

# Introduction to Intensive Short-Term Dynamic Psychotherapy (ISTDP)

**Thursday 10 October 2019**

The Met Hotel, King Street, LS1 2HQ

9am Registration, 9.30am Welcome and 4.30pm, Close

This one-day workshop will provide a brief overview of the evidence base for ISTDP and the theoretical framework of this model. The workshop will illustrate how the ISTDP framework includes key common ingredients of interest in psychotherapy today, including systematic assessment and evaluation for treatment, cognitive restructuring, a high degree of emotional engagement and use of video for quality improvement. The unique elements of the model will also be highlighted, including monitoring unconscious signalling of anxiety in the body, active approach to maladaptive defence mechanisms and the emphasis on the somatic experience of emotions in the here and now.

This course aims to provide delegates with:

- Understand the theoretical framework of ISTDP and have insight into key therapeutic interventions to deepen emotional experiencing
- Identify pathways of unconscious anxiety and anxiety regulation techniques
- Recognise the role of maladaptive defences in treatment resistance

## Programme:

9.30am	<b>Welcome and introduction</b> Dr Sharon Lewis, Chartered Clinical Psychologist	12.45pm	<b>Key Concepts in ISTDP: Focus on Maladaptive Defences</b>
9.35am	<b>Evidence Base &amp; Metapsychology of ISTDP</b>	2.45pm	~ Afternoon refreshments ~
10.45am	~ Morning refreshments ~	3.15pm	<b>Clinical Case Presentation</b>
11.00am	<b>Key Concepts in ISTDP: Focus on Core Emotions and Unconscious Anxiety</b>	4.15pm	<b>Discussion Session</b>
12.00pm	~ Lunch ~	4.30pm	<b>Evaluation and Close</b>

## Course Fees:

**£185.00**

All learning materials, lunch and refreshments are included.

## Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

## This conference is suitable for:

Clinicians in the fields of psychotherapy, psychology, psychiatry and allied fields, at all stages of their careers. No prior knowledge of ISTDP is required, however participants are required to be qualified mental health practitioners registered with a professional body (e.g. GMC, HCPC, UKCP, BACP)

## Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.



# Andrew Sims Centre Reservation Form

Course Title: **ISTDP**

Date: **THURSDAY 10 OCTOBER 2019**

## YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title ..... First Name .....

Surname ..... Job Title .....

Registering body.....Registration Number.....

Speciality .....

Trust / Organisation .....

Preferred Mailing Address .....

.....Postcode .....

Work Telephone ..... Mobile .....

Email .....

Dietary .....Other .....

Signature ..... Date .....

## NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick [ ]

## COURSE FEES

[ ] One Place £185.00

Promotional Code ..... Making Course Fee £.....

## BOOKING & PAYMENT OPTIONS

**Please choose ONE of the following payment options (1 to 6)**

- 1. ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with a credit or debit card
- 2. TELEPHONE:** 0113 855 5638 with a credit or debit card
- 3. POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- 4. BACS:** Account Number: 10003312 Sort Code: 60-70-80  
Please use ref ASC101019-DELEGATENAME
- 5. INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net  
Trust .....

Purchase Order Number .....

- 6. LYPFT Internal Transfer:**  
Budget Holder Name.....

Budget Holder Email .....

Budget Code: .....

Budget Holders signature .....

Budget Transfer will occur in October 2019

**All Payment must be received in advance of event.**

## HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

## PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

## ACCREDITATION

This course is eligible for 6 CPD hours subject to your peer group approval.

## THE VENUE

The Met Hotel is approx. 2 minutes' walk from Leeds city train station. If you are travelling by car, please note that The Met has no parking for delegates and it is recommended that you park in one of the city-centre car parks.

## CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

## RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

## FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick [ ]

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here [ ]

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick [ ]