



Maximising Effectiveness



Experiential Dynamic Therapy /
Intensive Short Term Dynamic
Psychotherapy

3-year core group training

Starting 2nd May 2018

with

Dr Jessica Bolton & Dr Angela
Cooper



Thrive
Psychology | Psychotherapy
Psychoeducation



maximisingeffectiveness.com

Experiential Dynamic Therapy core group training Birmingham, 2018

With Dr Jessica Bolton

Consultant Clinical Psychologist, IEDTA accredited Experiential Dynamic Therapist, Supervisor & Trainer

& Dr Angela Cooper

Clinical Psychologist, ISTDP Therapist & IEDTA Supervisor in training

Ethos

As trainers we aim to embody and encourage an ethos of lifelong learning whilst helping our trainees strive for clinical excellence. Working with human difficulties is a complex task and complex models of therapy are needed. EDT as a whole is an amalgamation of many theoretical models in one, to enable you to work with a broad spectrum of complexity. This makes it both rewarding and challenging to learn at the same time. This challenge is normal, healthy and unavoidable. As trainers we have been in your position and continue to be challenged daily! In this training, we aim to welcome and face into the many challenges along this learning journey whilst maintaining compassion for self and others throughout.

In this EDT core training program we, we teach EDT theory, technique and practice to help you:

- Develop and fulfil your potential
- Become a more attuned and connected clinician
- Understand fundamental principles that will serve to guide your interventions; flexibility within a structure is the aim.
- Build a range of therapeutic skills whilst increasing your emotional capacity to implement those skills
- Balance evidence based practice with moment to moment practice based evidence
- Thrive in your professional role.

Dates 2018

The accredited course lasts for three years and consists of

- Training blocks in Birmingham, UK - 5 day + 4 day each year.
- Online supervision sessions - 3 hours x 8 per year.

Trainees are invited to volunteer for the Maximising Therapeutic Effectiveness main event, paying just the basic costs for the event rather than the full cost (£75 instead of £300 per person). This is run annually in Birmingham. Volunteering means taking on a specific task like supporting a presenter or helping with registration, which would not interrupt attending the event but might use up a break or lunch time.

First core training block - Wednesday 2nd May – Sunday 6th May 2018

Second core training block – Thursday 10th – Sunday 13th January 2019.

Monthly sessions on Thursday afternoons, dates to be confirmed.

2019 – April 5 day block, 5 day block December 2019.

2020 – April 5 day block, 5 day block December 2020.

Maximising Therapeutic Effectiveness Conference

- 27-28th October 2018 with pre and post conference workshop options. Additional costs are £75 for main event with standard participant costs for the Sheldon's (25-26th October) and Jon Frederickson's (29-30th October) workshops.
- 2019 Summer – dates to be confirmed with Allan Abbass and Tony Rousmaniere
- 2020 – dates and speakers to be decided.

Content

Core Group Training Days

Training days utilise a mixture of learning styles in order provide an optimal learning experience, these include:

Theory - PowerPoint presentations are used and the slides will be shared prior to the training day so that trainees can read prior to arriving and prepare questions.

Video material - This is shared from a variety of sources; our own practices as well as other EDT master therapists. The emphasis is on active watching, moment by moment assessment, making sense of the

interventions used and accurately detecting the client's response to intervention. Short segments of video are used to maximise learning opportunities.

Skills Development, via:

- Scripted role plays and clinical examples that enhance your therapeutic, emotional and relational skills.
- Non-scripted exercises to ensure the learning is integrated with your own clinical style and voice

Deliberate practice - From emerging research, deliberate practice is associated in psychotherapy (as in many other skill areas) with improved outcomes. This is being integrated into the training course and evaluated. It is a new and exciting area of learning and your participation and feedback is welcomed while we learn how best to do this.

Reflective Practice - Each training day will end with a space for reflection. Here, trainees get the chance to talk about their learning experience, any emotional difficulties that are mobilised, comments on group processes or any other points that may need working through. This space is essential so that, as a group, we can face into any and all of our experiences together. The function of this space is to ensure issues are dealt with out in the open with honesty and compassion

Supervision - sessions will be timetabled so that trainees have prior information regarding when their slot for supervision is. 4 supervision sessions during the year for each trainee. Supervision is of videoed cases, though audio recording and transcripts are acceptable for one supervision a year if there are technical problems preventing videoing.

Learning Materials - Use of outcome measures such as symptom based questionnaires, guidance sheets for self-supervision, systems of resistance, psychodiagnosis, deliberate practice and enabling the emergence of primary emotional systems are provided to support and push your learning edge.

Self-directed learning

The course is designed to be both structured and flexible, providing many opportunities for you to tailor the learning process to your own needs.

There are set parts of the course which need to be adhered to for accreditation (i.e. supervision hours and teaching theory requirements) - please see www.iedta.net for further information. Additional opportunities are not mandatory but are provided for you and seen as a vital part of the EDT learning journey.

1. **Individual meetings**
2. **Peer intervision**
3. **Reading core texts**
4. **Participation in the Slack app** – for discussion and questions, resource sharing learning and playing.
5. **Written work** – two case studies and two other written pieces (an exam can be provided for you to sit if you prefer, one of these options is mandatory for accreditation).

Core texts

Suggested to read the following before the start of...

Year 1

Coughlin, P. (2004) Intensive Short-Term Dynamic Psychotherapy: Theory and Technique

Frederickson, J. (2013). Co-Creating Change: Effective dynamic therapy techniques. Seven Leaves Press

Year 2

Coughlin, P (2016). Maximising Effectiveness for Dynamic Psychotherapy

Deliberate Practice for Psychotherapy (2016) by Tony Rousmaniere;

Year 3

Osimo, F. & Stein, M. (2012). Theory and Practice of Experiential Dynamic Therapy. Karnac Books.

Abbass, A. (2015). Reaching Through the Resistance. Seven Leaves Press.

Highly rated additional purchase – Nat Kuhn’s dictionary of ISTDP

Kuhn, N (2014). Intensive Short-Term Dynamic Psychotherapy: A reference. Experient publications.

A database of available empirical / theoretical papers is available for all core trainees.

Written work

Academic essay

Year 1

A blog post, article, or essay focusing on the key issues within an EDT topic or core competency area.

Year 2

A literature review or Submission of a presentation you have given to your team or in another environment with a reflective paper.

Case study

Year 1

Assessment case study, outlining psychodiagnosis during a transcribed session.

Year 3

Intervention case study, outlining assessment, intervention and response to intervention with transcript of sessions to highlight key issues and interventions.

Thriving vs Striving

Clinical psychologists and psychotherapists tend to have an incredibly strong work ethic and culture of striving to be the most effective and good at what they do. Research shows that this group has a fairly stable sense that they do what they do well, but would like to do it better with more attuned relationships and more focused sessions (Orlinsky & Ronnstad, 2005). My personal experience is that the sub group of psychologists who are interested in EDT / ISTDP have an even stronger work ethic and dare I say it, sense of perfectionism to be the most effective they possible can be. This highly commendable sense of purpose and drive can enable incredible learning and passion that is delivered to clients with remarkable results.

However, it can also drive burnout, stress, and a really punishing internal object that is never satisfied and always striving for more, better, quicker, etc. It is important to not take advantage of this tendency, unconsciously or consciously, so it is the aim that in this core training programme and in the organization generally (Thrive PPP Ltd) we set out some positive boundaries. These include, but are not exclusive to, ensuring:

1. Work life balance – i.e. time off, taking exercise, having fun, doing stuff with friends, - whatever work life balance means to you, living it now not just talking about it.
2. Regular monitoring of

A. Thriving vs striving

B. Seeing mistakes as opportunities to learn vs opportunities to be self-critical

And intervening when necessary.

3. Effective working relationships which invite honesty, openness, reflection, feedback and thoughtfulness are valued above agreeing, getting it right or being 'perfect'.
4. Having at least one relationship in core training and a relationship with your trainers / supervisor where you can tell them when you need to that you are struggling.

2018-2020 Core Group timetable

Date	Time	Activity / Topics
2 nd – 6 th May 2018	9 to 5pm	<p>Year 1 - Working with the client – Building assessment and clinical skills</p> <ul style="list-style-type: none"> • Starting and settling into EDT core training. • Basic skills: <ol style="list-style-type: none"> 1. Establishing an intrapsychic focus, 2. Anxiety assessment, 3. Defence assessment (tactical, repressive, regressive) 4. Understanding the triangle of conflict and person 5. Assessing character structure (neurotic, borderline or psychotic) • Psychodiagnosis and response to intervention- assessing where clients are on the spectrum of psychoneurosis or fragility • Understanding the 3 systems of resistance: <ol style="list-style-type: none"> 1. Isolation of affect – reducing awareness of feelings and anxiety 2. Repression – pushing feelings into the body 3. Projection- pushing feelings out of the body • Addressing common problems in the initial phases of therapy • Working with primary emotional systems
27-28 th October 2018		<p>MAXIMISING THERAPEUTIC EFFECTIVENESS IMMERSION COURSE</p> <p>Sheldon's Workshop – 25-26th October 2018</p> <p>Jon Frederickson's Workshop – 29-30th October 2018</p>
10 th -13 th January 2019	9 to 5pm	Topics to be decided after first training block.
5 days - April 2019 & 2020	9 to 5pm	Topics to be shared in detailed information pack.
Summer 2019		MAXIMISING THERAPEUTIC EFFECTIVENESS IMMERSION COURSE
4 days December 2019/ 20 or January 2020/21	9 to 5pm	Topics to be shared in detailed information pack.
Monthly when blocks / MTE are not running	Time to be decided	3 hours sessions via Zoom or Skype for supervision

Application and Payment

Please share a copy of a brief CV and covering letter if you have not already completed these.

Cost of the course is £2200 per year.

We will invoice you on receipt of your application as we require an initial payment to hold your place. We offer 3 payment options – full payment, payment in two halves or monthly payments of £220. Any of these three payments are acceptable to hold your place on the course. We will only invoice you on one occasion, trusting that you will set up the 10 recurrent monthly payments without being reminded. If you pay in two halves we request that the second payment is made by June 2018.