

Beyond resistance

Short-term, and yet
in-depth!

A Day of Teaching With...

Allan Abbass

Wednesday 25 April 2018

AVC UPC KULeuven

Kortenbergh

INFO

The psychoanalytic range of thought and the forms of treatment that are derived from it are under pressure since everything needs to happen quickly and efficiently these days. It's a challenge to find ways in which valuable psychoanalytic knowledge can be used in a practical clinical context for short-term interventions, without losing sight of a person in all its complexity. It's a major challenge to quickly discover the unconscious dynamics, the fears and the desires that are hidden by a person's resistance, and to translate this to the patient in a clear way.

There are several theoretic models for intensive short-term psychodynamic psychotherapy: the more interpersonal approaches, such as the DIT model (Lemma, Target & Fonagy), and the more intrapsychic approaches. Following Davanloo's methods, Allan Abbass represents the intrapsychic approach. During this seminar, he will give us a clear explanation of his metapsychological framework, that is based on the attachment theory. Using this framework, we can comprehend psychic suffering in all its forms, from 'light' to 'heavy'. He will also briefly comment on the scientific research that is being conducted on his model and its efficiency.

After this, with the use of video material, Allan Abbass will give a presentation regarding the diagnostics and treatment of patients with personality disorders. He will demonstrate a number of specific therapeutic techniques to work with defense mechanisms. He chooses an active and a quite directive process-oriented approach to do this.

For this seminar, no thorough previous knowledge is required of psychoanalytic thinking. This way, the seminar can also be an inspiration to psychotherapists of other orientations, or to primary care psychologists who are interested in an in-depth way of working short-term. Simultaneously, this in-depth teaching, during which specific techniques will be illustrated with video materials, can also be a source of inspiration for experienced psychoanalytic psychotherapists for their therapeutic practice.

The seminar will be taught in English.

PROGRAMME

Morning

8h30 Reception, registration, coffee

9h00 **Patrick Luyten**: Introduction

9h15 **Metapsychology of Personality Disorders**

10h45 Break

11h15 **Moderate to Highly Resistant Personality Disorders: Breaking Through Resistance**

13h00 Lunch

Afternoon

14h00 **Mild to Moderate Fragile Character Structure Patients: Building Capacity**

15h45 Break

16h00 **Severe Fragile Character Structure and Borderline Patients: Building Structure and Capacity**

17h45 Conclusion and reception

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Registration

Price

95 € member of VVPT

120 € external participant

60 € student

Sandwiches are included for lunch

No refunds

Registration via info@vvpt.be. Please mention: name, place of work, VVPT-membership, student (plus evidence)

Payment **before 15 April 2018**

Account number BE05 0012 7784 6775

Swiftcode/BIC: GEBABEBB

Congress Address: UPC KULeuven

Campus Kortenberg

Leuvensesteenweg 517 3070 Kortenberg

(10 km from Brussels)

[route description](#)

More information

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We have requested accreditation for physicians.

PERSONALIA

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 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. Dr. Abbass' recent research includes clinical trials and meta-analyses of Short-Term Dynamic Psychotherapy, including the Cochrane Review of Short-Term Psychodynamic Psychotherapy for common mental disorders. He provides training programs for local and international audiences in the area of anxiety, depression, somatic disorders, and personality disorders. Dr. Abbass' critically acclaimed textbook on ISTDP "Reaching Through Resistance: Advanced Psychotherapy Techniques" was published in 2015.

Prof. dr. Patrick Luyten is Professor of Clinical Psychology at the KU Leuven, Belgium and at the Research Department of Clinical, Educational, and Health Psychology, University College London (UK). He published his most recent book, *Handbook of Psychodynamic Approaches*, together with Linda Mayes, Peter Fonagy, Mary Target and Sidney Blatt with the Guilford Press. It received the 2015 Goethe Award for Psychoanalytic and Psychodynamic Scholarship.