

Perspectives on Change Change Processes and Change Mechanisms in ISTDP

Conference and Immersion Training

Friday 26th April – Sunday 28th April 2024

Speakers: Dr Stephen Buller, Dr Susan Hajkowski, Dr Sharon Lewis,
Dr Rohan Naidoo, and Dr Leo Russell

Day 1 - Friday 26th April 2024	Day 2 – Saturday 27th April 2024
09.15 Arrival, registration, and coffee	09.15 Arrival and coffee
09.45 Welcome and information	09.45 Review and discussion
10.00 Panel Session: Variations in approaches in ISTDP	10.00 Aspects of ego psychology in ISTDP
10.55 Break	10.55 Break
11.15 Observations on a case from different perspectives	11.15 Dr Sharon Lewis Theoretical and technical differences/innovations of the AB-ISTDP model
12.30 Lunch	12.30 Lunch
13.30 Dr Leo Russell Mechanisms of Change in ISTDP for Functional Symptoms	13.30 Dr Susan Hajkowski Moments of Unlocking: Uncovering 'hidden' change processes in ISTDP
14.50 Break	14.50 Break
15.10 Dr Rohan Naidoo The Fire & The Sponge: Defence restructuring as a mechanism of change in the fragile patient	15.10 Dr Stephen Buller Mobilising the unconscious and rescuing poor ego
16.30 Panel review and discussion	16.30 Panel review and discussion
17.00 Finish	17.00 Finish
19.00 Conference Meal: Thai Buran Restaurant, 20 Green Lane, Derby DE1 1RP	

There may be inclusion of details and minor changes to this programme as we get closer to the event