



Introduction to Intensive Short-Term Dynamic Psychotherapy

Presented by: **Dr Sharon Lewis**, Chartered Clinical Psychologist
Thursday 10 October 2019
The Met Hotel, Leeds

PROGRAMME:

- 9.00am Registration & Refreshments
- 9.30am **Welcome and introduction**
Dr Sharon Lewis, Chartered Clinical Psychologist, Director, ISTDP-UK
- 9.35am **Evidence Base & Metapsychology of ISTDP**
- 10.45am ~ Morning refreshments ~
- 11.00am **Key Concepts in ISTDP: Focus on Core Emotions and Unconscious Anxiety**
- 12.00pm ~ Lunch ~
- 1.00pm **Key Concepts in ISTDP: Focus on Maladaptive Defences**
- 2.45pm ~ Afternoon refreshments ~
- 3.00pm **Clinical Case Presentation**
- 4.15pm **Discussion**
- 4.30pm Evaluation and close



ABOUT OUR SPEAKER(S):

Dr Lewis is a chartered clinical psychologist registered with the British Psychological Society and the Health and Care Professions Council. Dr Lewis has experience both in private practice and in the NHS and has a particular interest in working with clients with anxiety difficulties and treatment-resistant depression, as well as those diagnosed with physical health conditions such as autoimmune disorders, fibromyalgia and chronic pain. Her therapeutic approach is based in the attachment-based model of Intensive Short-Term Dynamic Psychotherapy. She currently works in private practice in Amersham, Buckinghamshire.

Dr Lewis is an IEDTA accredited supervisor and trainer and a director of ISTDP-UK. She has trained extensively with senior clinicians in ISTDP, including Dr Robert J. Neborsky, MD and Professor Allan Abbass. She has extensive experience in training groups in ISTDP techniques and also offers individual supervision in this approach. Her publications include books and journal articles in the areas of trauma and ISTDP.