

The Danish Society for ISTDP presents:

**Mindfulness and ISTDP**  
*- The Interplay Between Technique  
and Mindfulness in ISTDP*

November 8-9, 2016 in Aarhus

Presenter

Allen Kalpin, MD



**Although the word “mindfulness” has so far not much been used in ISTDP literature, mindfulness is central to successful ISTDP practice.**

“When trying to understand why therapy is not progressing, we can often be aware that we have not sufficiently used our knowledge and techniques in therapy, but even attention to these factors can be problematic. The problem is that the focus on any preconceived agenda can distract us from being present and responsive in the moment. An orientation toward the achievement of a therapeutic goal can overshadow the experience of compassion, empathy, and human connection.”

“When watching any effective ISTDP session we can see that they have one thing in common: Both the therapist and the patient are focused on experience in the present moment.”

Using audiovisually recorded vignettes from psychotherapy sessions Dr. Kalpin will demonstrate how skills and techniques will be most effective when they are applied in the context of a relationship in which both people are as experientially and mindfully present as possible.

Allen Kalpin, MD practices and teaches ISTDP in Ontario, Canada. He also practices addiction medicine. He is a founder, past president, and current board member of the International Experiential Dynamic Therapy Association (IEDTA) and past president of the (Canadian) General Practice Psychotherapy Association (GPPA). He has published many articles on ISTDP and has taught at EDT and ISTDP conferences and workshops in France, Spain, Italy, Denmark, the United States, and Canada.

**Registration deadline is October 1, 2016.** Send an e-mail with your name and profession to [sekretaer@istdp-danmark.dk](mailto:sekretaer@istdp-danmark.dk) and pay the fee to our bank account: 7160-1741862, IBAN; DK4971600001741862, BIC/SWIFT; SYBKD22. Please remember to state your full name when transferring the fee.

**Fees incl. lunch:**

DKK 2950 (non-members)  
DKK 2450 (members)  
DKK 1950 (students)

**Location: Studenternes Hus, Richard Mortensenstuen, Fredrik Niensensvej 2-4, 8000 Aarhus C.**

**Coffee and registration: 8.30-9.00. Presentation both days 9am-5pm**

**We look forward to seeing you!**

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