

The California Society for ISTDP  
and the Lifespan Learning Institute sponsor

**ADVANCES IN THE SCIENCE OF  
PSYCHOTHERAPY:  
DIAGNOSIS, TECHNIQUE AND OUTCOME**

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*A three day "winter school" in beautiful San Diego, California*

March 22-24, 2019    The Del Mar Hilton, Del Mar, CA



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## ADVANCES IN THE SCIENCE OF PSYCHOTHERAPY: DIAGNOSIS, TECHNIQUE AND OUTCOME



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### FACULTY



MICHAEL GARRETT  
(SUNY DOWNSTATE)

Advanced CBT for  
Psychosis



NANCY MCWILLIAMS  
(RUTGERS)

Spectrum of Illness /  
Schizoid treatment



JOSETTE TEN HAVE DE  
LABIJE  
(GERMANY, ISTDP)

Application of AB ISTDP  
to Anxiety



ALANA IGLEWICZ  
(UCSD)

Short Term Therapy of  
Pathological Bereavement



KRISTIN OSBORN  
(HARVARD)

Working with Affect:  
Techniques and  
Resistances



ROBERT J. NEBORSKY  
(UCSD)

Application of AB ISTDP  
to Patients with  
Self-Regulation Disorders

### COURSE OBJECTIVES

- Learn the history of psychologic diagnosis and current controversies
- Learn the theory and technique of AB ISTDP applied to patients suffering from anxiety, depression, and specific personality disorders
- Learn the how to apply modern CBT treatment to treat psychotic patients
- Learn how to enhance, measure, and utilize affect to promote psychologic health.
- Learn how to turn Complex (Pathological) Bereavement into Normal Grief
- Learn how to understand helping patients change their Ego Syntonic Defenses (Character) into Ego Dystonic Ones.
- Learn what countertransference frequently manifest themselves in practitioners with patients from different diagnostic categories.

This conference is designed to show the latest advances in psychologic diagnosis and state of the art psychotherapy technique of treating common conditions presenting in office and clinic practice.

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### REGISTRATION

**\$400** Early Bird registration fee until February 15, 2019

**\$450** Registration fee after February 15, 2019

**\$225** Graduate students and UCLA and UCSD residents

**\$250** After February 15th 2019

*(Includes Friday welcoming cocktail party, Saturday evening dinner and dancing.)*

*CE Credit is through Lifespan Learning Institute*

To Register Please Contact:

**Michele Afoa**

317 14th St Del Mar, Ca 92014

858-481-6717 | [Michele@istdp.com](mailto:Michele@istdp.com)

### VENUE



The Del Mar Hilton is a dynamic resort located in San Diego's famous seaside community of Del Mar, just under a mile from the sandy beach and blue ocean. It is across from the Del Mar Racetrack, "*Where the turf meets the surf.*"

Because of the Use of Confidential Patient Material the Conference Registration is Restricted to Licensed Professionals and Graduate Students

To Reserve Your Room, [Contact the Hilton and Reserve here.](#)

Attendees receive a 15% Conference Discount on Rooms.

VISA, MASTERCARD, AMERICAN EXPRESS ACCEPTED

ALSO FUNDS FROM EUROPE CAN BE WIRED

Cancellation of registration before March 1 will result in a 50% refund of registration fee. After March 1, only 25% will be refunded.

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### FACULTY & PRESENTATION SUMMARY

#### MICHAEL GARRET, MD

Professor of Clinical Psychiatry, Director of Psychotherapy Education, Department of Psychiatry SUNY, Downstate Medical Center, Faculty, Psychoanalytic Institute at NYU Medical Center.

Dr. Garrett was formerly the Vice Chairman of Psychiatry at SUNY Downstate Medical Center, where he is currently Professor of Clinical Psychiatry and Director of Psychotherapy Education. He is also on the faculty of the Institute for Psychoanalytic Education (IPE) affiliated with NYU Medical Center. He received his medical degree from the Albert Einstein College of Medicine. Most of Dr. Garrett's professional career has been spent in the public psychiatry sector, first at North Central Bronx Hospital, where he became Associate Director of Psychiatry, and then Medical Director in 1995. In 2003 he moved to SUNY Downstate as Vice Chairman for Clinical Services.

At present his time is evenly divided between patient care, supervision of psychotherapy, teaching, and clinical research. He has for many years had an interest in the difficulties clinicians encounter when trying to develop a relationship with psychotic individuals who have a fundamentally different view of reality than the clinician. He has a particular interest in combined psychodynamic and cognitive behavioral treatments of psychosis. His academic and research interests also include the voice hearing experience and the relationship between psychosis and ordinary mental processes.

#### Presentation Summary

Dr. Garrett will describe his approach to the psychotherapy of psychosis, which combines cognitive-behavioral techniques (CBTp) and psychodynamic methods. In his way of working, he uses CBTp techniques in the initial phase of treatment to help the patient examine the *literal falsity* of delusional beliefs, blending into a second phase of treatment that explores the *figurative truth* of delusions, where psychotic symptoms are understood to be a meaningful symbolic expression of the patient's life history and individual psychological world.

Dr. Garrett will illustrate this approach in a detailed description of the successful psychotherapy of a woman with a 20-year history of paranoid delusions, ideas of reference, auditory hallucinations, and social withdrawal who had failed to respond to neuroleptic medication. The presentation will include video clips from an interview with the patient in which she describes her experience of psychotherapy.

#### NANCY MCWILLIAMS, PH.D

Dr. McWilliams graduated from Oberlin College in 1967, with honors in Political Science. Subsequently, she studied Psychology at Brooklyn College and then received her Master's and Doctoral degrees from Rutgers University in Psychology (Personality and Social). In 1978 she was licensed as an independent psychologist in New Jersey and also graduated from the National Psychological Association for Psychoanalysis in New York. Since 2010 she has been Board Certified in Psychoanalysis in Psychology.

In 2011 the American Psychological Association chose her to represent psychoanalytic therapy in the remake of the classic film, "Three Approaches to Psychotherapy." In 2015, she was asked to be the plenary speaker at the American Psychological Association convention in Toronto, Canada.

Her awards include the Gradiva Prize for her second book, the Rosalee Weiss award for contributions to practice, the Division of Psychoanalysis awards for both leadership and scholarship, the Laughlin distinguished teacher award, the Goethe Scholarship award, and the Hans Strupp award for teaching, practice and writing. She has given graduation addresses at the Smith College School for Social Work and the Yale University School of Medicine. In the summer of 2016 she was the Erikson Scholar at the Austen Riggs Center in Stockbridge, MA. In 2016 she taught a course on "The Minister and Mental Health" at Princeton Theological Seminary.

Her areas of specialty include psychoanalytic theories, individual differences, personality, the relationship between psychological diagnosis and treatment, alternatives to DSM diagnostic conventions, integration of feminist theory and psychoanalytic knowledge, and the application of psychoanalytic understanding to the problems of diverse clinical populations. Nancy McWilliams teaches at Rutgers Graduate School of Applied & Professional Psychology and has a private practice in therapy and supervision in New Jersey. She is co-editor of the *Psychodynamic Diagnostic Manual* (PDM-2). Her books on formulation and treatment have been translated into 20 languages. She is a former president of Division 39 of the American Psychological Association.

#### Presentation Summary

In the DSM and ICD taxonomies, most mental health conditions are depicted categorically, in terms of present-versus-absent criteria. Many diagnosticians and clinicians, however, view psychopathology dimensionally rather than categorically, seeing most problems as existing on a continuum from mildly neurotic to psychotic (in the older sense of loss of contact with consensual reality). Dr. McWilliams will argue that there is a psychotic version of many disorders not conventionally classified as in the psychotic domain and, conversely, that some psychologies that are often construed as "primitive" or inherently tending toward psychosis, such as paranoid and schizoid dynamics, can also be found at the healthiest levels of personality organization. She will emphasize the practical clinical implications of viewing psychopathology as on a spectrum, giving special attention to the treatment of patients whose temperaments are schizoid.

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#### ALANA IGLEWICZ, MD

Dr. Alana Iglewicz is an Associate Clinical Professor of Psychiatry at the University of California, San Diego (UCSD), Associate Residency Training Director for the UCSD Department of Psychiatry, and the Advisor for Wellness at the UCSD School of Medicine. Dr. Iglewicz completed residency training in General Adult Psychiatry and subspecialty clinical and research fellowship training in Geriatric Psychiatry at UCSD. Additionally, she completed a two-year psychoanalytic psychotherapy fellowship at the San Diego Psychoanalytic Center.

Dr. Iglewicz was the main clinical psychiatrist for a multi-site trial on Persistent Grief Disorder. Bereavement remains a focus of her clinical work, teachings, and research. She is passionate about medical education, physician wellness, and clinical approaches to loss. Dr. Iglewicz is actively involved in cross-discipline local, regional, and national efforts on physician wellness and bereavement. She is the recipient of numerous teaching and clinical awards

#### Presentation Summary

Persistent Grief Disorder (PGD), also known as Complicated Grief (CG) or Pathological Bereavement, is a painful and debilitating condition. Without treatment, it can last for years, if not indefinitely. This condition is much more common than generally recognized, but often missed or misunderstood by even the most astute clinicians. A grief-focused psychotherapy named Complicated Grief Therapy (CGT) is an evidence-based intervention designed to promote adaptation to loss in individuals with PGD. CGT uses principles from CBT, IPT, exposure therapy and motivational interviewing, as well as self-determination theory, self-compassion, and other life-promoting adaptive processes. In this talk, Dr. Alana Iglewicz will review the main features of PGD, depict how to differentiate it from "typical" grief, and summarize the extant research on PGD. She will then explore the theory, technique, and process of Complicated Grief Therapy utilizing an interview with a former client who was treated for her PGD.

#### JOSETTE TEN HAVE DE LABIJE, PSYD

Josette ten Have-de Labije, registered psychologist-psychotherapist and clinical psychologist, studied at the universities of Groningen and Amsterdam (the Netherlands Institute for Brain Research). She started her professional career in 1972 at the department for Neuro and Psychophysiology of the Free University of Brussels. Thereafter she has worked in the Netherlands at a public mental health center for ambulant (non-residential) patients as coordinator of the Behavior Therapy Department and member of the Diagnostic Staff. Since 1990 she is working in private practice.

As a qualified psychotherapist and clinical psychologist, she was trained as a cognitive-behavior therapist, couples therapist, therapist for psychodynamic individual and group psychotherapy, therapist for Intensive Short-Term Dynamic Psychotherapy. From 1989 - 1992 she was a member of the Dutch ISTDP core-group, and trained by Professor Dr H. Davanloo. As supervisor and trainer of the Netherlands Foundation for Short-Term Dynamic Psychotherapy she has given supervision, several post-doctorate courses and workshops in The Netherlands. She has given workshops, training and supervision on ISTDP in the USA, Canada, England, Denmark, Poland, Italy.

She has organized several national and international conferences on Behavior Therapy, on Cancer Treatment and Mental Health, and STDP and given several presentations at the Dutch and International Congresses on Behavior Therapy and on Intensive Short-Term Dynamic Psychotherapy.

#### Presentation Summary

A 19-year-old, depressed woman was referred because her therapy, after some initial improvement, became stuck. Originally, she had sought help because she "had been crying each day."

The patient and I had 6 three-hour sessions before she left abroad. During these sessions it became clear that the patient suffered from dysthymia early onset since the divorce of her parents when she was 7 or 8 years old. However, her dysthymic disorder (which is renamed by the DSM 5 as persistent depressive disorder) was not recognized by her parents, nor by the environment. During the first session it became clear that the restricted success of her former therapy must have been due to the patient's excessive, unhealthily regulated anxiety and her dissociation. You will witness parts of the first, second, third and fifth session.

The focus will be on establishing a conscious and unconscious working alliance with the patient, on helping the patient to deal with her extreme high anxiety, and on the restructuring of her ego adaptive capacity.

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#### KRISTIN OSBORN, MA, LMHC

Kristin Osborn founded the Certified APT™-Training Program in 2009 and presents internationally, offering ongoing training in Boston and Stockholm. She is a member of the faculty at Harvard Medical School and Director of the Harvard Medical School Psychotherapy Research Program. She co-authored *Paraverbal Communication in Psychotherapy: Beyond the Words* and is on the executive board of the Society for the Exploration of Psychotherapy Integration and President Emeritus of the International Experiential Dynamic Therapy Association. She extensively published articles and chapters on training clinicians and you can learn more about her work at [www.kristinosborn.com](http://www.kristinosborn.com).

#### Presentation Summary

How you work with maladaptive defenses can determine whether or not your patient is 'in treatment' and on the path to connection. In this presentation, video segments of psychotherapy will illustrate how and when to intervene when working with destructive thoughts, behaviors and feelings. In addition, you will see examples of patients accessing adaptive affect and healthy behaviors. By the end of this presentation, you will learn how to stay engaged in the tenacious process of defense restructuring.

#### ROBERT J. NEBORSKY, MD

Dr. Neborsky is a psychiatrist in private practice in Del Mar, California, and a Clinical Professor of Psychiatry at UCSD School of Medicine as well as UCLA School of Medicine (Hon). He was a founding member on the Editorial Board of the *International Journal of Short-Term Dynamic Psychotherapy*. He served as guest editor of the *Ad Hoc Bulletin of Short-Term Dynamic Psychotherapy*.

In 2003, Dr. Neborsky was honored by the UCLA School of Medicine clinical faculty association as the Distinguished Psychiatric Lecturer of the year for 2002. In 2001, he co-authored *Short-Term Therapy for Long Term Change* (Norton) and is a contributing author in the 2003 book, *Healing Trauma* (Norton). In 2011 along with Josette ten Have de Labije he authored *Roadmap to the Unconscious: Mastering Intensive Short-Term Dynamic Psychotherapy*, Karnac Books.

In 2013 he published *Predicting Attachment Status from Observation of a Clinical Intensive Psychotherapy Interview* which was nominated for Progress in Psychology as one of the top articles of that year. In 2017 the Polish translation of *Roadmap to the Unconscious: Mastering Intensive Short-Term Dynamic Psychotherapy* was published. Recently the Second edition of *The Collected Writings of Robert J. Neborsky* was released by Itasca Books. (2018)

Dr. Neborsky's professional activities include training students in the techniques of his unique Attachment-Based variety of Intensive Short-Term Dynamic Psychotherapy (IS-TDP), presenting at local, national and international symposia. He is actively researching the interface between attachment theory, neuroscience, and psychotherapy along with his research interests in predictive pharmacotherapy.

#### Presentation Summary

His presentation will focus on treatment of a patient who could be characterized as suffering from a personality disorder with addictive features. He will introduce the concept of emotional regulation disorders and illustrate the central role of the pathologic superego in creating and sustaining the patient and his loved one's suffering.

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## SCHEDULE

DAY 1 // Friday, March 22

<b>8:00 - 9:00 AM</b>	Registration
<b>9:00 - 9:30 AM</b>	Welcoming Remarks, Course Overview, Faculty Introduction <i>R. Neborsky</i>
<b>9:30 - 11:30 AM</b>	Advances in Psychologic Diagnosis Video Presentation of Treatment of a Patient with Schizoid Personality <i>N. McWilliams</i>
<b>11:30 - 12:00 AM</b>	Discussion <i>N. Mc Williams and R. Neborsky</i>
<b>12:00 - 1:00 PM</b>	Lunch
<b>1:00 - 2:45 PM</b>	Working With Anxiety on the Forefront: Video Presentation of Treatment of a Patient with Anxiety and Depression <i>J. ten Have de Labije</i>
<b>2:45 - 3:00 PM</b>	Discussion
<b>3:00 - 3:30 PM</b>	Break
<b>3:30 - 5:30 PM</b>	Breakout Sessions <i>N. McWilliams and Michael Garrett</i> Room 1  <i>R Neborsky and J. ten Have de Labije</i> Room 2  <i>Kristin Osborn and Alana Iglewicz</i> Room 3
<b>5:30 PM</b>	Adjourn
<b>6:00 - 7:30 PM</b>	Welcoming Cocktail Party

DAY 3 // Sunday, March 24

<b>9:00 - 9:30</b>	Welcome <i>R Neborsky</i>
<b>9:30 - 11:30 AM</b>	When Grief Gets Derailed: Persistent Grief Disorder and Its Treatment And Review of Treatment by a Patient <i>A Iglewicz</i>
<b>11:30 - 12:00 PM</b>	Discussion <i>A Iglewicz and J ten Have de Labije</i>
<b>12:00 - 1:00 PM</b>	Lunch
<b>1:00 - 2:45 PM</b>	Treating Patients with Disorders of Emo- tional Regulation with AB-ISTDP Lecture on the Spectrum of Psychoneu- rosis, Ego Fragility and Character patho- logy Video Presentation of AB-ISTDP Treat- ment of a Patient with Emotional Dysregulation <i>R Neborsky</i>

DAY 2 // Saturday, March 23

<b>9:00 - 9:30 AM</b>	Welcome
<b>9:30 - 11:30 AM</b>	Working with Psychotic Patients with Advanced CBT <i>M. Garrett</i>
<b>11:30 - 12:00 AM</b>	Discussion <i>M. Garrett and R. Neborsky</i>
<b>11:30 - 12:00 AM</b>	Discussion <i>N. Mc Williams and R. Neborsky</i>
<b>12:00 - 1:00 PM</b>	Lunch
<b>1:00 - 2:45 PM</b>	How to Work Compassionately with Emotions: Learn how to use cogniti- ve-behavioral, psychodynamic and experiential techniques when working with maladaptive defenses <i>K Osborn</i>
<b>2:45 - 3:00 PM</b>	Discussion
<b>3:00 - 3:30 PM</b>	Break
<b>3:30 - 5:30 PM</b>	Workshops with the Experts <i>N. McWilliams and Michael Garrett</i> Room 1  <i>R Neborsky and J. ten Have de Labije</i> Room 2  <i>Kristin Osborn and Alana Iglewicz</i> Room 3
<b>5:30 PM</b>	Adjourn
<b>07:00- 10:00 PM</b>	Dinner Dance

<b>2:45-3:00 PM</b>	Discussion
<b>3:00 - 3:30 PM</b>	Break
<b>3:30 -4:30 PM</b>	Lecture: The Role of Psychotherapy in a Tormented World <i>R Neborsky</i>
<b>4:30- 5:00 PM</b>	Final Panel <i>J ten Have de Labije, A Iglewicz, R Neborsky, Kristin Osborn</i>
<b>5:00 -5:30 PM</b>	Complete Course Evaluations and CE, CME Test Questions