

## Perspectives on Change Change Processes and Change Mechanisms in ISTDP

Conference and Immersion Training

Friday 26th April – Sunday 28th April 2024  
An In-Person Event, Derby, UK

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

Intensive Short-Term Dynamic Psychotherapy (ISTDP) is a form of accelerated treatment which enables positive change and recovery within shortened timeframes. Research evidence shows that ISTDP is effective and cost effective in a full range of clinical presentations and disorders. The clinical method of ISTDP continues to evolve along with a need to identify clinical techniques and therapeutic mechanisms that further improve effectiveness, change processes, and positive outcome. In this Immersion Training speakers will bring their expertise and critical insights in illuminating and engaging discussion about change from their clinical, theoretical and research perspectives.

### Part 1. Conference:

Friday 26th April and Saturday 27th April

9.30am – 5.00pm

On Friday 26th and Saturday 27th April speakers will present their 'perspectives on change' and elements of therapeutic processes that they believe are important factors for change. Presenters will illustrate these perspectives using clinical video recordings of their own practice. This event, as part of the broader immersion training, is a forum to illuminate and discuss similarities, differences, and nuances in clinical technique and applications. The aim is to stimulate a productive and informative examination of various aspects used in ISTDP and to distil and highlight critical components required for change.

### Part 2. Supervision Workshop:

Sunday 28th April

9.30am – 5.00pm

On Sunday 28th April there will be a supervision workshop as a component of the immersive experience of this training. This workshop provides an opportunity for participants to bring video recorded material from their own current practice and to explore ways that change processes and change mechanisms, central to ISTDP, operate in everyday clinical work. Places at this workshop are limited.

For further information and booking please go to:

[www.cathexispsychotherapy.co.uk/conferences.html](http://www.cathexispsychotherapy.co.uk/conferences.html)