

The Danish Society for ISTDP presents:

# Working with Treatment Resistant Depression using ISTDP

**Presenter: Dr. Joel Town**

Seminar, May 17th and 18th, 2018

Location: Studenterhus fonden, Fredrik Nielsens Vej 2-4, 8000 Aarhus C. Denmark

Day of supervision, May 19th, 2018

Location: Hotel Faber. Eckersbergsgade 17, 8000 Aarhus C. Denmark

## Fee incl. lunch:

Non-members: DKK 3400

Members: DKK 3000

Students: DKK 2700

Day of supervision: DKK 2200

**Registration deadline: April 12th, 2018**

Members of Svenska Föreningen för ISTDP pay member fee.

Seminar: 9.00am-5.00pm

Coffee and registration 8.30-9.00am

Supervision day: 9.00am-5.00pm

## Seminar

Over half of people suffering with major depression do not report an adequate response to front line treatment efforts. With each unsuccessful treatment, the prognosis becomes worse leading to demoralization in both patients and professionals. The Halifax Depression Study demonstrates the efficacy of Intensive Short-Term Dynamic Psychotherapy (ISTDP) in a treatment resistant depression population. New research from this study suggests how ISTDP therapists can enhance treatment for depression by better understanding the times in therapy when helping patients to experience their emotions will be most effective.

This 2-day training course will focus on the method of ISTDP for treatment resistant depression. Detailed analysis of audio-visual case material will illustrate central principles therapists can use for helping their patients to overcome processes linked to treatment resistance.

### Learning Objectives:

- Learn to better identify processes contributing to treatment resistance
- Learn to enhance your delivery of ISTDP for treatment resistant populations

## Supervision day

Following the seminar on Treatment Resistant Depression, May 17th-18th, we have arranged for a whole supervision day on May 19th.

You can participate as presenter (supervisee) as well as observer. The supervision is based on video-cases and presenters should bring their video-recordings.

Please note in your e-mail if you want to participate as supervisee or only wish to observe. *Please note that seats are limited.*



Dr. Joel Town is a Clinical Psychologist and Assistant Professor at the Centre for Emotions & Health, Dalhousie University, Canada.

He has published widely on the efficacy of short-term psychodynamic therapies and therapeutic processes associated to change. He is the primary investigator on two clinical trials exploring the efficacy of ISTDP for somatic symptom disorders and treatment resistant depression.

In his clinical practice, Dr. Town specializes in treating refractory populations, specifically post-traumatic stress disorder, somatic symptoms and depression.

**Registration deadline is April 12th!** Send an e-mail with your name and profession to [formand@istdp-danmark.dk](mailto:formand@istdp-danmark.dk) and pay the fee to our bank account 7160-1741862, IBAN; DK4971600001741862, BIC/SWIFT; SYBKDK22. Remember to state your full name and if you are signing up for the seminar and/or supervision when transferring the fee.