

Integrating Principles and Techniques of Short-Term Dynamic Therapy into Clinical Practice

The Michigan Psychoanalytic Council

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This 8-session seminar will concentrate on principles and techniques from short-term psychodynamic work with individuals. The class is especially suitable for those wishing to use a psychodynamic approach to inform brief treatments, and those wishing to better understand the psychodynamic approach. Participants will share clinical material from current cases.

Readings:

Shedler, Jonathan, (2010) The Efficacy of Psychodynamic Psychotherapy, *American Psychologist*. 65: No 2, 90-109.

Mishna, F, Van Wert, M., and Asakura, K. (2013). The Best Kept Secret in Social Work: empirical support for contemporary psychodynamic social work practice. *Journal of Social Work Practice*. 27: 289-303.

Dell Silva, P. (2004). *Intensive Short-Term Dynamic Psychotherapy*. Karnac. New York, NY.

Video demonstrations may be accessed on line by going to <http://istdpinstitute.com/>

Please read the papers by Shedler and Mishna et al. for the first class, as well as Chapter 1 of the Della Silva text.

Session 1: The Psychodynamic Background of Short-term intensive psychotherapy.

Sessions 2-3: Assessment and Basic Principles of Short term dynamic therapy.

Sessions 4-7: Addressing specific issues (e.g. grief, "regressive" defenses, positive/erotic feelings in therapy and working through).

Session 8: Facilitating termination of therapy

Each class will explore and clarify concepts and practices from the text, then take up case examples from the instructors and class members.