



*Lothar Matter*

Welcome to the  
40th Anniversary

23.- 25.08.2024 in Thun Switzerland

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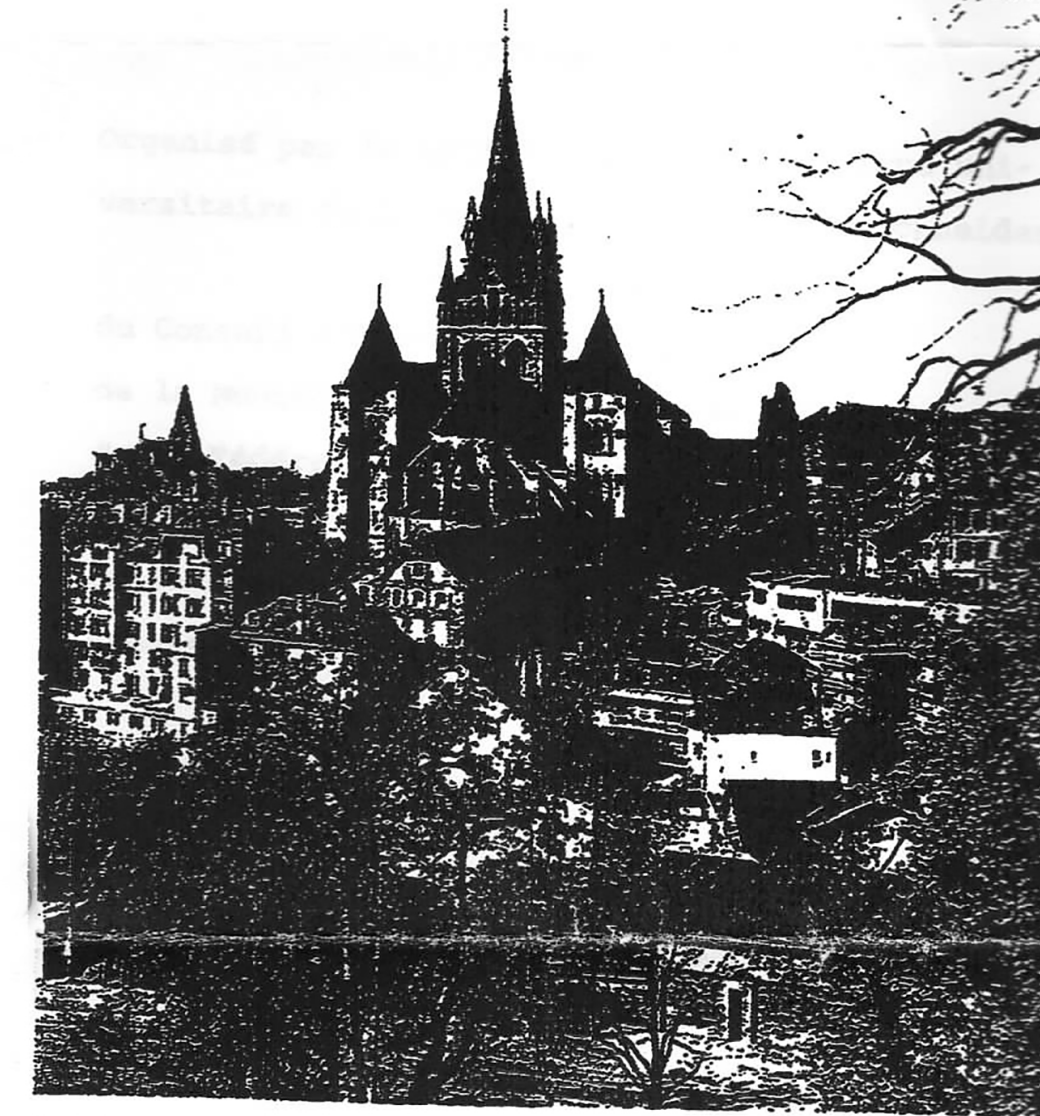
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## GIK 48 Years later

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It all began in Geneva and Lausanne

1er SYMPOSIUM INTERNATIONAL  
DE LANGUE FRANÇAISE  
sur les  
PSYCHOTHERAPIES ANALYTIQUES BREVES  
Lausanne (Suisse)  
Mercredi 30 juin – Samedi 3 juillet 1976



The first time I presented on Davanloo's technique of major mobilization of the unconscious and intensive short-term dynamic psychotherapy was in Switzerland at Lausanne University.

The name of the symposium was :

“1er symposium international de langue française  
sur les psychotherapies analytiques breves”

The chairman of the symposium was Professor P.B. Schnider,  
Professor of Psychiatry, University of Lausanne and  
the president of the World Congress of Psychotherapy in Paris (1976)



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*23.-25.08.2024 in Thun Switzerland*

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**Foundation of the GIK**

**25.10.1984**

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One of the founders still among us  
today. Ruedi Bleuler



„Dear colleagues and friends“

Welcome to the 40th anniversary of the GIK

Some have already been here 10 years ago. Some come for the first time and some can't be here anymore. One to whom we owe a lot Dr. Davanloo who died in November 2023.

For this, I would like to present **something thoughtful „The puzzle of life,,**  
It perfectly describes, what life is all about. It's about being or becoming human.

Today I would like to use this puzzle to make a different introduction to IS-TDP.  
Just as this old Asian Tangram with all its pieces, fills the space right up to the rim.  
This is exactly how we humans are filled with **wishes, longings and memories**, that make us so precious.  
We are all limited by a frame, which is solid and cannot totally be changed. Some call it Character.

Every part of this puzzle stands for a part within us and makes us so unique.  
There is similarity to the technique of IS-TDP with it's important parts

If we look at these parts, we find:

**Unconscious Anxiety with his different discharge pathways**  
**Recurring Defenses tactical - regressive - malignant**  
**UTA - that shows and hides**  
**Feelings (Joy, Grief, Love, Anger, Guilt, Shame, Disgust)**  
**Pressure - Challenge - HOC head on collision**  
**Different Triangles / triangle of conflict - triangle of persons**

**and what would IS-TDP be without our lovely Patients L**

With all those tools & ingredients, **with every intervention we make**, we are constantly arranging the parts **and follow the unconscious of the patient**. We help the patient to build his capacity, so that a new pictures can be created and he get's ready for the next step.

*But what happens, when the process brings us something unexpected, as in life.*

Even small – we all know the next defense comes up for sure, not fitting in and all of a sudden disturbs the whole picture.

We are irritated. Some call it a problem, some a challenge.

**Some patients say: " I don't know or even I can not." Here UTA tells us, „don't give up“.**

*We choose to adapt.* We help the patient to change their perspective, to give up their defenses.

To make them realize, how destructive they are.

Move the pieces around, until a gap opens up and a new space simply becomes visible.

**But it would be a laugh, if life and therapy only gave us small challenges. We all know that problems can get bigger in the course of life. Sometimes even twice as big.**

Now we have also learned, that there is always a way, that we are the ones who shape our lives. That it depends on how we arrange and adapt. Put the right part in the right place. Can you see it?

the suiting intervention at the right moment, at the right place. Then It becomes quite easy, isn't it?

At the end it is not important, how many parts there are or how big they are. The important thing is, that they still fit into the frame. And last but not least, what we have learned from our colleague (Sebastian), pay attention to the traffic lights. It's our guideline for anxiety regulation.

**Ladies and Gentlemen this is the puzzle of life.**