

Core Training in Intensive Short-Term Dynamic Psychotherapy (ISTDP)

With

Dr Stephen Buller & Dr Susan Hajkowski

An Evidence-Based Short-Term Psychodynamic Psychotherapy

2021-2022

Derby, UK and Online

Introduction

We are pleased to offer a three-year Core Training in Intensive Short-Term Dynamic Psychotherapy (ISTDP). This Core Training is a radical programme of training, education, and development in ISTDP within a framework of evidence-based Short-Term Psychodynamic Psychotherapy (STPP). It is part of a commitment to the provision of advanced courses to enable clinicians to develop high levels of competence in evidence-based treatments.

The Core Training is delivered in Derby, and through online platforms as required and possible. Derby City is in a central location in the UK, which is well-served with excellent transport links. ISTDP is an experiential therapy which takes place in the intimate immediacy of the interaction between patient and therapist - in the clinic room, in the now. Our aim is that events and workshops comprising the training will have the same learning immediacy, with us all in one space, in a venue close to the City Centre in Derby. When this is not feasible or possible meetings will move online.

We aim to provide a comprehensive training programme and a collegiate learning environment where rigorous clinical and theoretical learning can take place. The training is built upon an extensive theoretical and technical syllabus. Important training elements are integrated into the programme, including the use of routine outcome measures for outcome monitored treatments, and video-based assessments of practice. We value collaboration in training and invite other highly specialist ISTDP trainers to periodically take part in training delivery to encourage a range of learning and provide critical comparison in theory and technique.

The programme is IEDTA certified, and progress is being made to achieve UK based professional certification.

Programme Content and Supported Development

Core Training is built around six core modules undertaken over three years. These six core modules provide the substance of training in ISTDP and evidence based STPP. Modules are delivered through Clinical Development Workshops and Supervision Workshops and are supported by regular clinical supervision between workshops. An annual immersion event also forms an integral part of the programme. The programme follows international standards recognised by IEDTA, and as such is certified by IEDTA. A full, certified training can be undertaken over a period of three years, depending on previous training and experience. Primary and access modules are available in preparation for core modules if required. Optional and additional modules and workshops providing support for the core modules for extended learning are also possible.

Lead Trainers

Stephen Buller and Susan Hajkowski hold core professional qualifications in mental health, psychoanalytic and psychodynamic psychotherapy. Stephen and Susan are IEDTA certified teachers and supervisors and have extensive knowledge and experience in applications of ISTDP to a wide range of patient populations and clinical contexts. Susan and Stephen are qualified and committed researchers and undertake clinical research in the process and outcome of treatment.

Participants

The Core Training programme is intended for health and social care professionals who have an interest in undertaking advanced clinical and theoretical training in ISTDP.

Applicants must hold a current professional health registration in their country of residence and be in good professional standing. Professional registration in psychotherapy or counselling is desirable but not essential. Prior knowledge, training, and experience in ISTDP is desirable but not essential.

Format of Training

The Core Training comprises six modules over three years, two modules each year. Modules comprise of two three-day workshops. Each three-day workshop is composed of a one-day Clinical Development Workshop and a two-day Supervision Workshop. In addition, modules are supported by an annual three-day immersion course. This immersion course includes theoretical, experiential, and supervision workshops. Additional clinical supervision between workshops is required.

Clinical Development Workshops include theoretical and clinical teaching and will include guest specialist ISTDP trainers. Supervision Workshops include theoretical and clinical teaching, and the delivery of video-based clinical supervision to trainees in a group format. A yearly three-day immersion training is integrated into the programme to provide intensive teaching and training. An aim is to extend the range of teaching by invited, highly specialist guest trainers to present alongside local lead trainers.

Learning Objectives

The objectives of the core training are:

- To provide a thorough education in Intensive Short-Term Dynamic Psychotherapy (ISTDP) within an Experiential Dynamic Therapy (EDT) context.
- To enable participants to achieve excellence in their ability to apply ISTDP with a diverse population of patients.
- To provide participants with the most up to date knowledge and understanding of ISTDP and EDT theory, clinical applications, and research.
- To welcome participants into a peer network that values dialogue and collaboration amongst the EDTs.
- To cultivate a collegial, professional, and encouraging learning environment that is respectful, diverse and positive for participants.

Teaching and Learning Strategies

Core training fundamentals include:

- Analysing video-recorded clinical cases presented by teachers and trainees
- Role-playing and other active learning techniques
- Studying video-recorded cases representing increasing levels of complexity
- Individual supervision, at least some of which must occur in a group setting
- Interactive lectures

Syllabus and Content

The primary syllabus and content for the training includes:

- A history of ISTDP and the other EDTs
- An overview of current ISTDP and EDT models
- Theoretical foundations of ISTDP in ego psychology, object relations theory, and attachment theory
- Formulating and re-formulating using Malan's triangles of conflict and person
- Understanding the development and use of the conscious and unconscious therapeutic alliance and how to cultivate a therapeutic alliance
- Working with the 'Central Dynamic Sequence'
- Recognising feeling, and associated interventions
- Recognising anxiety, and associated interventions
- Recognising defence, and associated interventions
- Working with complex transference feelings
- De-repression and unlocking the unconscious within the Central Dynamic Sequence
- Working through: therapy after breakthrough and unlocking
- Working with patients across a range of mental health disorders
- Developing a psycho-diagnosis and working across the psycho-diagnostic spectrum
- Terminating and following-up with patients
- Deliberate Practice
- Research in ISTDP and EDT
- Outcome monitored practice and utilising outcome measures
- Adherence protocols and measures
- Encompassing research activity in clinical practice

Assessment

An annual and final formative evaluation and assessment are undertaken based on observation and analysis of video-recorded clinical material.

Recommended Additional Activity

Personal individual therapy within an ISTDP model
Individual clinical supervision (minimum 10 hours per year)

Refund Policy

Payment is due each year in advance with no refunds once the annual programme has commenced. Payment by instalments through the year may be arranged.

For further information please go to www.cathexispsychotherapy.co.uk

You can contact Steve Buller for more information:

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