



ISTDP for Fragile Character Structure 2021 Norway Immersion Course

Fragile Character structure is common cause of treatment resistance in psychiatric and psychotherapy patients of all diagnostic groups. Frequently misdiagnosed as a range of conditions, these patients are often heavily medicated, hospitalized and become involved in complex, destructive interactions with healthcare systems.

Intensive Short-term Dynamic Psychotherapy has been specifically developed and researched through hundreds of videotape case studies, to provide tailored process of assessment, capacity building and working through the intense complex feelings underpinning fragility.

This 3 day immersion course will focus on: the Metapsychology of Fragile Character Structure, Psychodiagnostic assessment, capacity building formats, the use of the technique of bringing structural changes through bracing and graded format. The process of stabilizing a very fragile disorganized patient will be reviewed. The process of working through to termination will be reviewed as well.

A special focus on this course will be on recognizing the threshold that limit experiencing of the various feelings and level of UTA as it develops.

A focus on awareness and experiencing of Guilt to build capacities will be a central focus as well.

About the speaker *Dr. Allan Abbass*

Dr. Allan Abbass is Professor of Psychiatry and Psychology, Director of Psychiatric Education, and founding Director of the Centre for Emotions and Health at Dalhousie University in Halifax, Canada. He is a leading award-winning teacher and researcher in the area of Short-Term Psychodynamic Psychotherapy, with over 250 publications and 300 invited presentations over the globe. These articles can be viewed at www.allanabbass.com

He is known for simplifying the theory and technical aspects of the ISTDP model, with the use of algorithms, and through highlighting moment-to-moment processes that inform interventions. He has received numerous teaching awards, including two national awards in psychiatry, and has been honored with visiting professorships at several international universities and institutions, holds recurrent intensive training programs in Norway, Sweden, Italy, and Canada, and provides internet-based training to professionals and groups around the world.

*Dr. Abbass' critically acclaimed textbook on ISTDP "Reaching Through Resistance: Advanced Psychotherapy Techniques" was published in 2015. His latest book, *Hidden from View: A Clinician's Guide to Psychophysiologic Disorders* (Abbass and Schubiner, 2018), deals with psychophysiologic disorders and how health professionals can diagnose and manage these conditions including the use of ISTDP techniques.*