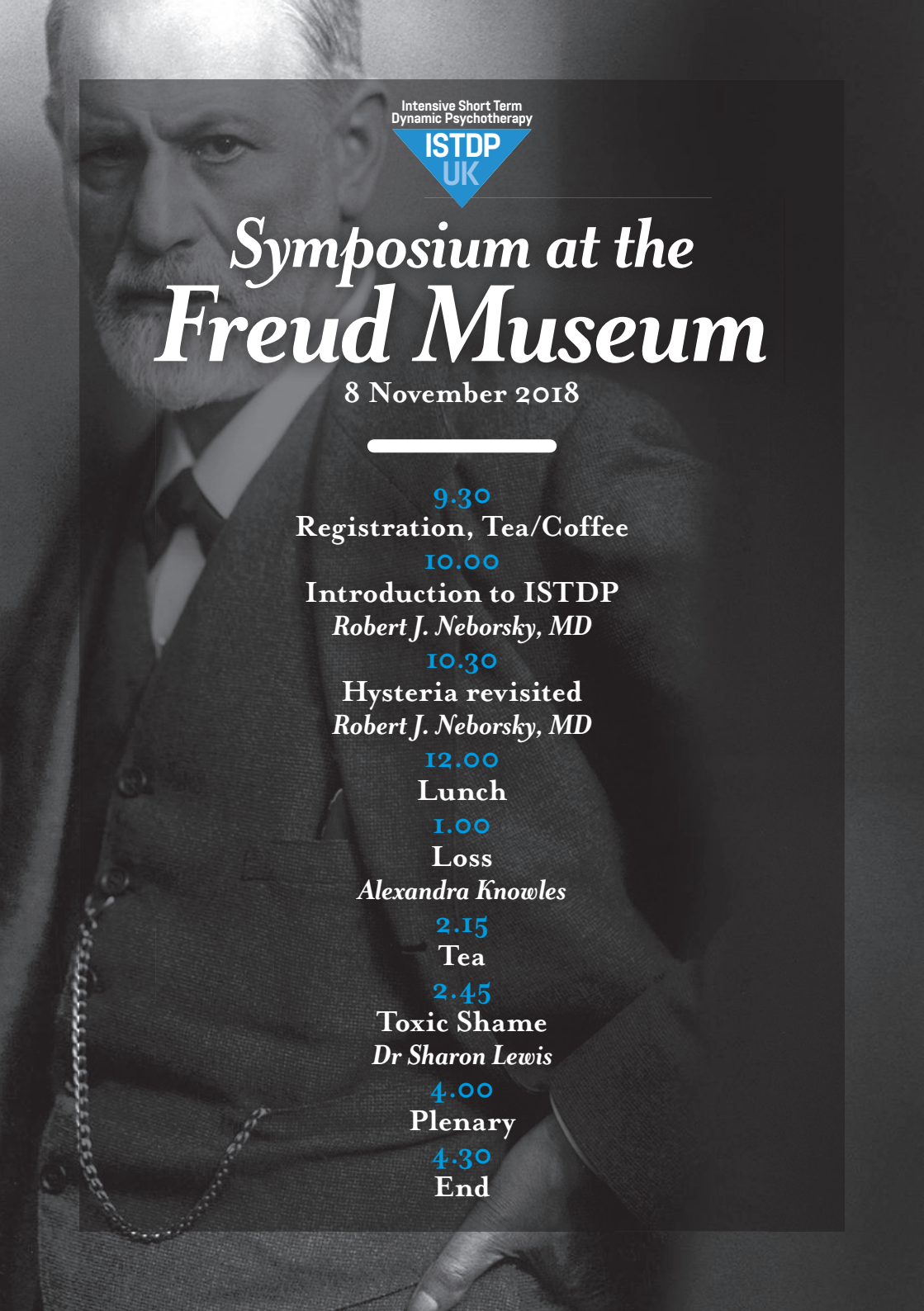

Intensive Short Term Dynamic Psychotherapy

ISTDP UK

Symposium at the Freud Museum

8 November 2018

9.30
Registration, Tea/Coffee

10.00
Introduction to ISTDP
Robert J. Neborsky, MD

10.30
Hysteria revisited
Robert J. Neborsky, MD

12.00
Lunch

1.00
Loss
Alexandra Knowles

2.15
Tea

2.45
Toxic Shame
Dr Sharon Lewis

4.00
Plenary

4.30
End

Alexandra Knowles

Prior to her specialisation in Intensive Short-Term Dynamic Psychotherapy (ISTDP), Alexandra spent more than 30 years in private practice as a Psychoanalytic Psychotherapist working with individuals and couples as well as teaching and supervising. Following the ISTDP Oxford Conference in 2006, hosted by David Malan, she joined the first group of UK therapists to be trained in ISTDP. Trainers were Patricia Coughlin, Jon Frederickson, Robert Neborsky and Josette ten have-de Labije. She was the founding chair of ISTDP-UK and has presented her ISTDP work at various national and international lectures and conferences. Currently she splits her time between her private practice, working with individuals and couples, and teaching ISTDP. She is an accredited IEDTA teacher and supervisor.

alexandra@psychotherapist.demon.co.uk

Dr Sharon Lewis

Dr Sharon Lewis is a Chartered Clinical Psychologist who specialises in Intensive Short Term Dynamic Psychotherapy (ISTDP). She is a founding member of ISTDP-UK, an accredited IEDTA trainer, and has studied extensively with leading clinicians in the field. Dr Lewis has a private practice in Buckinghamshire and runs ISTDP-UK training programmes for clinicians wanting to train in this method. She previously worked as clinical supervisor of the Trauma Clinic of the Centre for the Study of Violence and Reconciliation in South Africa, as well as within the NHS. She has published in the areas of childhood trauma and post traumatic stress disorder, and conducted research into treatment-resistant depression.

sharonlewis@me.com

Robert J. Neborsky

Robert J. Neborsky, M.D., is a psychiatrist in private practice in Del Mar, California, and a Clinical Professor of Psychiatry at UCSD School of Medicine and UCLA School of Medicine (Hon). Dr Neborsky initially trained in ISTDP with Dr Habib Davanloo in the 1980s, and in 2003 he was one of the founders of the Southern California Society for IS-TDP. He was also a founding member on the Editorial Board of the International Journal of Short-Term Dynamic Psychotherapy. Recent publications include The Collected Writings of Robert J Neborsky, MD and Mastering Intensive Short-term Dynamic Psychotherapy: A Roadmap to the Unconscious.