



## Brief Psychodynamic Therapy

### Applying Time Limited Dynamic Psychotherapy (TLDP) in an Integrated Practice.

As there has been a significant increase in demand for mental health services and a requirement for economical 'less is more treatment approaches', skills in brief, focused therapies are becoming necessary. With Psychodynamic Therapy noted for its emphasis on the unconscious, transferences, childhood patterns, and defence mechanisms, one might wonder how it could be adapted to be an effective brief therapy. Yet, Brief Psychodynamic Therapy (TLDP) is proving to be an important adjunct to any integrated practitioner's armory. This workshop is an opportunity to understand and enjoy its historical and theoretical development, methods, and applications.

Course participants will learn the criteria to differentiate between those clients who will and will not benefit from Brief Psychodynamic Therapy and to make an informed assessment and diagnosis that guides the focus of the TLDP. Participants will also become acquainted with the beginning, middle, and end phases of this form of therapy and the requirements and role of the therapist in each phase. Included will be the various options available at the end of therapy such as onward referral, continuing, ending etc., and considerations as to which is most suitable for each client.

In addition to case studies, participants will have the opportunity to work in small groups to make an assessment. In order to maximize active learning, groups will formulate questions and goals for the 'client' (portrayed by the presenter, based on case material), and feedback will be provided by the presenter and course participants

#### Learning objectives of this training:

1. Be able to differentiate between long and brief psychodynamic therapy.
2. Know some of the historical development and current approaches to TLDP.
3. Discern which clients are appropriate/inappropriate for TLDP.
4. Be clear about the role and skills of the TLDP.
5. Understand the meaning and usefulness of Transference and Countertransference.
6. Develop the capability to stay focused on goals and modify the therapeutic approach so as to provide competent brevity.
7. Develop a familiarity of the three phases of the TLDP process.



**Dr Ari Badaines** trained as a clinical psychologist in the USA and received a post-doctoral National Institute of Mental Health fellowship in Washington, DC. Ari has been a consultant to numerous organisations including Relate in the UK, Richmond Fellowship and Youth-in-Search in Australia. He has taught at various universities in the USA, UK, and Australia including ACU and ACAP in Sydney and has also led workshops in over twenty countries. Ari has been in private practice for over 45 years. The main theoretical orientation of his training was psychodynamic psychotherapy, and he had many years of supervised, clinical practice, including a one year pre-doctoral internship at a psycho-analytic training institute in New York. As the demands for therapy grew, the 'payer' (governments, insurance companies, clients) demanded more parsimonious approaches, Ari undertook trainings to develop the skills for TLDP. He currently maintains a private practice in Sydney, consults to treatment organisations and supervises other therapists; he is a popular presenter for PDP and runs trainings in the UK and Europe twice a year.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

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Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points.*

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

### **Morning Session**

What is BPD? History of development and how it differs from Long Term Psychodynamic Therapy (LTPD).

Understanding its applications and what it demands of the therapist.

The therapy process: assessment; selecting a goal; the role of the Therapist; transference and countertransference.

### **Afternoon Session**

Forming small groups

Case studies and group experiential work.

Discussion and question time.

Evaluation and closing.

***"Most therapists have been aware that there is something happening in the client/therapist relationship that engenders thought and feeling in each. This transference, assessment and a focussed direction are the cornerstones of Psychodynamic Therapy. This workshop is designed to enhance your therapeutic outcomes in the context of 'Brief' Therapy."***

Dr Ari Badaines

### **How will you benefit from attending this training?**

- Develop a greater understanding of Psychodynamic work generally.
- Learn how to maintain depth in therapy work with clients' when session numbers are limited.
- Begin to integrate psychodynamic concepts with your current approaches while working on clients' interpersonal goals.

### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

**This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Social Workers, Mental Health Nurses and Psychiatrists.**

### **Feedback from Ari's recent presentations for PDP:**

*"This was an excellent workshop – accessible enjoyable. Can't wait to use this with my clients."*

*"A very engaging and beneficial workshop - thank you Ari!"*

*"Great! Relevant! Applicable! Enjoyable! Thank you!"*

*"I thoroughly enjoyed this workshop and see so many uses for this approach with my clients. The practical sessions were especially valuable."*

*"I really appreciated the way Ari engaged the entire group in a respectful way. He made learning enjoyable and highly interactive. I finished today feeling very enthused about integrating these skills into my work with clients."*

*"This was fun and made learning the skills so easy – more from Ari please!"*