



The Speaker:

Jon Frederickson, MSW is co-chair of the ISTDP Training Program at the Washington School of Psychiatry where he has been on the faculty since 1988

He has published over twenty-five articles and book chapters as well as two books. He has presented videotaped examples of his clinical work in the Netherlands, Denmark, Norway, Poland, Italy, Great Britain, Lebanon, Dubai, India, Australia, and throughout the United States. Among the highlights of his presentations have been several at Oxford University at St. Johns College and Magdalen College, and at UCLA.

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 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:

Hotel Aare Thun
Freienhofgasse 3 | CH-3600 Thun

Costs: for the **three days** (19th+ 20th+ 21th of October)
Regular fee Fr. 900.- for students Fr. 600.-

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

Contact and Registration.

Doris Dällenbach MASPT

Untertor 22, Postfach 1695, 8401 Winterthur

phone +41+52 / 213 19 61 **email:** d.daellenbach@gmx.ch

Reservation for accommodation: - search on

<https://www.interlaken.ch/en/planning/accommodation/hotels>

filter by location

Literature

Jon Frederickson (2013)

Co-Creating Change

Jon Frederickson (2020)

Co-Creating Safety

Jon Frederickson (2017)

The Lies We Tell Ourselves

Abbass Allan (2018):

Hidden from View - his new book

Abbass Allan (2015):

Reaching through Resistance Advanced
Psychotherapy Technique

Davanloo Habib (1990):

Unlocking The Unconscious

Davanloo Habib (2000):

Intensive Short-Term Dynamic
Psychotherapy

Troendle Paul (2005):

Psychotherapie

dynamisch / intensiv / direct

Gottwick Gerda (Hrsg.) (2009):

Intensive psychodynamische
Kurzzeithherapie nach Davanloo



Treating the Highly Resistent Patient in IS-TDP

Training with
Jon Frederickson, MSW

Switzerland
19th – 20th– 21th of October 2023

Venue
Hotel Aare Thun
Freienhofgasse 3 | CH-3600 Thun

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

22.5 credits SGPP / FSP / SAPP

The course language is English

Program in Detail

**Update on evidence for the metapsychological basis of IS-TDP:
Overview of the highly resistant Patient
Audio-visual case illustrations.**

Jon Frederickson, MSW Author of,

Psychotherapy videos and skill building exercises
at: www.istdpinstitute.com

Jon Frederickson, MSW Author of,
[Co-Creating Change: effective dynamic therapy techniques](#)

[The Lies We Tell Ourselves: how to face the truth, accept yourself, and create a better life](#)

[Co-Creating Safety : Healing the Fragile Patient](#)

Day 1: 19th of October 2023

09.00 Registration and coffee

09.15 – 10:30

Theory of working with highly resistant patients

break 10.30 - 10.45

10.45 – 12:15

Video Presentation

Lunch 12:15 – 13:45

13:45 - 15:15

Skill building

break 15.15 - 15.35

15.35 – 17.00

Supervision

17:15 – 18.00

Discussion

Day 2: 20th of October 2023

9.15 - 10.30

Theory of working with highly resistant patients

15 minutes break

10.45 - 12.15

Video presentation

Lunch 12.15 - 13.45

13.45 – 15.15

Skill building

20 minutes break

15.35 – 17.00

Supervision

15 minutes break

17.15 – 18.00

Discussion

Day 3: 21th of October 2023

9.15 - 10.30

Theory of working with highly resistant patients

15 minutes break

10.45 - 12.15

Video presentation

Lunch 12.15 - 13.45

13.45 – 15.15

Skill building

20 minutes break

15.35 – 17.00

Supervision

15 Minutes break

17.15 – 18.00

Discussion

22.5 credits SGPP / FSP / SAPPM