

Working with the Highly Resistant Patient

Presenter: Jon Frederickson, MSW

2.11.2023, HELSINKI



Why do we get stuck with patients? Of course, there can be many reasons. But one group poses a unique difficulty: the highly resistant patient. When you ask what they would like help with, they say they don't know, or "I was hoping you could tell me", or they present in a vague, slippery way so that we are not sure what they want to work on. We might work with them for a while but somehow, things remain stuck. What happened? What are we not seeing?

In this video presentation of a case, we will analyze the patient's responses moment by moment to assess what patient behaviors can keep a patient stuck. Further, we will look at defenses from a relational point of view. What kind of relationship is the patient enacting through her defenses? Once we see that relational pattern, we will show how to help the patient see defenses and behaviors she has previously been unaware of. And we will look at how to help the patient see what she has not seen. Further, we will show how to help the patient become aware of her relational patterns in therapy that keep her stuck in life. Finally, we will be able to see how the "resistance" is secretly also our ally because it tells us what the problem is and how to talk about it.

Jon Frederickson, MSW, is on the faculty of the Intensive Short Term Dynamic Psychotherapy (ISTDP) Training Program at the Washington School of Psychiatry. Jon has provided ISTDP training in Sweden, Norway, Denmark, Poland, Italy, Switzerland, India, Iran, Australia, Canada, the U.S., and the Netherlands. He is the author of over fifty published papers or book chapters and four books, Co-Creating Change: Effective Dynamic Therapy Techniques, Psychodynamic Psychotherapy: Learning to Listen from Multiple Perspectives, The Lies We Tell Ourselves, and Co-Creating Safety: healing the fragile patient. His book, Co-Creating Change, won the first prize in psychiatry in 2014 at the British Medical Association Book Awards, and it has been published in Farsi, Polish, Hebrew, and Slovak, and is currently being translated into Spanish and Croatian. His book The Lies We Tell Ourselves has been published in Polish, Farsi, Norwegian, Czech, Arabic, and Danish, and is currently being translated into German, Chinese, Hungarian, and Bulgarian. And his book, Co-Creating Safety is being translated into German, Hebrew, and Slovak. He has DVDs of actual sessions with patients who previously failed in therapy at his websites www.istdpinstitute.com and www.deliberatepracticeinpsychotherapy.com There you will also find skill-building exercises designed for therapists. He writes posts on ISTDP at www.facebook.com/DynamicPsychotherapy. His skill-building book for therapists, Healing Through Relating, came out in May, 2023. His forthcoming book, Clinical Thinking in Psychotherapy: how to do it and how to teach it, is forthcoming.

DETAILS

Date and time: 2nd of November 2023, 9am-5pm, registrations from (8:30am)

Location: Lapinlahden Lähde, auditorium; Lapinlahdenpolku 8, 00100 Helsinki

Price: 180 € + VAT 24 % (223.20 € in total). The price includes coffee/tea in the morning and afternoon along with a salty and sweet snack respectively.

For whom? Licensed health care professionals (information needed for registration). Confidentiality about the shown case is required.

Registrations: By filling out the form on katarinakiiskinen.com/tapahtumat/jfrederickson2023 before 11th of October (N.B. Date has changed!).

Conditions: Registration is binding. For cancellations before 22nd of October, 50% of the fee will be charged. After this date the whole price will be billed.

Language: The presenter presents in English, but it is possible to ask questions in Finnish.

Organizer: Psykologipalvelut Katarina Kiiskinen. katarina.kiiskinen@abo.fi, +3584578722343
Katarina Kiiskinen is a psychologist and psychotherapist trainee (University of Helsinki 2022-2026) who completed her Core-training in ISTDP in 2020 in Sweden. She is passionate about ISTDP and wants to bring it to practitioners in Finland.

SCHEDULE (SUBJECT TO CHANGES)

8:30-9:00	Registration and Morning Coffee
9:00- 10:15	1 st Block: Case Presentation
10:15-10:45	Break
10:45-12:00	2 nd Block: Skill Building for Resistance Identification
12:00-13:00	Lunch (at own expense)
13:00-15:00	3 rd Block: Case Presentation
15:00-15:30	Coffee and pastry
15:30-16:30	4 th Block: Integration
16:30-17:00	Discussion and termination

Welcome!