their anxiety, self-destructive defensive behavior and were able to experience and process their underlying feelings with the help of the therapist.

The method has now been extensively researched spearheaded by the work of Dr. Allan Abbass and has been found effective with complex patients with Anxiety Disorders, Depression, Neurotic disorders, Psychosomatic Disorders and Personality Disorders. The problems are tackled at the emotional roots. Resistances against emotional closeness can be overcome. So marked and persistent change in the patients' relationship functioning occur.

### Condition of admission

Medical Doctors and Psychologists or in Formation.  
Other Psychotherapists or Students on request.

**Place of Congress:** Best Western Hotel Bern in Bern

**Costs:** the **two first days** (24th+25th of March)  
Fr. 600.- / € 570.- for students and trainees Fr. 400.- / € 350.-  
**Total Costs** for the **third day** (26th of March):  
Supervision day for interested colleagues:  
Fr. 4500.-. Will be shared by the participants.

### Payment to: **important data for money transfer**

Swiss Association for Intensive Short Term Dynamic Psychotherapy  
GIK Fortbildungskonto Bern  
Sulgeneckstrasse 38 3007 Bern  
**Bank/Institute :** Postfinance AG  
Minderstrasse 20 CH-3030 Bern  
**BIC:** POFICHBEXXX      **Clearing:** 09000  
**PC:** 61-300195-0  
**IBAN:** CH85 0900 0000 6130 0195 0

Contact and Registration **at the latest by 31.01.2018**  
Doris Dällenbach MASPT, Untertor 22, Postfach 1695, 8401 Winterthur  
Tel. +41 +52 / 213 19 61      **email :** [d.daellenbach@gmx.ch](mailto:d.daellenbach@gmx.ch)

### Reservation for accommodation:

BEST WESTERN HOTELBERN  
Zeughausgasse 9, CH-3011 Bern  
**email:** [reception@hotelbern.ch](mailto:reception@hotelbern.ch)      **Tel:** +41 31 329 22 22  
(indicate that you are participant of the Congress)

**Further informations:** [www.istdp.ch](http://www.istdp.ch)

### Literature

Abbass Allan (2015): Reaching through Resistance Advanced Psychotherapy Technique  
(For this seminar, Chapter 16-17 are relevant)

Davanloo Habib (1990): Unlocking The Unconscious  
Davanloo Habib (2000): Intensive Short-Term Dynamic Psychotherapy  
Troendle Paul (2005): Psychotherapie dynamisch – intensiv – direkt  
Gottwick Gerda (Hrsg.) (2009): Intensive psychodynamische Kurzzeittherapie nach Davanloo

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**Intensive Short-Term Dynamic Psychotherapy (IS-TDP)**  
with Patients with Fragile Character Structure  
(Dissociation and severe Personality Disorder): Traumatized Patients

**Training with Allan Abbass**  
Professor & Director, Centre for Emotions and Health, Dalhousie University, Canada

**Bern Switzerland**  
**24<sup>th</sup> – 26<sup>th</sup> of March 2018**

**Fifth of six modules within three years**

All presentations go along with audio-visual examples. The videopresentations illustrate the practical work with IS-TDP. The conveyed theory gets experienced and verified.

**15 credits SGPP / FSP / SAPP**

The language is English

## Program in Detail

### **IS-TDP with Patients with Fragile Character Structure (Dissociation and severe Personality Disorder): Traumatized Patients**

#### **Day 1: 24th of March 2018**

##### **9.15 – 10.40**

Overview of Course, Metapsychology of IS-TDP with Non Fragile Cases with videotape examples.

*20 minutes break*

##### **11.00 – 12.30**

Assessing and working with thresholds in mild-moderate fragile character structure

*Lunch 12:30 – 14:00*

##### **14:00 – 15.20**

Mild-moderate Fragility: capacity building to first unlocking of the unconscious

*20 minutes break*

##### **15.40 – 17.00**

Mild to moderate Fragility: First unlockings

*20 minutes break*

##### **17.20 – 18.45**

Mild to moderate Fragility: First unlockings part 2

#### **Day 2: 25th of March 2018**

##### **9.00 – 10.30**

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

##### **10.50 – 12.15**

Severe Fragile Character Structure: Capacity Building to first breakthroughs

##### **Lunch: 12:15 – 13:45**

**13.45 – 15.00** Severe Fragile Character Structure: Deeper zones of the unconscious and Dominance of the Unconscious Therapeutic Alliance.

*20 minutes break*

**15.20 – 16.40** Severe Dissociative Disorders: Fugue.

*20 minutes break*

##### **17.00 – 18.30**

Severe Dissociative Disorders: Multiple Personality Disorder.

#### **Day 3: 26th of March 2018**

**Supervision day with Allan Abbass (advance reservation!)**

**Total Fee:** Fr. 4500.- to be shared by the participants.

**Ideally 16 participants.**

8 active participants (presenting videos)

2/3 of total costs

passive participants (only spectator)

reduced price 1/3 of total costs

**7.5 credits SGPP / FSP / SAPP  
for the supervision day**