

Intensive Short Term
Dynamic Psychotherapy

ISTDP
UK



Founded in 2007
to promote ISTDP in the UK

Founder Members

Chair Alexandra Pokorny

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Three year core training
Intensive Short-Term
Dynamic Psychotherapy

Course Consultant

David Malan

DM, FRCPsych

Trainers

Allan Abbass *MD, FRCPC*

Robert Neborsky *MD*

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What is ISTDP?

ISTDP was introduced into the UK by David Malan. It is an evidence-based dynamic psychotherapy. Originally devised by Dr. Habib Davanloo in the 1960s and 1970s, the approach has been developed and modified by other leading practitioners in the field.

ISTDP aims to help patients relinquish self-defeating and destructive patterns of behaviour, to bring about relief from disabling neurotic symptoms and to enable fundamental character change.

The distinctive characteristics of ISTDP are:

- The degree of clarity and focus with which defences are brought to the patient's awareness
- The recognition that these defences are the cause of the patient's pain
- The depth to which previously denied unbearable feelings are experienced in a full and healthy way

As a consequence of the systematic, focussed approach and the intensity of the affective experience, improvements can be brought about within a short-term therapy.

An extensive body of published research evidence supports the efficacy of ISTDP as a treatment for a wide variety of emotional problems including depression, anxiety, psychosomatic illness and personality disorders.

Training in ISTDP

- A small training group meets four times a year for three years. Each training block consists of three full days, usually over a week-end.
- The primary focus of the training group is supervision. All trainees are expected to present audiovisual recordings of their psychotherapy work.
- Trainers will introduce core concepts and theory illustrated by recordings of their own work. Role play is used to highlight technical issues and therapists' difficulties.
- Extensive background reading of theory and published case reports, papers and relevant books will be expected. Attendance at workshops and conferences is also encouraged.
- Training group members are expected to meet together between the training blocks for mutual support and peer supervision of their work.
- The trainers will offer guidance to trainees wishing to undertake a personal ISTDP therapy or additional supervision of their work.

Training Requirements

- Eligibility for core training requires applicants to be registered with a recognised professional body as a psychotherapist, clinical psychologist, psychiatrist or counsellor.
- Applicants must adhere to a professional code of ethics.
- A comprehensive working knowledge of psychoanalytic theory is essential
- Applicants must have patients in psychotherapy and be willing to present audiovisual recordings of sessions.
- Training is suitable for those working in the NHS and other organisations, as well as for those in private practice.

This three year training in ISTDP is recognised by the International Experiential Dynamic Therapy Association (IEDTA) and complies with their requirements for advanced training.

For more information email
info@istdp.org.uk

To apply for training send a brief letter of why you want to train and your CV to
training@ISTDP.org.uk