

## What is ISTDP?

ISTDP is an accelerated model of dynamic psychotherapy. Originally devised by Dr. Habib Davanloo in the 1960s and 1970s, the approach has been developed and modified by other leading practitioners in the field. ISTDP was introduced to the UK by David Malan.

ISTDP comprises a set of powerful techniques to alleviate symptoms of emotional distress. The focus is on the unconscious emotional processes that underlie many psychological as well as somatic difficulties.

*The distinctive characteristics of ISTDP are:*

- The depth to which unconscious feelings are experienced in a full and healthy way
- A focus on unconscious anxiety pathways and anxiety regulation
- The degree of clarity and focus with which maladaptive defences are brought to the patient's awareness

*An extensive body of published research evidence supports the efficacy of ISTDP as a treatment for a wide variety of emotional problems including depression, anxiety, psychosomatic illness and personality disorders.*

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## ISTDP-UK Core Training

- A small training group meets six times a year for three years. Each training block consists of two full days.
  - The primary focus of the training group is supervision. All trainees are expected to present video recordings of their psychotherapy work.
  - Trainers will introduce core concepts and theory illustrated by recordings of their own work. Role-play is used to highlight technical issues and therapists' difficulties.
  - Background reading of theory and published case reports, papers and relevant books will support practical skills. Attendance at workshops and conferences is also encouraged.
  - Training group members are encouraged to meet between training blocks for peer supervision
  - The trainers will offer guidance to trainees wishing to undertake a personal ISTDP therapy or additional supervision of their work.
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## Training Requirements

- Eligibility for core training requires applicants to be registered with a recognised professional body as a psychotherapist, clinical psychologist, psychiatrist or counsellor.
- Applicants must adhere to a professional code of ethics.
- Applicants must have patients in psychotherapy and be willing to present audiovisual recordings of sessions.
- Training is suitable for those working in the NHS and other organisations, as well as for those in private practice.

*ISTDP-UK trainers are recognised by the International Experiential Dynamic Therapy Association (IEDTA).*

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*To apply please fill in the application form at:*  
[www.istdp.org.uk](http://www.istdp.org.uk)

*or email us at:*

[info@istdp.org.uk](mailto:info@istdp.org.uk)

Intensive Short Term  
Dynamic Psychotherapy



## Three Year Core Training

*Intensive Short-Term Dynamic Psychotherapy*



### *Trainers*

Alexandra Knowles BSc Hons

Sharon Lewis D. Clin Psy

Robert Neborsky MD



[www.istdp.org.uk](http://www.istdp.org.uk)

Intensive Short Term  
Dynamic Psychotherapy



## Contact Details

ISTDP-UK organises regular seminars, masterclasses and conferences with leading clinicians. Details can be found on our website:

[www.istdp.org.uk](http://www.istdp.org.uk)

We are always keen to hear from interested practitioners. Our email address is:

[info@istdp.org.uk](mailto:info@istdp.org.uk)

You can stay up to date by joining us on Twitter where you will find us at:

[@istdpuk](https://twitter.com/istdpuk)

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