

Singularity in Intensive Short-Term Dynamic Psychotherapy

The COVID-19 pandemic has revolutionised our thinking and opened up a range of new possibilities. It has forced us to make significant changes in our lives and in the way we work, and what once seemed impossible or even unimaginable is now the norm.

The pandemic itself has become a point of transformation and integration enabling therapists to draw ideas and solutions from each other. In the following presentation, we will introduce the concept of 'Singularity', which stands for unpredictable, small changes leading to significant outcomes. We will then look at how these unpredictable, seemingly insignificant phenomena have influenced the development of ISTDP (Intensive Short-Term Dynamic Psychotherapy) therapy. Using examples of therapeutic work in the ISTDP approach, we will introduce the principles of deliberate practice. We will explain how ISTDP therapy relates to Deming's PDSA quality cycle (Plan-Do-Study-Act) and how the COVID-19 pandemic opened the door to the innovative use of the camera in therapeutic work. Recording sessions is fundamental to the ISTDP therapist's work and purposeful practice. It enables precise, second-by-second analysis of the therapist's interventions and the patient's verbal and non-verbal responses, thereby increasing the effectiveness of the ISTDP therapist's work.

During this interactive presentation we will get to know fundamentals of this very effective Experiential Intensive Short-Term Dynamic Psychotherapy approach and experience presentation of real case study of ISTDP work with highly fragile dissociating patient "Woman who detached from herself, lost hope and has decided 'never, never, never show my pain, my vulnerability'"

Presenter:

Przemyslaw Duchniewicz, MD, Psychiatrist in training, Institute of Psychiatry and Neurology, Warsaw

IEDTA (ISTDP) supervisor and member of international IEDTA Education Committee