

## Short-Term Psychodynamic Psychotherapy Advanced Clinical Technique for Accelerated Treatment

ISTDP/CDW 5.1

### Sequencing Moment-by-Moment Interventions in ISTDP

A Clinical Development Workshop  
An Online Event (English subtitles)

Monday 23rd October 2023

UK 15.00-19.00hrs BST (UTC/GMT+1)

*(Please carefully check your local time relative to UK time)*

Europe 16.00-20.00hrs CEST (UTC+2)	USA 09.00-13.00hrs CDT (UTC-5)
USA 10.00-14.00hrs EDT (UTC-4)	USA 07.00-11.00hrs PDT (UTC-7)

Presenters: Dr Stephen Buller, Psychotherapist, and  
Dr Susan Hajkowski, Psychotherapist

Evidence-based approaches suggest that the moment-by-moment experiences of a patient with a therapist provide a substantial contribution in enabling personal and intrapsychic change. These moment-by-moment experiences come about through careful evaluation of the phenomenology we observe in a patient's presentation, and precise and intentional interventions chosen by a therapist based on that evaluation. Effective treatments are, at least in large part, a product of specific and sequenced interventions that are encompassed within these treatments, and the detail and precision of the ways in which these interventions are used. In turn the effectiveness of the interventions is a result of the detail and precision with which a therapist assesses the target and purpose of each intervention. In this workshop video presentations and discussions of clinical work will help us to consider how interventions are chosen, formulated, and sequenced for best effect.

This workshop is part of a series of events for those who are interested in the latest, advanced, evidence-based developments in STPP, informed by ISTDP. These are interactive workshops with open dialogue and discussion about observations, themes, techniques, and their practical implementation. This is a workshop for practitioners in the field of psychology, psychiatry, psychotherapy, and counselling, and those interested in this area of work. The event will take place online, and more details of these arrangements will be available later.

We look forward to welcoming you.....

For further information and booking please go to our website at:

[www.cathexispsychotherapy.co.uk/event1.html](http://www.cathexispsychotherapy.co.uk/event1.html)

You can contact Steve Buller for more information on –

[Stephen.buller@cathexispsychotherapy.co.uk](mailto:Stephen.buller@cathexispsychotherapy.co.uk)