

The Danish Society for ISTDP presents:

# “Healing Attachment Trauma with Short-term Dynamic Psychotherapy: The importance of accessing unconscious feelings early in the treatment”

May 9 - 10, 2016, Copenhagen, Denmark

Presenter:

**Robert Neborsky, MD**



**Insecure attachment and problems in the client’s life and therapy – How can the therapist help to resolve the problems?**

## **Clinical aspects and treatment outcome**

At this conference, Dr. Neborsky will demonstrate the technique of Attachment Based Intensive Short-Term Dynamic Psychotherapy (AB-ISTDP), a form of therapy that relies heavily on the research and method of Dr. Habib Davanloo, whose research on psychiatric outpatients demonstrated how accessing unconscious affects (“unlocking the unconscious”) early in the course of dynamic psychotherapy accelerates and deepens the therapeutic process, ensuring a favorable outcome. Dr. Davanloo also recognized the importance of maintaining a secure attachment bond between the client and therapist, similar to the bond between the child and the caregiver, and its importance for the adult’s mental health.

Dr. Robert Neborsky will present video-filmed vignettes from psychotherapy sessions (subtitled in English) of his adaptation of Davanloo’s method, and demonstrate how the therapist can help clients improve their adult attachment, from insecure states toward secure forms of adult attachment.

## **Registration**

Send an email to Jeanne Isaksen at [formand@istdp-danmark.dk](mailto:formand@istdp-danmark.dk) with your name and profession, and pay the fee to the Danish Society for ISTDP’s bank account: 7160-1741862, IBAN: DK4971600001741862, BIC/SWIFT: SYBKD22. Please remember to state your full name when transferring the fee. **Deadline for registration April 1, 2016**

## **About the speaker**

**DR. ROBERT J. NEBORSKY, MD**

Is a psychiatrist in private practice in California, Clinical Professor of Psychiatry at UCSD School of Medicine, Honorary Clinical Professor of Psychiatry at UCLA School of Medicine, and President of California Society for ISTDP.

Dr. Neborsky has presented extensively at international symposia, led training groups in Europe, Canada, and USA, and authored several papers, books, and book chapters. He is involved in research on the interface between neuroscience, attachment, and psychotherapy.

## **Fees incl lunch**

d.kr. 3100,- (non-members)  
d.kr. 2700,- (members)  
d.kr. 2100,- (students)

**We look forward to seeing you for two inspiring days!**

**Coffee and Registration: 8.30-9.00. Presentation from 9am-5 pm**

**Location: Karens Minde Kulturhus, Wagnersvej 19, 2450 København SV**

**[www.istdp-danmark.dk](http://www.istdp-danmark.dk)**

