

Conditions of participation

Physicians and psychotherapists with a university degree or in training.

Costs

Standard rate: Fr. 750.-

Students: Fr. 400.-

Online: Fr. 300.-

Early bookers until May 24, 2024: 10% discount

Registration deadline

July 26, 2024

Bank details

ISTDP Society for intensive Short-Term Dynamic Psychotherapy
UBS Switzerland AG P.O. Box CH-8098 Zurich
BIC/SWIFT: UBSWCHZH80A Clearing: 0231
IBAN: CH07 0023 1231 1345 3701C
Payment reference: GIK40years

Course venue

Hotel Aare Thun
Freienhofgasse 3
3600 Thun, Switzerland

How to get there

The Hotel Aare Thun is a five-minute walk from Thun railroad station. Hotel guests can park in the public parking lot right next to the hotel at a special price.

Hotel reservation

Hotel Aare Thun
Freienhofgasse 3
3600 Thun, Switzerland
info@hotelaarethun.ch
+41 (0)33 227 50 50

Creditpoints

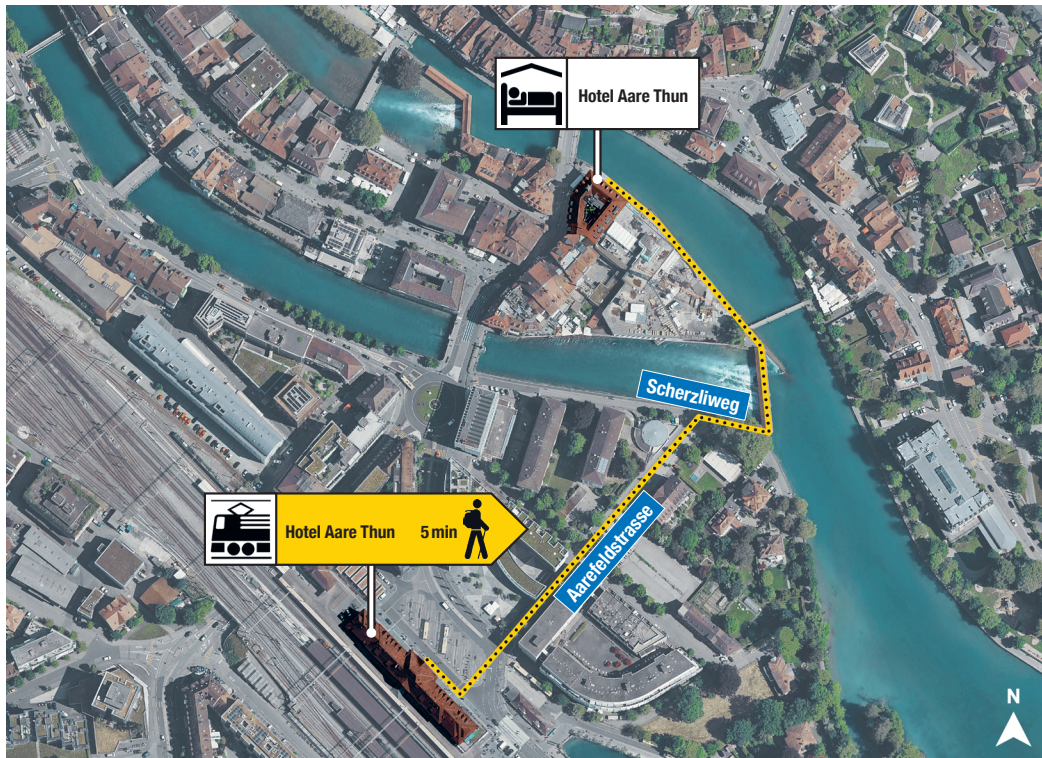
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Information

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Registration

www.istdp.ch



Anniversary Congress 40 years Swiss Society for Dynamic Brief Psychotherapy

Friday 23 August - Sunday 25 August 2024



Thun Castle with Stockhorn mountain range
(Image: Lothar Matter)

Program

Friday, 23rd of August 2024

13.15 to 14.00

Arrival time and Registration

14.00 to 14.15

A welcome and short introduction to ISTDP by means of the puzzle of life

Lothar Matter, Thun

14.15 to 14.45

ISTDP nowadays

Stefan Griengl, Eschen

ISTDP is a modern integrative psychotherapy method based on good empirical research. It has evolved over the last few decades and there is still great potential in terms of the dissemination of this effective therapy method and the specific training of therapists.

14.45 to 16.15

Introduction in Psychosomatic from the Perspective of Intensive Short-Term Dynamic Psychotherapy

Rudolf Bleuler, Niedersteufen

Psychosomatic diseases are a heterogenic, complex and sometimes still mysterious field in medicine. In a part of them Intensive Short-Term Dynamic Psychotherapy can contribute to a clarification and be a therapeutic option.

16.15 to 16.35

Break

16.35 to 18.05

Identify Depersonalization-Derealization Disorder and Deal with it in ISTDP

Matthias Michal, Wiesbaden/Michelle Brehm, Berlin

Depersonalization-Derealization Disorder (ICD-10: F48.1) is a common but rarely diagnosed

mental disorder with a prevalence of 1% in the general population. Patients complain about persistently (24/7) perceiving themselves or their surroundings as unreal and strange (as if looking through a veil, as if dreaming, as being a distant observer). Depersonalization (DP) and derealization (DR) are considered as a defense against conflictual feelings, enabling isolation of affect when the individual's affect tolerance is exceeded by splitting the self into a detached part observing the unacceptable part (Jacobson, 1959). This defense occurs mainly within high resistant and fragile patients. This difficult-to-see and to-address defense mechanism often perpetuates the therapeutic change process. In the workshop, we will give a short overview of the disorder and then present typical and difficult moments of treatment sessions. The colleagues will learn to diagnose DDD and to deal with this mechanism.

18.05

Dinner (not included in the price of seminar, please do register)

Saturday, 24th of August 2024

09.00 to 10.30

From lifelong pain to a new valuable live

Pierre-Alain Emmenegger, Bern

The process of a somatic pain, low energy level after violation in the childhood towards experiencing the withhold psychic pain and being freed of the somatic pain and find back to a vital live.

10.30 to 10.50

Break

10.50 to 12.20

Mutual Healing: utilizing TIF (Intergenerational Family Therapy) in couples therapy to foster shared emotional and physical health

Leone Baruh, Milano

Intergenerational Family Therapy (TIF) is deeply rooted in ISTDP, adopting its techniques and broadening its possibilities. This presentation will start by outlining the theoretical underpinnings of TIF, placing a special emphasis on the shared elements with ISTDP. After that, we will present a video that vividly encapsulates the functioning of this model, drawing from a case study of a couple dealing with severe depressive (her) and sexual (his) symptoms. Furthermore, we will highlight how the couple itself can serve as a powerful therapeutic agent for its individual members.

12.20 to 14.00

Lunch (included in the price of seminar, please do register)

14.00 to 18.00 (Break from 15.00 to 15.30)

ISTDP for Functional Somatic Disorders

Allan Abbass, Halifax

Functional somatic disorders are extremely common and costly to healthcare systems around the world and the patients who suffered them. Based on extensive research over the past 30 years, ISTDP is now an established, evidence-based treatment for the spectrum of functional somatic disorders, including chronic pain, functional neurological disorders, functional gastrointestinal conditions, and urethral syndrome. Now with over 30 studies of ISTDP, there is hope for patients with these conditions and hope for healthcare systems to properly diagnose and treat these patients. In this video based presentation, Dr. Allan Abbass will review the spectrum of treatment and diagnostic pro-

cedures built into the ISTDP model for these diverse functional conditions.

18.30

Apero and dinner (offered by our society, beverages not included)

Sunday, 25th of August 2024

09.00 to 10.30

The man with anti-retching candies: an unusual somatization

Luca Rossi, Castelfranco

A man comes to therapy with a retching symptom (without nausea or vomiting) that has been affecting his daily life for the past 30 years. Despite several therapies, both medical and psychological, the symptom has never reduced. In the presentation I will show how the ISTDP's work on resistance and some unlockings of the unconscious allowed him to combine the cognitive understanding of his own mental functioning, acquired in previous therapies, with a more emotional understanding. This leads to a massive reduction of the retching symptom. I will highlight the steps from symptoms to inner conflict to resolution, emphasizing how to dissolve past traumas.

10.30 to 10.50

Break

10.50 to 12.00

Final discussion in the Plenum with the speakers (take home messages)

Stefan Griengl, Eschen

12.20 to 14.00

Lunch (included in the price of seminar, please do register)