



# **ISTDP NEDERLAND**

Invites you to a two-day ISTDP immersion course with

**DR. ALLAN ABBASS**

**From Resistance to Change:**

**Treatment of depression and dissociative disorders  
with Intensive Short-term Dynamic Psychotherapy**

Date: Friday 3 and Saturday 4 February 2023

Location: Keizersgrachtkerk, Amsterdam, The Netherlands

ISTDP-Nederland is pleased to provide a two-day course of intensive short-term dynamic psychotherapy (ISTDP) for patients with significant depression and dissociative disorders. Patients with these two categories of difficulty often present with physical symptoms or chronic treatment resistant depression and personality disorders. ISTDP was specifically developed to build capacity to tolerate emotions and anxiety over a relatively short time frame. Through specific processes known as the graded format, the anxiety and defense patterns change significantly as will be evidenced on video tape review of actual cases. The process of capacity building is tailored to each patient and maximized to accelerate the specific treatment gains. In this course we will study two video recorded cases to look at the early treatment processes, observable changes and treatment outcomes in two relatively short treatment courses.

Intensive Short-Term Dynamic Psychotherapy or ISTDP is an intensive, emotion focused psychotherapy, developed to address factors that may block the effectiveness of traditional treatment. ISTDP works by rapidly diagnosing and managing treatment resistance and complexity through handling of defenses and building necessary emotional capacities. Through this front-end work, underlying memories and feelings about attachment trauma can be experienced and processed. ISTDP has a robust and steadily growing research basis demonstrating that it is effective and cost effective with anxiety, somatic, depressive, and personality disorders. It has produced the highest remission rate for Treatment Resistant Depression in any published

outcome study with gains maintained in follow-up. It has been subjected to 20 studies for the full spectrum of somatic symptom disorders and shown to be highly cost effective.

Dr. Abbass will demonstrate the theory and practice of ISTDP using actual (recorded) psychotherapy sessions. In addition to the immersion course we offer the possibility of receiving live supervision by this master clinician on Wednesday 2 February (see below for details). It is also possible to observe the live supervision sessions at a special rate.

### **About the Presenter:**



**Dr. Allan Abbass** is Professor of Psychiatry and Psychology and founding Director of the Centre for Emotions and Health at Dalhousie University in Halifax, Canada. He is a leading and award-winning teacher and researcher in the area of Short-Term Psychodynamic Psychotherapy, with over 250 publications and 300 invited presentations all over the globe. These articles can be viewed at [www.allanabbass.com](http://www.allanabbass.com)

He is known for simplifying the theory and technical aspects of the Intensive Short-term Dynamic Psychotherapy model, with the use of algorithms, and through highlighting moment-to-moment processes that inform interventions. He has received numerous teaching awards, including two national awards in psychiatry, he has been honored with visiting professorships at several international universities and institutions including most recently being named the David Malan Visiting Professor of Psychotherapy at the Tavistock in London. He founded an award-winning service to treat patients with somatic symptoms with recurrent emergency department visits.

He holds recurrent intensive training programs in Norway, Sweden, Denmark, Italy and Canada, and provides internet-based training to professionals and groups around the world.

Dr. Abbass' critically acclaimed textbook on ISTDP "Reaching Through Resistance: Advanced Psychotherapy Techniques" was published in 2015. His latest book, Hidden from View: A Clinician's Guide to Psychophysiologic Disorders (Abbass and Schubiner, 2018), deals with psychophysiologic disorders and how health professionals can diagnose and manage these conditions including the use of ISTDP techniques.

### **About the Immersion course:**



The two-day immersion course will take place at the Keizersgrachtkerk in the heart of Amsterdam, overlooking the picturesque canals and centuries old houses a very scenic location where church services are still held to date. Available hotels are numerous and in any price range or distance from the venue. On Friday 3 and Saturday 4 February, Dr. Allan Abbass will present his work using videotapes of actual psychotherapy sessions. Thursday 2 February, there is a possibility to receive live supervision by Dr. Allan Abbass in a small group or participate as an observer. If interested, fill this on your registration form and send it to [workshopistdp@gmail.com](mailto:workshopistdp@gmail.com).



## **Registration Form**

### **From Resistance to Change: Treatment of depression and dissociative disorders with Intensive Short-term Dynamic Psychotherapy By Dr Allan Abbass**

Date: Friday 3 and Saturday 4 February 2022

Location: Keizersgrachtkerk, Keizersgracht 566, Amsterdam

Please provide the following information:

First name:	
Last name:	
Address:	
Email:	
BIG-registration (for Dutch professionals):	
Job title:	
Institution:	
ISTDP training level:	None/Some knowledge of ISTDP/Currently in coregroup training/Coregroup training completed/
How did you hear about this immersion course?	
Diet or allergies	

Registering for:

Friday 3 February: €275

Saturday 4 February: €275

Friday 3 **and** Saturday 4 February: €500

Thursday 2 February: live supervision by Dr. Allan Abbass: €200\*

Thursday 2 February: observer supervision €150\*\*

\*Supervision by Allan on your recorded therapy session (limited number of spots) and attending all other supervision sessions

\*\* Attending all supervision sessions as a observer (without bringing your own recorded session)

I hereby declare that I will respect the privacy of those on any of the videotapes and that no recordings whatsoever will be made of the presentation (**mandatory**).

Cancellation policy: canceling 1 month before commencement: 10% of the paid fee will be charged; between 4 and two weeks: 50% of the paid fee will be charged; canceling less than two weeks before commencement: 100% of the paid fee will be charged. Terms of payment are published on [www.ISTDP-nederland.nl](http://www.ISTDP-nederland.nl). Accreditation information follows.

Bank account information: NL 70 INGB 0006 3858 22 in the name of Stichting KDP Nederland

By signing this form, you accept the cancellation policy and terms of payment. Registration is only final when payment is received.

Date: \_\_\_\_\_ Location \_\_\_\_\_

Send this registration form to [workshopistdp@gmail.com](mailto:workshopistdp@gmail.com)