

The California Society for ISTDP and the IEDTA sponsor

Navigating the Roadmap to the Patient's Unconscious

A four-day “winter school” in beautiful San Diego, California

Planning your itinerary, assessing the route, honoring traffic lights, and
avoiding pitfalls – all with love, care and precision!

February 5-8, 2015 // The Del Mar Hilton, Del Mar, CA



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.

FACULTY: Josette ten Have-de Labije, PsyD, and Robert J. Neborsky, MD
Co-authors of *Mastering Intensive Short-Term Dynamic Psychotherapy* (Karnac, 2013)

Thomas Brod, MD, Philip Colgan, PhD, Risha Henry, PhD, and Robin L. Kay, PhD

\$400 Early Bird registration fee until January 1, 2015

\$450 Registration fee after January 1, 2015

\$225 Graduate students and UCLA and UCSD residents

Includes Thursday welcoming cocktail party, Saturday evening dinner and dancing.

* There will be an optional Two-Day Advanced Supervision Group following the conference on February 9 and 10 with Drs. ten Have-de Labije and Neborsky. **\$300** to present / **\$150** to observe

CE Credit for MFT, MSW, and LCSW will be offered by the California Society for ISTDP

CE Credit for Psychologists can be purchased for **\$50.00** from the IEDTA

CME for physicians is being pursued.

This course is designed to teach interested clinicians how to navigate the “Roadmap to the Unconscious” as designed by the co-authors of the textbook. The lecturers will take apart each cell of the Roadmap and explain its meaning and purpose. Selected cases from the book will be shown. The course will also address the pros and cons associated with different styles of ISTDP that have emerged in the last fifty years.

Course Objectives

Learn the history of ISTDP and its variations

Learn the theory and technique of AB ISTDP applied to anxiety or defenses on the forefront

Learn the how to assess and restructure ego adaptive capacity

Learn how to undo projection

Learn how to understand and apply the “Roadmap to the Unconscious”

Learn what countertransference tasks frequently manifest themselves in trainees

AGENDA

Day 1 // Thursday, February 5

8:00 - 9:00 AM	Registration
9:00 - 9:30 AM	Welcoming Remarks, Course Overview, Faculty Introduction <i>R. Neborsky</i>
9:30 - 10:30 AM	History of the Roadmap to the Unconscious <i>J. ten Have-de Labije</i>
10:30 - 11:00 AM	Break
11:00 - 12:00 PM	History of Attachment-Based ISTDP <i>R. Neborsky</i>
12:00 - 2:00 PM	Lunch
2:00 - 3:30 PM	Anxiety on the Forefront <i>P Colgan</i>
3:30 - 4:00 PM	Break
4:00 - 5:30 PM	Case Presentation <i>R Neborsky</i>
5:30 - 6:00 PM	Discussion: Faculty and Audience
6:00 - 7:30 PM	Welcoming Cocktail Party

Day 2 // Friday, February 6

9:00 - 10:30 AM Defenses on the Forefront: Part I

J. ten Have-de Labije

10:30 - 11:00 AM Break

11: 00 - 12:30 PM Defenses on the Forefront: Part II

J. ten Have-de Labije

12:30 - 2:00 PM Lunch

2:00 - 3:30 PM Case Presentation

R. Neborsky

3:30 - 4:00 PM Break

4:00 - 5:00 PM Audience Discussion: All Faculty

5:00 PM Adjourn

Day 3 // Saturday, February 7

9:00 - 10:30 Assessing and Restructuring Ego-Adaptive Capacity

R Kay

10:30 - 11:00 AM Break

11:30 - 12:30 PM Case Presentation and Discussion

R Kay

12:30 - 2 PM Lunch

2 - 3:30 PM The Evolution of Davanloo's ISTDP

From Roadmap to "Multi-Dimensional Character Change"

T. Brod

3:30 - 4:00 PM Break

4:00 - 5:00PM Undoing Projection with Fragile Patients

R Neborsky

5:00 - 5:30PM Discussion Faculty

5:30 PM Adjourn
7:00 PM Dinner Dance (Beach Casual)

Day 4 // Sunday, February 8

9:00 - 10:30 AM Factors in Learning ABISTDP by the “Roadmap”: Case Presentation
R. Henry

10:30 - 11:00 AM Break

11:00 - 12:00 PM Panel: *R Henry, J. ten Have-de Labije, R Neborsky*

12:00 - 1:30 PM Lunch

1:30 - 3:30PM Following the Roadmap to the Final Destination: Case Presentation:
J. ten Have-de Labije

3:30 - 4:00PM Break

4:00 - 5:00 PM Final Panel: All Faculty

5:00 PM Return Course Evaluations and Adjourn

