

Vejledende oversigt for 3-årig Coreuddannelse - m 3 dages moduler: tema, øvelser & pensum

Pensum:

I bedes anskaffe jer flg 5 grundbøger:

- o **Frederickson, Jon:** (2013) in *"Co-Creating Change, Effective Dynamic Therapy Techniques"*. Seven Leaves Press. (fås også som e-bog)
- o **Abbass, Allan** (2015): in *"Reaching through the Resistance, Advanced Psychotherapy Techniques"*. Seven Leaves Press. (fås også som e-bog)
- o **Patricia Coughlin Della Selva:** in *"Intensiv dynamisk korttidsterapi"*. Hans Reitzels Forlag, 2001
- o **Davanloo, Habib;** in *"Intensive Short-term Dynamic Psychotherapy - selected papers of Davanloo"*, Wiley. 2000 ("den grønne")
- o **Davanloo, Habib:** in *"Unlocking the Unconscious - selected papers of Davanloo"*, Wiley 1990/1995 ("den gule")

I vil desuden skulle læse artikler, som vi vil fremsende til jer.

Der vil være i alt 9 moduler (nr 1-9) bestående af teori, rollespil og supervision m jeres træner + 3 årlige CoreCamps for hele instituttet. Hver gang m teori, video-præsentation, rollespil/træning og supervision.

1. modul

Tema: Lav-moderat modstand; At fastholde indre fokus; identifikation og bevidstgørelse (af forsvar)

Øvelser:

- Skelne stimulus forsvar
- Adskille følelse fra forsvar, øvelse 1 -del 1&2
- Fastholde fokus i C, øvelse 2 (dag 1+2+3)
- Taktiske og repressive forsvar mod følelse +påpeg funktion
- Hypotetisk tale

Pensum:

Jon F: (2013) in *Co-Creating Change:* (ca 140 sider)

- Introduction Dynamic Psychotherapy
- kap 1 Feelings, where we focus
- Kap 3 Defenses, .. detour from feelings*
- kap. 4 Tactical and Repressive Defences
- Kap 5; Psychodiagnosis; ..effective focus*
- kap 6 Inquiry; ..Conscious Alliance*

Abbass, A. (2015): in *Reaching through the Resistance*

- kap 1; Attachment Trauma, Transference, and CounterTransference p7-11
- kap2; Unconscious Anxiety and Defenses, p11-27
- kap 3; Spectra of Suitable Patients, p27-33
- kap 4; Complex Transference Feelings and the Unconscious Therapeutic Alliance, p 33-41
- Kap 6; Initiating treatment p.47-59

Davanloo (grønne); *Management of Tactical defenses in ISTDP*

- kap 4; part I; Overview, tactical defenses of Cover Words and Indirect Speech, p111-135

- kap 5; part II; spectrum of tactical defenses, p.135-183

Supplerende for særligt motiverede @:

Lebeaux, D. (2000) The role of the conscious therapeutic alliance in Davanloos' Intensive Short Term Dynamic Psychotherapy. *Int. J. of Intensive Short Term Dynamic Psychotherapy* 14:39-48

Drury, N. (1987); Breakthrough to the uncounscious in Intensive Short Term Dynamic Psychotherapy. *International Journal of Short Term Dynamic Psychotherapy* 2: s 17-34

2. modul

Tema: Opbygge alliance som assessment & Forsvar der hindrer angstregulering

Øvelser:

- Mobilisere opmærksomt ego på forsvar, der forhindrer angstregulering
- Mobilisere opmærksomt ego på angsten
- Karakterforsvar, der forhindrer angstregulering
- Projektion af vilje -forsvar, der vedligeholder angst
- Projektion af overjeg - forsvar der vedligeholder angst
- Skelne følelse fra forsvar og angst +pres på f

Pensum:

Jon F (2013):

- kap 2; Anxiety...detour from Feeling, p.35-91*

Abbass, A. (2015)

- kap2: Unconscious Anxiety and Defenses. P.11-27
- kap 7 Why No Signals?, p.59-65
- kap.8 Low vs Mid vs High rise in the Transference, p.65-69
- kap.9 Pressure; Reaching through Resistance, p69-75

Supplerende:

Whittemore, J. (1996) Paving the royal road: an overview of conceptual and technical features in the graded format of Davanloo's ISTDP. *International Journal of Short Term Dynamic Psychotherapy* 11:21-39.

3. modul

Tema: Angst hos lav-moderat modstand & Fra lav-ml stigning i følelser; skift i forsvar/modstand i T

Øvelser:

- Klarificere forsvars funktion + påpege pris
- Adressere tegn på begyndende modstand; identifikation af non/verbale forsvar
- Identifikation af modstand i T Og presse til følelse i T
- Klarificer modstandens funktion og pris og vende sig mod forsvar
- Identificere modstanden i T (parvis)
- Fastholde fokus i T (parvis)

Pensum:

Abbass, A. (2015);

- kap 10; Clarification and Challenge, p75-81
- kap 11; Head-On Collision, p81-95
- kap 12: The Low resistant patient, the Open Door, p95-101
- kap.13: The Moderate Resistant Patient, The Guarded Cellar p.101-133

Rosenberg, P. (1987) Resistance in Psychoanalysis and intensive Short-Term Dynamic Psychotherapy. *International Journal of Short-term Dynamic Psychotherapy* 2(1) s 35-53.

Davanloo; (gule) ISTDP with Highly Resistant Patients.

- Kap 1, Part I: Handling Resistance. P.1-29
- Kap 2, Part II; The Course of an Interview after the Initial Breakthrough, p.29-47

Supplerende;

Jon F. (2005) ISTDP with a patient suffering from longstanding severe somatic complaints. In Ad Hoc Bulletin of Short term Dynamic Psychotherapy. Vol 9, nr1 2005, pp 15-35 (god lang case m pres mm)

4. modul

Tema: Regressive forsvar; især Repression & Selv-observerende kapacitet

Øvelser:

- Repression
- Projektion af overjeg del 1 (tab af realitet) og del 2
- Graderet v skrøbelighed, depression og somatisering

Pensum:

Jon F (2013):

- kap 7, Treating Fragility, Depression, and Somatization, p.213-259
- kap 8: Building Self-observing Capacity, p.259-293

Abbass, A. (2005) Somatization: Diagnosing it sooner through emotion focused interviewing. Journal of Family Practice 54(3): 215-224. Download at Centre for Emotions.

Abbass, A. (2015)

- kap 15, High Resistance with Repression, p.199-255

Supplerende:

Bass & Jong (2001) Facilitating the development of the therapeutic alliance, pp 109-116

Abbass, A. m.fl; Strukturendring ved bruk av Davanloos Intensive Short-Term Dynamic Psychotherapy – ISTDP.

5. modul

Tema: Det skrøbelige spektrum & Skrøbelig Karakter-struktur

Øvelser:

- Projektion af vilje hos skrøbelig
- Deaktiver projektioner via pres
- Tid Rum Forvrængning
- Bracing v tærsklen til angst tolerance
- Aflæse tegn på drop-out

Pensum:

Jon F (2013):

- kap 9; Regressive Defenses, p.-293-329

Abbass, A. (2015)

- kap 16; Fragile Character Structure; Terror in the Dungeon, p.255-347
- kap 17; Severe Fragile Character Structure, Fractured and Frightened, p255-347

Davanloo; (gule) ISTDP with Highly Resistant Depressed Patients,

- kap 5; part I; The Technique of Unlocking the Unconscious, p.101-125
- kap 6; part II; Partial Unlocking of the Unconscious, p.125-163

Supplerende

Coughlin, P. (2001) Kap 4; Omstrukturering af regressive forsvar Intensiv Dynamisk Korttidsterapi. S.103-130

Josette ten Have-de Labije and Robert Neborsky (2012) Kap. 7; The Road to the Patients Unconscious and the Working Alliance. Forberedelse til emnet rødt/grønt lys.

6. modul

Tema: Regressive Forsvar & Defensive Affekter

Øvelser:

- Benægten via Ønsketænkning/fantasi
- Identifikation af eksternalisering i konflikttrekanten
- Intro+student handouts eksternalisering

- *Eventuelt:* Benægten via fantasi + Benægten via ord + Benægten per se

Pensum:

Jon F (2013):

- kap 10; Defensive Affects, p.329-353

Coughlin, P. (2001)

- Kap 4; Omstrukturering af regressive forsvar Intensiv Dynamisk Korttidsterapi. S.103-130
- Kap 5; At bane vejen for sorgen, s.131-173
- Kap; 6: At arbejde m positive og erotiske følelser p.173-205

Land, J. (1991) Regressive defense in psychoanalysis and ISTDP: technical and theoretical considerations. *Int. J. Short-term Psychotherapy* 6:243-258.

Supplerende

Trunnell, T. L., (1987) The Management of the Mechanisms of Depression in Intensive Short-Term Dynamic Psychotherapy. *International Journal of Short-Term Psychotherapy* 2(1): 1-15.

Davis, D. (1988) Transformation of pathological mourning into acute grief with ISTDP. *Int. J. short term psychotherapy* 3:79-97.

7. modul

Tema: *Regressive forsvar og superego patologi*

Øvelser:

- Identificere og klarificere regressive forsvar; acting out, bande, talen ov og galopsnak
- Trods; regressive forsvar
- Identificere karakterforsvar
- Tydeliggøre karakterforsvar

Pensum:

Jon F (2013):

- kap 11; Superego Pathology, p.353-399
- kap 12; Superego Pathology; addressing Character Defenses, p399-413

Davanloo; (gule) ISTDP with Highly Resistant Depressed Patients,

- Kap 7; Clinical Manifestations of Superego Pathology, p163-193
- Kap 8; Resistance of the Super-Ego and the Liberation of the paralyzed Ego, p.193-217

Jon F: "Separating Ego and Superego in a Recovering Drug Addict" (godt illustreret m case)

Supplerende

Korff, P. von (1998) Early management of unconscious defiance in Davanloo's ISTDP. Part I. *Int. J. Intensive short term dynamic psychotherapy* 12:183-208.

8. modul

Tema: *Superego patologi og overføringsmodstand*

Øvelser:

- Identificere begyndende modstand, verbal og nonverbal taktiske forsvar
- Udholdenhed i at identificere modstand
- Modstand i T (identificere) og pres til følelse
- Klarificere modstand (identificere)

Pensum:

Jon F (2013):

- kap 13; Superego Pathology; Transference Resistance, p413-445
- kap 14; Breakthrough to the Unconscious, p445-471
- kap 15; Consolidation, p471-479
- kap 16; Conclusion 479-483

Coughlin, P. (2001)

- Kap 7; Gennemarbejdning og karakterforandring, s205-243
- Kap 8; Afslutning og opfølgning, s243-278

9. modul

Tema: *Deaktivere omnipotente overføring*

Øvelser:

- Deaktivere omnipotent Overføring
- Deaktivere identifikation m modstand
- Deaktivere identifikation m modstand
- Identifikation m modstanden /mur + pres følelse
- Identifikation af modstanden og klarificere pris

Pensum:

Abbass, A. (2015)

- Kap 14; The Highly Resistant Patient; The Fortified Castle, p133-199

Davanloo; (gule) The Central Dynamic Sequence of the Unlocking of the Unc and Comprehensive Trial Therapy:

- Kap 9; part I: Major Unlocking, p217-251
- Kap 10; part II; The Course of the Trial Therapy after the Initial Breakthrough, p251-283

CORECAMP I

Tema: Høj modstand m repression

Pensum: *I skal påregne at læse lidt om temaet udover nedenstående pensum.*

Gottwik G. m.fl (1998); Application of Davanloo's Intensive Short-term Dynamic Psychotherapy in the treatment of patients with Agoraphobia, Fainting Attacks, Anxiety, Panic, Somatization and Functional Disorders.

- **Part I:** Technical and Metapsychological Roots of the Technique; Initial Phase of Trial Therapy.
- **Part II:** The first breakthrough.
- **Part III:** Partial Unlocking of the Unconscious.

Davanloo, H. (1987) Unconscious therapeutic alliance. In: Buirski, P. (ed) Frontiers of dynamic psychotherapy. New York: Brunner and Mazel, pp.64-88. (Forberedelse til emnet bevidst/ubevindt TA og tydeliggørelse af hvorfor arbejde i T.)

Abbass, A. (2015): in Reaching through the Resistance

- kap 15 Highly Resistant Patient m Repression.

CORECAMP II

Tema: Skrøbelige klienter

Pensum: *til corecamp skal I påregne at læse yderligere i fht temaet*

Davanloo (grønne);

- kap 6; ISTDP –Central Dynamic Sequence; Phase of Pressure, p183-209
- kap 7; ISTDP –Central Dynamic Sequence, Phase of Challenge, p183-209
- kap 8; ISTDP –Central Dynamic Sequence, Head-on Collision with Resistance, p 235-252

Davanloo; (gule) ISTDP with Highly Resistant Depressed Patients,

- kap 3, part I; Restructuring Ego's Regressive Defenses, p.47-81
- kap 4, part II; Royal Road to the Dynamic Unconscious, p81-101

CORECAMP III

Tema: Høj modstand

Pensum: *I skal påregne at læse yderligere om temaet udover nedenstående pensum*

Davanloo; (gule) The Technique of Unlocking the Unconscious in Patients Suffering from Functional Disorders:

- Kap 11; part I: Restructuring Ego's defenses, p283-307

- Kap 12; part II; Direct View of the Dynamic Unconscious, p307-338

Supplereude:

Kalpin, A. (1994) Effective use of Davanloo's "Head on collision". Int. J. Short term dynamic psychotherapy 9:19-36.

Konzelmann, C. (1995) Head on collision with resistance against emotional closeness in ISTDP. Int. J. Short-term psychotherapy 10: 35-51