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:
More and more clients are presenting with entrenched relational patterns and chronic emotional avoidance—patterns that resist surface-level intervention and demand work at the level of unconscious process. Yet translating psychodynamic principles into focused, time-sensitive treatment requires specific formulation skills and technical precision that extend beyond traditional long-term approaches.

This intensive workshop provides you with a systematic framework for conducting Short-Term Psychodynamic Psychotherapy (STDP), integrating attachment theory, interpersonal-relational dynamics, and experiential-affective techniques into a coherent clinical method. Led by Dr. Stacy Bradley, an experienced clinical psychologist and training director, the course guides you through the full arc of dynamic treatment—from initial formulation through defense work, affective deepening, and relational transformation.

Master the Core Conflictual Relationship Theme (CCRT) formulation method
You will learn to systematically identify clients' internalized relational patterns through relationship episodes, articulating the precise wishes, anticipated responses, and self-responses that perpetuate psychological distress. This structured approach enables you to formulate cases with clarity and communicate dynamics effectively to clients in ways that mobilize insight.

Work strategically with defensive processes using the Triangle of Conflict
You will strengthen your capacity to recognize defenses as they emerge in session, understand their adaptive origins and current costs, and intervene in ways that invite rather than provoke—creating space for clients to relinquish outdated protective strategies. The training emphasizes differentiating anxiety from core affect and

guiding clients through full emotional experiences.

Utilize the therapeutic relationship as a primary instrument of change
You will develop greater facility in recognizing and working with transference manifestations as they occur, using the Triangle of Persons to link past relational templates with current patterns and in-session enactments. The course demonstrates how to facilitate corrective emotional experiences through experiential disconfirmation of clients' relational expectations.

Implement time-sensitive treatment with appropriate case selection
You will refine your clinical judgment regarding which clients are well-suited for brief dynamic work versus those requiring modified approaches, and develop the active, focused therapeutic stance that characterizes effective short-term treatment without compromising depth or relational attunement.

Throughout the workshop, Dr. Bradley illustrates each theoretical principle and technical intervention with detailed case material, including session recordings that demonstrate the moment-to-moment process of dynamic therapy. You will observe how formulations guide intervention choices, how defense work opens access to core affect, and how experiential processing in the therapeutic relationship catalyzes lasting change in clients' internal working models.

By integrating these methods into your practice, you will be equipped to help clients move beyond symptomatic relief toward fundamental shifts in how they experience themselves and relate to others—achieving meaningful therapeutic outcomes within a defined treatment frame.

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, Ph.D. is a registered psychologist and Director of Training for the Halifax Clinical Psychology Residency Program in Nova Scotia. She received her doctoral degree in Counselling Psychology from McGill University.

Dr. Bradley specializes in Short-Term Psychodynamic Psychotherapy (STDP) and provides psychotherapy to adults presenting with complex clinical presentations including anxiety, depression, complex trauma and abuse, PTSD, and personality disorders. Her clinical work integrates attachment theory,

interpersonal-relational dynamics, and experiential-affective techniques into time-sensitive treatment approaches.

As a training director, Dr. Bradley has extensive experience teaching dynamic formulation methods, including Core Conflictual Relationship Theme (CCRT) assessment and intervention strategies for working with defensive processes and transference manifestations. Her teaching emphasizes translating psychodynamic theory into focused, practical clinical interventions.

Dr. Bradley has worked across diverse clinical and academic settings including community-based mental health, outpatient hospital programs, private practice, and university counseling centers, bringing a breadth of experience to her training approach.

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

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*