

Course Syllabus
Intensive Short-term Dynamic Psychotherapy, PS304FO
(7,5 ECTS/hp)

1. Type of Course

Reading-course at the doctoral level, Department of Psychology, Stockholm University.

2. Course Leader

Robert Johansson, robert.johansson@psychology.su.se

3. Learning Activities

Activities are based on reading literature and writing an individual PM (promemoria), as described in more detail under “examination”.

4. Learning Outcomes

For a passing grade on the course, the student must be able to:

- be able to explain basic concepts within Intensive Short-term Dynamic Psychotherapy (ISTDP)
- be oriented in past and current ISTDP research and the larger class of research in affect-focused psychodynamic psychotherapy
- be oriented in clinical applications of ISTDP
- demonstrate an understanding of how to apply basic ISTDP interventions in psychotherapy
- critically reflect on the scientific support of ISTDP
- relate the in-depth knowledge to the content of previous related courses

5. Content

The bibliography defines the content of the course: To provide a basic knowledge of ISTDP, to provide an in-depth understanding of clinical applications of, and to provide an understanding of contemporary ISTDP research. In addition, demonstrating an understanding of how to apply basic ISTDP interventions in psychotherapy.

6. Previous Knowledge

Admitted to the doctoral program at the Department of Psychology, Stockholm University. Upon request, the course may be open for doctoral students from other Universities.

7. Forms of Examination

The student is to write a longer PM based on the course literature. The PM will include an analytic, explorative and critical view of the literature as well as a proposed investigation pinpointing and presenting needed future research within the field. In addition, an oral examination of the course literature will be undertaken. To pass, sufficient knowledge of and ability to synthesize and problematize theory and research in the ISTDP field is required.

8. Grades

Pass or Fail

9. Plagiarism and self-plagiarism

It is of course permissible to quote other sources, but both direct and indirect quotes must always be provided with correct and complete reference data. Copying or printing of a shorter or longer section and identifying oneself as the author of the text is prohibited. It is considered plagiarism. It is not allowed in the longer pieces to quote your own previous graded texts (so-called self-plagiarism). Plagiarism is regarded as a fundamental breach, not only against an established research ethics code, but also on a general approach to their own and others' texts. Plagiarism is unauthorized cheats and will always be the subject of a disciplinary matter, which can lead to suspension.

10. Literature

Scientific papers:

Abbass, A., Kisely, S., Rasic, D., Town, J. M., & Johansson, R. (2015). Long-term healthcare cost reduction with intensive short-term dynamic psychotherapy in a tertiary psychiatric service. *Journal of psychiatric research*, 64, 114-120.

Abbass, A., Town, J., Johansson, R., Lahti, M., & Kisely, S. (2019). Sustained reduction in health care service usage after adjunctive treatment of intensive short-term dynamic psychotherapy in patients with bipolar disorder. *Psychodynamic psychiatry*, 47(1), 99-112.

Davanloo, H. (2001). Intensive short-term dynamic psychotherapy: extended major direct access to the unconscious. *European Psychotherapy*, 2(2), 25-70.

Fleury, G., Fortin-Langelier, B., & Ben-Cheikh, I. (2016). The cardiac rhythm of the unconscious in a case of panic disorder. *American journal of psychotherapy*, 70(3), 277-300.

Johansson, R., Town, J. M., & Abbass, A. (2014). Davanloo's Intensive Short-Term Dynamic Psychotherapy in a tertiary psychotherapy service: overall effectiveness and association between unlocking the unconscious and outcome. *PeerJ*, 2, e548. (20 pages)

Lilliengren, P., Johansson, R., Lindqvist, K., Mechler, J., & Andersson, G. (2016). Efficacy of experiential dynamic therapy for psychiatric conditions: A meta-analysis of randomized controlled trials. *Psychotherapy*, 53(1), 90-104.

Town, J. M., Abbass, A., Stride, C., & Bernier, D. (2017). A randomised controlled trial of Intensive Short-Term Dynamic Psychotherapy for treatment resistant depression: the Halifax Depression Study. *Journal of affective disorders*, 214, 15-25.

Town, J. M., Abbass, A., Stride, C., Nunes, A., Bernier, D., & Berrigan, P. (2020). Efficacy and cost-effectiveness of intensive short-term dynamic psychotherapy for treatment resistant depression: 18-Month follow-up of the Halifax depression trial. *Journal of Affective Disorders*, 273, 194-202.

Books, required reading:

Abbass, A. (2015). *Reaching through resistance: Advanced psychotherapy techniques*. Kansas City, MO: Seven leaves press. (412 pages)

Frederickson, J. (2013). *Co-Creating Change: Effective dynamic therapy techniques*. (First edition). Kansas City, MO: Seven Leaves Press. (532 pages)

Books, optional reading:

Davanloo, H. (1995). *Unlocking the unconscious: selected papers of Habib Davanloo, MD*. (New ed.) New York, NY: Wiley. (338 pages)

Davanloo, H. (2000). *Intensive short-term dynamic psychotherapy: selected papers of Habib Davanloo*. Chichester: Wiley. (253 pages)

Frederickson, J. (2020). *Co-Creating Safety: Healing the Fragile Patient*. Kansas City, MO: Seven Leaves Press. (525 pages)