

## The Speaker:



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

Dr. Allan Abbass will show how to assess and manage Crisis in Psychotherapy Sessions using IS-TDP

Intensive short-term dynamic psychotherapy was developed to mobilize healthy forces in a person to face the forces of resistance. In order to do this and intrapsychic crisis is developed whereby the patient is face-to-face with his or her own resistances.

Within the courses of treatment and in the lives of patients crisis episodes do occur. When patients arrive in a crisis they may be extremely distressed, expressed suicidal ideation, show a regression back to previous defenses and appear desperate.

In this treatment format we evaluate the anxiety discharge pathways, regulate anxiety as needed and assist the patient to achieve a breakthrough where possible to underlying complex feelings that are creating the crisis. In this three day course we will review a series of patients who presented in a crisis session to review the assessment and treatment procedures of this method and its utility with diverse populations of patients.

There will also be three supervision cases reviewed.

## Condition of admission

Medical Doctors and Psychologists or in Formation.  
Other Psychotherapists.  
Students at University.

## Place of Congress: Punk.Null Bern

### Total Costs: the three days

for regular participants Fr. 900.-  
for students at university Fr. 600.-

Further informations and registration at the latest by  
10.04.2022:

<http://www.istdp.ch/form/onlineform2022apraa>

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

ISTDP Schweiz: Sulgeneckstrasse 38 3007  
Bern  
Bank/Institute: UBS Switzerland AG  
Postfach: CH-8098 Zürich  
BIC/SWIFT: UBSWCHZH80A Clearing: 0231  
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**Annotation :** Allan Abbass 2022

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## Literature

**Abbass Allan (2015):**  
Reaching through Resistance Advanced Psychotherapy  
Technique  
**Abbass Allan, Schubiner Howard (2018):** Hidden from View  
**Davanloo Habib (1990):** Unlocking The Unconscious  
**Davanloo Habib (2000):** Intensive Short-Term Dynamic  
Psychotherapy



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## Assessing and Managing Crisis in Psychotherapy Sessions using IS-TDP

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

**29<sup>th</sup> of April - 01<sup>st</sup> of Mai 2022**

with Supervision included

**Venue : Punk.Null Bern**

**All videos are subtitled in English.**

Please join us in beautiful Bern, Switzerland for an  
enjoyable, supportive and collegial atmosphere to study  
this complex patient population.

**15 credits** SGPP / FSP / SAPP

The course language is English

## Program in Detail

Update on evidence for the metapsychological basis of IS-TDP: Audio-visual case illustrations.

<b>Day 1:</b>	29 <sup>th</sup> of April 2022	<b>Day 2:</b>	30 <sup>th</sup> of April 2022	<b>Day 3:</b>	01 <sup>th</sup> of Mai 2022
<b>9.15 - 10.45</b>	Metapsychology and spectra of patients, what is a crisis session in psychotherapy, decision making processes  <i>15 minutes break</i>	<b>9.00 – 10.30</b>	Resistant patient with low anxiety tolerance part 2  <i>15 minutes break</i>	<b>9.00 – 10.30</b>	Fragile patient in crisis part 1  <i>15 minutes break</i>
<b>11.00 - 12.30</b>	Moderate resistant patient in crisis part 1	<b>10.45 – 12.15</b>	Depression patient in crisis part 1	<b>10.45 – 12.15</b>	Dissociative disorder case part 1
<b>12.30 - 14.00</b>	<i>Lunch</i>	<b>12:15 - 13:45</b>	<i>Lunch</i>	<b>12:15 - 13:45</b>	<i>Lunch</i>
<b>14.00 – 15.30</b>	Moderate resistant patient in crisis part 2  <i>20 minutes break</i>	<b>13.45 – 15.15</b>	Depression patient in crisis part 2  <i>20 minutes break</i>	<b>13.45 – 15.15</b>	Dissociative disorder case part 2  <i>20 minutes break</i>
<b>15.50 – 17:20</b>	Resistant patient with low anxiety tolerance part 1  <i>20 minutes break</i>	<b>15.35 – 17.05</b>	Fragile patient in crisis part 1  <i>20 minutes break</i>	<b>15.35 – 17.05</b>	Borderline case  <i>20 minutes break</i>
<b>17.40 - 18.30</b>	Supervision case 1	<b>17.25 – 18.15</b>	Supervision case 2	<b>17.25 – 18.15</b>	Supervision case 3

**15 credits SGPP / FSP / SAPP  
for each day**