To Book a place on this half day conference please complete the tear off section below and send together with your cheque payable to:
Surrey Counselling Training
Send to:
The Bookings Secretary
c/o 4 Weldon Drive
Bishop Fox Way
Molesey,
KT8 2NT
Payment £45 to arrive not later than Friday 2nd May 2014
There are limited spaces so early booking is advisable.
Tear Off below

- -

To the Bookings Secretary Surrey Counselling Training (Dynamic Interpersonal Therapy)

NAME . . . . . .

ADDRESS . . . . . .

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TEL No . . . . . .

Email address . . . . . .

I am interested in the following

General interest—keep me posted ☐

Couples affected by Autism ☐

Attachment; an integrationist approach ☐

NLP for counsellors ☐

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Surrey Counselling Training

Surrey Counselling Training

Continuing Professional Development Half Day Conference

An introduction to Dynamic Interpersonal Therapy

Saturday 10th May 2014
10.30am—1.30 pm

Course Venue: -

The Jurgens Centre

91 Harvest Road

Egham

TW20 0QR

Do not send bookings to this address

Contact 07880 353 978

AN INTRODUCTION TO DYNAMIC INTER-PERSONAL THERAPY

Saturday 10th May 2014

10.30 am (arrivals 10.00 am)

Concludes 1.30 pm

Venue:

The Jurgens Centre, 91 Harvest Road,

Egham,

TW20 0QR

Programme

10.00 Welcome, Registration & Refreshments

10.30 Introduction to the model with case illustrations

12.00 *Break*

12.20 Small Group Exercise

13.00 Final Plenary

13.25 Closing Thoughts

13.30 Depart

Attendance / CPD Certificate: 3.5 hrs CPD

Deborah Abrahams is a chartered clinical psychologist and Associate of the Tavistock Psychological Therapies Service where she teaches on the DIT course, provides supervision and is the UK DIT Coordinator.

In addition, Deborah works as a psychotherapist in the NHS Camden Psychodynamic Psychotherapy Service offering longer term individual and group psychotherapy as well as DIT. Deborah is the research lead for a forthcoming RCT in Camden, comparing the effectiveness of DIT with CBT. Deborah is also in the fourth year of her psychoanalytic psychotherapy training through the British Psychotherapy Foundation.

Conference content

The event will provide an introduction to the model of brief, Dynamic Interpersonal Therapy (DIT), one of the five therapeutic approaches being offered within IAPT (alongside CBT, IPT, Counselling for Depression and Behavioural Couple Therapy).

DIT was developed by Alessandra Lemma, Peter Fonagy and Mary Target as a 16 session brief therapy model based on psychodynamic principles for those clients presenting with depression (and anxiety) in the context of interpersonal difficulties and/or losses.

During the event you will gain a better understanding of this approach including an introduction to Mentalisation, one of the therapeutic techniques used in DIT. The event will include case study illustrations.

Opportunity will be available to apply the model to one of your own cases. Please come to the workshop with a particular patient / client in mind, preferably someone with a recent onset of depression that was linked to relationship difficulties.

The workshop will also consider and explore possible next steps: what is required to become a DIT practitioner.

http://www.psychoanalytic-council.org/find-a-therapist/dit

Parking: There is ample car parking adjacent to the Centre.
Location details will be sent to all delegates



Detailed directions will be sent to all delegates

PLEASE NOTE THE LOCATION FOR THIS COURSE.

The Jurgens Centre, 91 Harvest Road, Englefield Green, Egham, TW20 0QR.

Suitable access for disabled students and ample parking space .

Location details will be sent to all delegates

DIT is the brief psychodynamic therapy model now offered at Step 3 within the Improving Access to Psychological Therapies (IAPT) programme. The National Institute for Health and Clinical Excellence (NICE) guidelines for depression state that brief psychodynamic therapy is one option that can be considered for depressed patients either when the patient has not responded to CBT interventions, or where the patient actively opts for a psychodynamic approach.

The model will be of interest to practitioners from all modalities