

AUDIO VISUAL WORKSHOP ON EFFECTIVELY BUILDING AN ALLIANCE IN THERAPY IN THE FIRST MEETING

INTRODUCTION TO SHORT TERM DYNAMIC PSYCHOTHERAPY



**EVERY PSYCHOTHERAPY
TECHNIQUE IS JUST ANOTHER
WAY
OF RELATING TO OUR PATIENTS**

**A 16 HOUR ONLINE TEACHING AND
SKILL BUILDING WORKSHOP**

ON 1st/2nd AUGUST

FACULTY: DR SONA KAKAR MD

**PSYCHIATRIST AND PRACTITIONER
OF SHORT-TERM DYNAMIC PSYCHOTHERAPY**

**REGISTRATION ENQUIRY
CENTREFOREMOTIONS@GMAIL.COM**

[REGISTRATION LINK](#)

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INTRODUCTION TO SHORT TERM DYNAMIC PSYCHOTHERAPY

The aim of the workshop

1. To introduce the participants to the psychodynamic concepts of **Transference** and **Resistance**
2. To introduce the function of **Defenses** and **Anxiety** in perpetuating self- sabotaging behaviours and psychopathology (Somatization, depression, addictions etc.)
3. To introduce effective tools to quickly build an **Alliance** in the first meeting.
4. To practice these tools in the group setting with Skill Building Exercises
5. To introduce the technique of Short -Term Dynamic Psychotherapy through actual recorded therapy sessions

What the participants will learn in the workshop

- How to work with patients who do not declare a problem.
- Develop skills to keep an effective focus in therapy
- Develop skills to quickly build an alliance with the patient
- Basic Theory and Practice of Short- Term Dynamic Psychotherapy



DR SONA KAKAR
M.D (PSYCHIATRY) ,

Dr Sona Kakar has 25 years of experience in Psychiatry and Psychotherapy. She conducts workshops on psychotherapy for mental health professionals. Along with a master's degree in Psychiatry she is also trained in Short Term Dynamic Therapy from the ISTDP Institute Washington DC. She organizes introductory as well as three year CORE training modules in Short- Term Dynamic Psychotherapy

MAXIMUM NO. OF PARTICIPANTS

FIFTEEN

FEE

RS 4500/- TILL 15TH JULY

RS 5000/ - FROM 15TH TO 31ST JULY

www.istdp.co.in/events

It is well known that as psychotherapists we want to continue to evolve into better therapists and it happens by understanding the client and his conscious and unconscious conflicts as well as paying attention to our own conflicts and experiences which may drive the therapy process.

In all the work we do the primary driving force continues to be an alliance, both the conscious therapeutic alliance as well as the more important unconscious therapeutic alliance

The practice of psychotherapy requires experience, intuition and also a skill set. The skill of the therapist is one important factor in determining outcomes in therapy. Skills can be acquired through training and regular supervision. Initially every technique seems hard to learn. It is quite like how we learn to play a new sport. Initially it looks difficult, but as we learn to pay attention to the moves used by the opponent, as well as our own, we can acquire a box full of different interventions to achieve mastery.