

The Speaker:



Allan Abbass MD,
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FACULTY OF
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University, CANADA

will show how to assess and manage PTBS in
Psychotherapy Sessions using IS-TDP

Posttraumatic stress disorder (PTSD) as an incapacitating condition the patient experiences after life threatening trauma. Often childhood adverse experiences and attachment trauma underpin and color the picture of PTSD. Intensive short-term dynamic psychotherapy (ISTDP) is a broadly applicable relatively brief treatment method for the full spectrum of patients with posttraumatic stress disorder.

In this 2 day video-based immersion course we will review the metapsychology of this method, then will detail treatment of two cases with post traumatic stress disorder. One of these cases will have mainly muscle tension and anxiety without prominent dissociation and the other will have dissociative phenomena as a component of fragile character structure.

These two groups of patients are treated quite differently with the first group being able to directly access the emotions related to their traumatic experiences including their childhood attachment trauma. The second group requires various formats of capacity building so that the anxiety is well-tolerated and the emotions can be experienced in a way that is more beneficial and less distressing to the patient.

Both of these ISTDP methods can be used to augment traditional cognitive behavioral methods, enabling working with resistant patients and also patients who are experiencing such low anxiety tolerance that they cannot easily benefit from exposure-based methods.

There will also be two supervision cases reviewed.

Condition of admission

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

Place of Congress: Punkt.Null

Maulbeerstrasse 10, CH-3011 Bern

Total Costs: two days

for regular participants Fr. 600.-

for students at university Fr. 400.-

Further informations and registration at the latest
by 14.04.2023:

<http://www.istdp.ch/form/onlineform2023apraa>

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
IBAN: CH0700 231231 1345 3701C
Annotation : Allan Abbass 2023

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Literature

Abbass Allan (2015):

Reaching through Resistance Advanced Psychotherapy
Technique

Abbass Allan, Schubiner Howard (2018): Hidden from View
Deutsche Übersetzungen

Psychophysiologische Störungen (2020)

Ein Leitfaden für Diagnose, Psychotherapie und
psychosomatische Grundversorgung

Widerstände überwinden (2022)

Fortgeschrittene psychotherapeutische Techniken



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PTSD: effective treatment of the mind and body using Intensive Short-term Dynamic Psychotherapy

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

Supervision included

01st - 02nd of Mai 2023

Venue : Punkt.Null Bern

The course language is English

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

Program in Detail

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

| Day 1: | 1 st of Mai 2023 | Day 2: | 2 nd of Mai 2023 |
|----------------------|---|----------------------|---|
| 8.00 - 09.00 | Arrival and registration | 9.00 – 10.30 | Fragile patient with PTSD 1 Stabilization and integration |
| 9.15 - 10.45 | Metapsychology and spectra of PTSD patients <i>15 minutes break</i> | 10.45 – 12.15 | Fragile patient with PTSD 2 Graded format |
| 11.00 - 12.30 | Non fragile patient with PTSD part 1 | 12:15 - 13:30 | <i>Lunch</i> |
| 12.30 - 13.45 | <i>Lunch</i> | 13.30 – 15.00 | Fragile patient with PTSD 3 First breakthroughs <i>15 minutes break</i> |
| 13.45 – 15.15 | Non fragile patient with PTSD part 2 <i>15 minutes break</i> | 15.15 – 16.45 | Fragile patient with PTSD 4 later sessions <i>15 minutes break</i> |
| 15.30 – 16:45 | Non fragile patient with PTSD part 3 <i>15 minutes break</i> | 17.00 – 18.15 | 1 or 2 Supervision cases |
| 17.00 - 18.15 | 1 or 2 Supervision cases | | |

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

The course language is English

All videos are subtitled in English.