



DANSK PSYKOTERAPEUTISK SELSKAB FOR PSYKOLOGER
FAGLIGT SELSKAB I DANSK PSYKOLOG FORENING

Fredag d. 26. oktober 2012

Radisson Blu Royal Hotel
(v. Hovedbanegården)

DPSPs Internationale seminar i København:

Patricia Coughlin Della Selva



**Intensive short term dynamic psychotherapy
- Working effectively with emotions in psychotherapy**

Recent neuroscientific research has made it clear - we are emotional beings and wired for emotional connection with others. Access to our emotions appears to be crucial for physical, as well as emotional well being; for our interpersonal and occupational success. EQ - emotional intelligence - is just as important, if not more so, than IQ when it comes to success in life. In fact, access to our emotions is essential for decision making. Without knowledge of our hearts desires, we can not navigate. Conversely, those who suffer from a whole host of psycho-social problems, tend to have disorders in the identification and modulation of emotions. Even some of the pioneers of the cognitive revolution, like Dr. David Barlow, have changed their views in alignment with this new evidence, and have suggested that we only need one "unified" technique to treat all psychological disorders - one that focuses on helping patients accurately identify and directly experience emotions they have been avoiding.

Intensive short term dynamic psychotherapy (ISTDP) has been ahead of its time in this regard. It is a systematic method for assessing and treating emotional conflicts and their sequelae. By helping patients experience, rather than avoid, their true feelings and emotions, the energy and emotion that accompany these feelings is available to the patient for constructive action, rather than getting channeled into symptoms and suffering. During this seminar, you will be introduced to the theory and technique of ISTDP. In addition, the treatment model will be illustrated with videotaped segments of actual therapy sessions. Research support for the method will also be reviewed.

Dr. Patricia Coughlin Della Selva Ph.D. is a licensed Clinical Psychologist with over 30 years of clinical experience. In addition to seeing patients in her private practice, Dr. Coughlin conducts training and supervision groups for mental health professionals around the world. She has held faculty positions at Northwestern University Medical School and Albany Medical College. Currently she is on the faculty at Thomas Jefferson Medical School. Over the past 20 years she has written professionally, given presentations at professional conferences and conducted workshops for mental health professionals around the world. Currently, she is conducting supervision groups and training workshops in Current training groups in New York, Denmark, Norway and Sweden.

*Her first book, **Intensive Short term Dynamic Psychotherapy: Theory and Technique**, is considered a classic in the field. Dr. Coughlin's newest book, **Lives Transformed** was written in collaboration with Dr. David Malan, and published in 2006 by Karnac Books.*



DANSK PSYKOTERAPEUTISK SELSKAB FOR PSYKOLOGER

FAGLIGT SELSKAB I DANSK PSYKOLOG FORENING

Tid og sted:

Fredag d. 26. oktober 2012, kl. 8:50-16:30. Morgenkaffe og registrering kl. 7:30.
Radisson Blu Royal Hotel, Hammerichsgade1, 1611 København V.

Deltagerpris:

- 1050 kr. inkl. moms for medlemmer af Dansk Psykoterapeutisk Selskab for Psykologer
- 750 kr. inkl. moms for studerende, som er medlemmer af Dansk Psykolog Forening
- 1650 kr. inkl. moms for andre akademikere

Prisen inkluderer frokost, morgen og eftermiddagskaffe. EAN fakturering er ikke muligt.

Kandidatmedlemmer af Dansk Psykolog Forening, som ønsker at indmelde sig i DPSP, kan for 150 kr. i årskontingent melde sig ind via www.dpsp.dk

Tilmelding: Tilmelding foretages via www.dpsp.dk. Tilmeldingen er bindende. Sidste frist for tilmelding er 14. september, 2012. Regler for tilmelding og afmelding ses på hjemmesiden.

Meritering: Søges godkendt med 6 timer i relevante specialistuddannelser: 12.4.4.2.3. anden teoretisk referenceramme / 13. 4.4.2.3. Behandling.

Arrangører: DPSP v. Malene Hinrichsen & Klaus Pedersen