

PSYCHODYNAMIC PSYCHOTHERAPY IN A TIME-LIMITED WORLD

AN EXPLORATION OF HUMAN SUBJECTIVITY WITH PROF. ROBERT SCHWEITZER

Date: 3rd & 4th October 2019

Time: 8.30am – 5pm

Venue: Hotel Fort Canning, Jasmine Room

11 Canning Walk, S(178881)

The workshop will provide an introduction to short-term psychodynamic psychotherapy. It will draw upon the Core Conflictual Relationship Model (CCRT), originally developed by Lester Luborsky, which appreciates the role of unconscious material, defence mechanism, childhood experience, and the notion of repetition. The CCRT method is designed to offer symptom relief and limited, but meaningful character change within a 16-session format. While the psychodynamic roots of the approach are critical, the method allows the approach to be integrated into a range of psychotherapeutic practices in working with adults presenting with a range of difficulties, including more severe psychopathology.

Participants will be provided with opportunities for working in small groups, and with appropriate consent, draw upon their own clinical experience to practice the components which will be covered over the course of the 2-day workshop. The small groups will allow participants to gain experiential knowledge in identifying each of the components of the CCRT model. This includes an understanding of the underlying theory, assessing suitability of clients for this methodology, arriving at a formulation, and gaining an understanding of the process of working through, and termination, as this applies to short-term psychodynamic psychotherapy.

PARTICIPANTS WILL:

- ❖ Gain an understanding of psychodynamic psychotherapy, including recent advances which draws upon attachment theory, ideas related to mentalisation, and states of the mind
- ❖ Gain an appreciation that a structured 16-session short-term psychodynamic psychotherapy does not need to imply that the therapy is shallow, and that practitioners are able to provide meaningful experiences for clients wishing to address circumscribed issues in their lives
- ❖ Internalise an integrated model of a focussed approach to psychological practice which will have applicability to the work you undertake, within an integrative framework
- ❖ Enjoy experiential learning and insights which will form the basis of the workshop

LEARNING OBJECTIVES:

- ❖ To gain an overview of the evolution of psychodynamic therapy and practice, including the major approaches to short-term psychodynamic psychotherapy
- ❖ To appreciate the significant of the therapeutic frame in establishing a contract for psychodynamic psychotherapy
- ❖ To gain a theoretical understanding of CCRT-based psychodynamic psychotherapy
- ❖ To demonstrate the principal methodologies involved in the practice of CCRT-based psychotherapy
- ❖ To demonstrate skills in delineating the components of the CCRT and derive meaningful interpretations based upon role play material
- ❖ To demonstrate beginning skills in understanding unconscious processes by drawing upon dream material to delineate
- ❖ To describe recent research evidence supporting psychodynamic approaches to clinical practice

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WHO SHOULD ATTEND?

This workshop is recommended for psychotherapists – including psychiatrists and allied health professionals such as psychologists, counsellors, and social workers who are keen to incorporate psychodynamic thinking and technique into their work with clients.

WORKSHOP FEES:

Registration type	Fees
Early bird (registration by 30 th June 2019) Group bookings of 3 or more people	\$1000 per person
Standard (registration from 1 st July to closing date 31 st August 2019)	\$1200 per person

*All fees quoted include GST, morning/afternoon tea, buffet lunch, and training materials

*For group bookings, kindly register individually as indicated below and email the names of group members to: enquiries@thepsychpractice.com

*Upon full completion of the program, participants are eligible for a Certificate of Participation

PRESENTER DETAILS:



Prof Robert Schweitzer MA (Clin Psy), PhD is a Professor of Psychology in the School of Psychology and Counselling at Queensland University of Technology (QUT), Brisbane, Australia. He is a clinician, teacher, and researcher, having been responsible for establishing the post graduate program in Clinical Psychology at QUT. He has extensive experience in teaching psychodynamic psychotherapy and psychotherapy process and outcome research, having published over 100 studies including studies on the application of psychological treatments for people presenting with schizophrenia and more recently, with avoidant personality disorders. He is currently heading a large training program, funded by the Australian Government, aimed at developing mental health skills for health workers in Africa.

ORGANIZED BY:

The Psychology Practice is a private psychological practice that offers mental health services, that is psychoanalytically oriented at heart – and offers a breadth of approaches working with clients. As part of its training arm, it works closely with corporate organisations to provide applied psychological solutions. Additional services include psychotherapy training workshops and clinical supervision to practitioners. Visit us at <https://thepsychpractice.com/>



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TO REGISTER:

1. Simply scan the QR code to register or go to: <https://thepsychpractice.typeform.com/to/q0GFXZ>



2. Payment can be made via the following:

Payment modes	Details
PayNow	<ul style="list-style-type: none">• UEN: T18LL0431C• 'Scan & Pay' 
Bank transfer	<ul style="list-style-type: none">• Bank details: The Psychology Practice LLP DBS Bank Bank account: 003-955967-4• Upon completion of transfer, please email the transaction date to: enquiries@thepsychpractice.com
Cheque	<ul style="list-style-type: none">• Cheque should be crossed and made payable to “The Psychology Practice LLP”• Cheque should not be post dated• Please write your name and contact number on the reverse side of the cheque• Please mail the cheque to: The Psychology Practice 318 Tanglin Road #01-57 Phoenix Park Singapore 24797

Confirmation is based on submission of a completed registration with full payment received, and is on a first come first served basis. Please note that fees are non-refundable upon confirmation of registration. Closing date for registration: 31st August 2019

For further enquiries, please call: 9880 1154 (office hours only) or email: enquiries@thepsychpractice.com