

REGISTRATION

WORKING WITH THE HIGHLY RESISTANT PATIENT

SATURDAY, SEPTEMBER 17, 2011
9:30AM TO 5:30PM

SUNDAY, SEPTEMBER 18, 2011
10:00AM TO 4:30PM

NAME _____

DEGREE _____

ADDRESS _____

CITY _____ STATE ____ ZIP _____

PHONE (O) _____ (H) _____

EMAIL _____

FEE: \$315

STUDENT FEE: \$105

TOTAL AMOUNT ENCLOSED _____

PLEASE SEND THIS COMPLETED REGISTRATION FORM
AND CHECK TO:

WASHINGTON SCHOOL OF PSYCHIATRY

5028 WISCONSIN AVENUE, NW , SUITE 400

WASHINGTON, DC 20016

YOU MAY FAX THE COMPLETED FORM ALONG WITH
CREDIT CARD INFORMATION TO 202-237-2730 IF
CHARGING FEE.

___ MASTERCARD ___ VISA

CARD NUMBER _____

EXPIRATION DATE _____

SIGNATURE _____ DATE _____

COVER ART: *THE GREAT WAVE OFF KANAGAWA* BY
KATSUSHIKA HOKUSAI



5028 Wisconsin Ave., NW, Ste. 400
Washington, DC 20016
Phone: 202-237-2700
Fax: 202-237-2730
Web: www.wspdc.org



WASHINGTON
SCHOOL OF
PSYCHIATRY
CONFERENCE

INTENSIVE SHORT TERM
DYNAMIC PSYCHOTHERAPY
TRAINING PROGRAM

WORKING WITH THE
HIGHLY RESISTANT
PATIENT

JON FREDRICKSON, MSW

SATURDAY & SUNDAY
SEPTEMBER 17 & 18, 2011



TEL: 202-237-2700

INTENSIVE SHORT TERM DYNAMIC PSYCHOTHERAPY TRAINING PROGRAM

WORKING WITH THE HIGHLY RESISTANT PATIENT

In this presentation Jon will present a complete three hour initial session with a highly resistant patient who felt he failed to benefit from the previous twelve years of therapy, even though these therapists were highly skilled. We will analyze moment by moment the patient's defenses and resistances. We will show how to help the patient see and turn against his defenses. And we will show how to help the patient see and turn against destructive patterns of relating that sabotage therapy. Further, we will show how to help a resistant patient begin to form a healthy therapeutic alliance. The emphasis will be on how to translate theory into effective practice, how to recognize defenses and address them in a compassionate manner consistent with the patient's capacity. The presentation will also show how to avoid prematurely challenging resistant patients by recognizing what capacities must be mobilized first.

PRESENTER

Jon Frederickson, PhD is co-chair of the Intensive Short Term Dynamic Psychotherapy Training Program at the Washington School of Psychiatry. He is also chair of the Norwegian ISTDP, and on the faculties of the ISTDP in Warsaw; the Southern California Society for ISTDP in Los Angeles; and the Italian ISTDP in Treviso. He has presented throughout the United States and in Europe. He is the author of over 20 published articles and the book, *Psychodynamic Psychotherapy: Learning to Listen from Multiple Perspectives*.

CONFERENCE SCHEDULE

THE CONFERENCE WILL TAKE PLACE IN THE WSP CONFERENCE ROOM.

SATURDAY

9:30-11:00 Treatment of the highly resistant patient: theory

11-11:15 Break

11:15-12:30 Forming a therapeutic alliance

12:30-1:45 Lunch (off site)

1:45-3:00 Defense identification

3:00-3:15 Break

3:15- 4:45 Resistance identification

4:45-5:00 Break

5:00-5:30 Discussion

SUNDAY

10:00-11:30 Turning the patient against the resistance

11:30-11:45 Break

11:45-12:30 Breakthrough of unconscious feelings

12:30-1:45 Lunch

1:45-3:15 Creating a coherent narrative linking feelings from the past to maladaptive behaviors today

3:15-3:30 Break

3:30-4:30 Discussion and questions

LEARNING OBJECTIVES

PARTICIPANTS WILL BE ABLE TO

- Learn to identify and address defenses.
- Learn to help patients turn against defenses
- Learn to identify resistances that can sabotage the therapy.

CE/CME CREDITS – 10.5

FEE - \$315 STUDENT FEE- \$105

WHO SHOULD ATTEND

The conference is intended for psychiatrists, psychologists, social workers, psychiatric nurses, licensed professional counselors, physicians, medical students, and other graduate students.

TO REGISTER

Please complete the form on the back of this brochure or, you may call the School at 202-237-2700 or email lhead@wspdc.org to register as soon as possible.

CANCELLATIONS AND REFUNDS

Refunds will be made for cancellations received at the School office in writing at least 10 days before the conference date and are subject to a non-refundable administrative fee of \$50.

CONTINUING EDUCATION

The Washington School of Psychiatry is approved by the American Psychological Association to sponsor continuing education for **psychologists**. The Washington School maintains responsibility for this program and its contents. The School is approved by the Social Work Board of the State of Maryland as a provider of continuing education for **social workers** in DC, MD, VA and WVA. The School is recognized by the National Board for Certified Counselors. To offer continuing education for **National Certified Counselors and Marriage and Family Therapists**. We adhere to the NBCC Continuing Education Guidelines Provider # 6388. The School is approved by MedChi, the Maryland State Medical Society, to provide continuing medical education for physicians.

Disclosure of Commercial Support and the Unlabeled use of a commercial product. No member of the planning committee and no member of the faculty for this event have a financial interest or other relationship with any commercial product(s) discussed in this educational presentation.

CONFERENCE SCHEDULE

8:30-10:00 Overview of the poly-vagal theory

7:45-9:00 Panel of experts in different cultures discussion of culture and influences on diagnosis and treatment of mental illness in the US and abroad.

