



## **Course: the theory and techniques of short-term psychodynamic psychotherapy**

**Address:** <https://asadis.net/en/course/techniques-psychodynamic-psychotherapy/>

**Duration:** 2h30

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$96.00

### **Overview:**

Psychodynamic psychotherapy has proven highly effective in short-term contexts, and its core principles are surprisingly straightforward to grasp. In this workshop, Dr. Bradley will demystify the central theories behind this technique's success, including:

- The development of internal working models- The role of childhood experiences on adult functioning and attachment styles- The experiential affective theory- The dynamics between of internal and external conflicts

You will discover how to leverage transference and the therapeutic relationship as a means to uncover unconscious emotions and defenses responsible for maintaining suffering.

Detailed explanations will be provided on establishing and articulating clinical goals with clients, along with key considerations for treatment.

To guide your interventions during sessions, an exceptionally effective approach known as the Core Conflictual Relationship Theme (CCRT) will be thoroughly explored. CCRT will help you formulate a dynamic understanding of an individual's interpersonal patterns and the suffering associated.

Case studies will illustrate the process of formulating a CCRT and demonstrate its application. An examination of the connection between unconscious emotions, the resultant anxiety, and the maladaptive defenses employed to manage this anxiety will also be covered.

By the end of this workshop, you will be equipped with a repertoire of theories and techniques to help regulate your clients' anxiety, enrich their emotional wellbeing, and soften the persistent habits contributing to their distress.

**Learning objectives:**

1. Define the core theoretical principles of Short-Term Dynamic Psychotherapy.
2. Conceptualize patient presenting problems from a dynamic framework.
3. Implement in-session dynamic interventions to enhance patient insight into unconscious self-defeating patterns and enhance emotional well-being.

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

**The expert, Dr. Stacy Bradley**

Dr. Stacy Bradley is a registered psychologist with the Nova Scotia Board of Examiners in Psychology and received her doctoral degree (Ph.D) in Counselling Psychology from McGill University. Dr. Bradley is currently the Director of Training for the Halifax Clinical Psychology Residency Program. She provides psychotherapy to adults presenting with a wide range of psychological difficulties including anxiety, depression, complex trauma and abuse, PTSD, personality disorders, among others. Dr. Bradley has worked across a number of clinical and academic settings including community-based mental health, outpatient hospital settings, private psychotherapy practices, and university and college settings.

**Syllabus**

PowerPoint

Introduction

Outline

Dynamic principles and theories

Core dynamic principles

Transference

What is short-term therapy

Attachment theory

Internal working model

Relational theories

Treatment framework

Goals for treatment

Formulation

CCRT

CCRT Examples

Case example

Tape review part 1

Tape review part 2

Tape review part 3

Navigating psychological dynamics and defenses

Triangle of conflict

Unconscious anxiety

How to work with defenses

Confront-Challenge

Specific defenses

Tape review part 4

Conclusion

Final notes

Bibliography