

Post-core training: working with resistance

Intensive Dynamic Short-Term Therapy (ISTDP) was developed during the 1970s and 1980s in Canada by Habib Davanloo, MD. The method was specifically designed for complex and chronic conditions where other treatments did not have the desired effect, but can also be adapted to milder forms of psychological distress. This course offers further education for those who have completed the core training in ISTDP.

Dealing with highly entrenched, syntonetic and/or malignant resistance can be extremely challenging and frustrating for therapists. Davanloo's system, although highly effective, is incredibly difficult to master. No aspect of the model is more arduous to learn than the effective management of resistance, which rests on the therapist's ability to maintain a positive alliance while relentlessly addressing the patient's defenses. This year-long program will cover Davanloo's main contributions regarding resistance work and help participants integrate these with their current therapist roles.

About the course

Extensive theoretical and practical knowledge is required to apply ISTDP in a skillful way. The program includes teaching and guidance with the aim of increasing participants' theoretical knowledge, practical therapeutic precision, and emotional flexibility, focusing on working with resistance. The course will cover basic and advanced applications of the central techniques of working with highly resistant patients as well as patients with mild degrees of fragility.

Course goals

Upon completion of the course, participants are expected to have acquired an advanced theoretical and practical knowledge of resistance work within the framework of ISTDP.

Target audience

The course is for clinically active therapists who have completed the three-year ISTDP core training. Priority will be given to Swedish therapists.

Course structure

The course consists of 10 modules. Nine of them are half-day online meetings led by Jonathan Entis, who will provide teaching and supervision in a small group format (8 participants). The last module is a four day physical event in Malmö, where Jonathan and Thomas Hesslow will teach together.

Online modules (September 2023-June 2024)

In the majority of the online meetings, supervision will be provided. During these meetings group members will each take a turn presenting a video-recorded session of their choosing for a 60 minute supervision. During each supervisory meeting, 4 trainees (or half the group) will present, and the other 4 will present the following meeting. This cycle will recur. The first 50 minutes will be one-to-one supervision (Jonathan and the presenter), followed by 10 minutes of group discussion on the case presented. During the 50 minute one-to-one supervision, other group members are asked to put their mic on 'mute' and reserve comments until the final 10 minutes. These last 10 minutes are not a time to critique the presenter's work but rather to further explore dynamic or technical issues relevant to the case. The person presenting is free to record their own supervision hour for later review, but privacy concerns mean others cannot record at this time. Given the nature of ISTDP and its emphasis on the trial therapy, whenever possible trainees are encouraged to present the material from the trial therapy. Nevertheless, this is optional, and trainees may choose what they want to present. Given the brevity of each supervision, it is recommended that each presenter pre-select the segments they wish to present to the group. Prior to presenting the video, presenters are asked to give a brief verbal summary of relevant history (both relating to the patient and where the treatment process is), as well as the specific concerns and questions they are wanting to address in supervision. Preferably, the segments that the presenter chooses are subtitled in order to save time, although this is not required. During three of the online meetings, Jonathan will present video and didactics on different topics related to working with resistance.

Physical meeting in Malmö (April 17-20th, 2024)

The first two days of this part of the training will consist of video-presentations and didactics in a large group (50-100 participants). These video presentations will only include new cases that haven't been shown before. Day 3 will consist of supervision with a medium size audience (30-40 participants). During this day, 4-5 hours of individual supervision will be provided, and in between these the group will be invited to share comments and reflections on the learning process. Day 4 will be a more intimate training and supervision day with only participants of the post-core program(s) (10-20 participants). Members of the post-core program will be invited to receive supervision during these two days, but this is optional.

Time and place

The group will meet online from 14.00-18.30 CET on the following Fridays of each month, starting September 2023 and concluding June 2024: *September 22nd, October 20th, November 17th, December 15th, January 19th, February 23rd, March 22nd, May 24th and June 9th*. The in-person module will take place on April 17-20th in Malmö.

Cost

The cost of the online modules is \$150 per module. The physical module costs \$1000. The sum total is \$US 2350 (roughly equivalent to 24000 SEK).

Teachers

Jonathan Entis, Ph.D., is a licensed psychologist in private practice in Cambridge, Massachusetts, U.S.A. He is on the faculty of Harvard Medical School, where he teaches and supervises in ISTDP. He is an IEDTA-certified teacher in ISTDP and has presented both nationally and internationally. Jonathan leads multiple international monthly online training groups in ISTDP, and co-leads an advanced Core Training in Amsterdam with John Rathauser. He is also a co-author with John Rathauser and Mikkel Reher-Langberg on the upcoming book, *Fundamentals of Davanloo's Intensive Short-Term Dynamic Psychotherapy, Volume I*.

Thomas Hesslow is a Swedish licensed psychologist. He's an ISTDP therapist, supervisor and teacher. He's one of the founders of the Swedish ISTDP Institute and the Malmö Center for ISTDP. He works full-time with therapy, supervision and training. He teaches at a number of institutions including Linnaeus University and Lund University. He graduated from Jon Frederickson's three-year teacher and supervisor training *Training of trainers* in 2021. He's currently working on the upcoming book *Intensive Short-term Dynamic Psychotherapy – an introduction* (coming out in 2024 in Swedish).

Host

The course is hosted by Malmö Center for ISTDP, <https://mci.istdpmalmö.se>

Questions

Write to Thomas Hesslow (thomas.hesslow@gmail.com) or Jonathan Entis (drjonathanentis@gmail.com)

Registration

Send an email to Thomas Hesslow (thomas.hesslow@gmail.com) where you detail your *name, occupation, address* and *former/current ISTDP trainer(s)*.