



## **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:**

In the recent years, psychodynamic psychotherapy has demonstrated significant effectiveness in short-term formats. Grounded in attachment theory, interpersonal dynamics, and experiential-affective processes, this approach offers a clear path for identifying and loosening entrenched defenses that interfere with emotional integration and maintain psychological distress.

Led by Dr. Stacy Bradley, an experienced psychologist and clinical trainer, this workshop will guide you in translating core theoretical principles into meaningful clinical interventions, with a particular emphasis on experiential engagement and emotional change.

You will strengthen your capacity to:- Formulate clients' difficulties using the Core Conflictual Relationship Theme (CCRT) method, which articulates their internalized relational patterns and associated emotional struggles.- Work with defenses as adaptive but outdated systems—understanding their function, cost, and emotional roots—to promote insight and therapeutic movement.- Use the “triangle of conflict” and the therapeutic relationship to access unconscious affect, regulate anxiety, and support experiential transformation.- Facilitate the emergence of new, adaptive relational experiences that shift longstanding intrapsychic and interpersonal patterns.

Clinical examples and case material—including session recordings—will illustrate each stage of the process, from formulation to intervention.

By the end of the workshop, you will be equipped with a clinically grounded framework and a repertoire of

dynamic techniques to help clients reduce anxiety, access core emotions, and modify the relational templates that perpetuate their distress.

**Learning objectives:**

1. Define the core theoretical principles of Short-Term Dynamic Psychotherapy
2. Conceptualize patients' 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

Defenses

How to work with defenses

Confront-Challenge

Specific defenses

Tape review part 4

### Conclusion

Final notes

Bibliography