

Short-Term Psychodynamic Psychotherapy STPP/CDW 1.4
Advanced Clinical Technique for Accelerated Treatment

Phase Appropriate Interventions in ISTDP

A Clinical Development Workshop
An In-Person Event, Derby, UK

Saturday 6th July 2024
10.00am – 4.30pm

Organised in conjunction with a supervision workshop on Sunday 7th July

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

ISTDP is an evidence-based, 'beginning to end', psychoanalytic model designed to build ego capacity and achieve intrapsychic restructuring and reintegration utilising an individual's internal locus of control. In this process, a focus on emotion plays a central role as a means to an end, but not an end in itself. In this workshop we will consider intentional selection of specific interventions and their sequencing along the Central Dynamic Sequence (CDS) at beginning, mid and end phase points, based on an assessment of their target and purpose. Attention will be applied to precision and focus on careful observation and evaluation of responses to intervention enabling further phase appropriate intervention. Video and discussions of clinical work will focus on precise evaluation of the phenomenology of CDS phases observed in a patient's presentation, and the elements and construction of formulations that guide intentionality in selecting phase appropriate intervention.

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 at a venue in central Derby, and more details of these arrangements will be available later.

We look forward to welcoming you

Refreshments and a light buffet lunch will be provided

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

www.cathexispsychotherapy.co.uk/stppworkshop.html

You can contact Steve Buller for more information on –

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