



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:

Usually considered a long-term intervention, psychodynamic psychotherapy has proven highly effective in short-term contexts due to a clear framework that illuminates clients' functioning through attachment and interpersonal theory. This approach provides a clear path to identifying and loosening maladaptive defenses that prevent the natural processing of emotions.

One of its key components is the Core Conflictual Relationship Theme (CCRT), which helps formulate a dynamic understanding of an individual's interpersonal and internal patterns, as well as the associated suffering.

In this workshop, Dr. Bradley will explain how to transform theory into relevant clinical work. She will go into detail on:

- How the internalized set of relational expectations maintains pathology.
- How to uncover unconscious emotions and defenses responsible for maintaining suffering.
- How to leverage transference and the therapeutic relationship to advance towards treatment goals.
- How to nurture transformative experiential learning and shift towards adaptive emotion processing.
- How to take into account resistance to change.

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

Case studies will illustrate the process of formulating a CCRT and demonstrate its application.

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 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