

ATTACHMENT BASED
INTENSIVE SHORT TERM
DYNAMIC PSYCHOTHERAPY

ISTDP CORE TRAINING

MANCHESTER UK



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TRAINER & SUPERVISOR



Dr Javier Malda Castillo

Dr Malda Castillo is a clinical psychologist (Dclin) and International Experiential Dynamic Therapy Association (IEDTA) certified teacher and supervisor in ISTDP. For the past decade he has worked in the NHS delivering and implementing ISTDP and has published several studies of the efficacy and suitability of this method in secondary care mental health services.

He trained in ISTDP with Dr Neborsky, Alexandra Knowles and has specialized in this method with Dr Josette ten Have-de Labije over the past 5 years in Germany. He is also an accredited Mentalization Based Treatment (MBT) supervisor by the Anna Freud Centre and has extensive experience in delivering supervision within the framework of NHS England rolling out of psychological therapies.

His previous therapeutic training includes two years of group psychodynamic therapy with the Institute of Group Analysis (IGA) and four years of individual psychodynamic psychotherapy with the Tavistock Clinic psychotherapy training program.

Assistant Teacher
Dr Frances Chaisty

Guest Teachers
To be confirmed

READING

Core Textbook

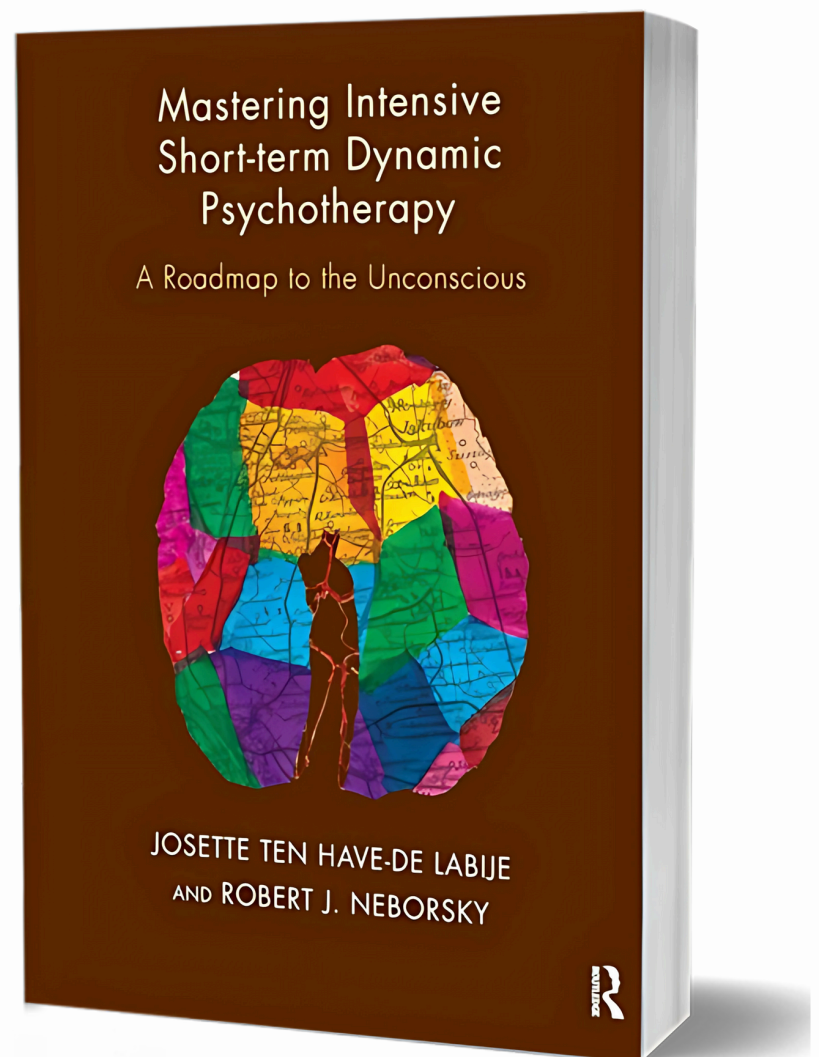
Mastering Intensive Short Term Dynamic Psychotherapy (ISTDP):
A roadmap to the unconscious
(Ten have-De Labije & Neborsky, 2012)

Optional Textbooks

ten Have-de Labije, J. (2010)
The Collected Writings of
Josette ten Have-de Labije,
Unlocking Press, Del Mar California USA.

ten Have-de labije, J. (2021) Stumble, fall
and get up again on the road to the
unconscious: Practical exercises for the
ISTDP therapist.

Order this book by contacting
Dr ten Have de Labije
at havelaby@t-online.de



Trainees are required to be familiar with the core textbook
Mastering ISTDP: A roadmap to the unconscious.

MANDATORY READING

TRAINEES WILL BE REQUIRED TO STUDY THE FOLLOWING PAPERS:

Abbass, A. & Town, J. (2021). Alliance rupture-repair processes in intensive short-term dynamic psychotherapy: working with resistance. *Journal of Clinical Psychology*.

Davanloo, H.(1987). Clinical Manifestations of Superego pathology (1987).

Neborsky, R. & ten Have-de Labije (2004) Helping a patient to actively deal with his anxiety to explore and experience the source of his anxiety with (AB) ISTDP.

ten Have-de Labije, J. (1999) Maintaining Davanloo's Discovery for Uncovering the Unconscious: an attempt at formulating operational definitions of the dependent variables. Part I and II. *Ad Hoc Bulletin of STDP, Practice and Theory* 3, 1, 4 - 21.

ten Have-de Labije, J. (Editor) (2001) Red and Green Traffic Lights on Davanloo's Road to the Unconscious, Part I in *The Working Alliance in ISTDP: whose intrapsychic crisis?* VKDP, Amsterdam, The Netherlands

ten Have-de Labije, J & Neborsky, R.J. (2005) Understanding and Overcoming Instant Repression. Part I. *Ad Hoc Bulletin of STDP, Practice and Theory* 9, 2, 5 – 10.

ten Have-de Labije, J. (2006). When patients enter with anxiety on the forefront *Ad Hoc Bulletin of Short-Term dynamic Psychotherapy, Practice and Theory* 2006, 10, 1 ADD.

COURSE SUMMARY

CURRICULUM

3 years duration

In person: 4 weekends per year (Friday, Saturday & Sunday) in Manchester, UK.

Online (Zoom): Monthly 2-hour theory lectures (Second Friday of the month 4.00 pm to 6.00 pm)

Drop-In (Optional) Monthly zoom group supervision (2 hours)

YEAR 1: FOUNDATIONAL SKILLS

The history of ISTDP and integration with attachment theory

Psychodiagnosis from an ISTDP perspective

- Psychophysiology of anxiety and its role in emotional regulation
- Assessment of defences and their role in emotional regulation.
- Recognising feelings and working with them

Psychodynamic Formulation: The triangle of person and the triangle of conflict

Establishing conscious & unconscious working alliance

Re-structuring ego adaptive capacity: Part I.

YEAR 2: INTERMEDIATE SKILLS & IMPLEMENTATION OF ISTDP PROTOCOL

The Central Dynamic Sequence

Following the roadmap to the unconscious (Josette ten Have-de Labije, 2012)

Understanding how to tailor ISTDP to the ego adaptive capacity

Emotional breakthroughs

Re-structuring ego adaptive capacity: Part II.



YEAR 3: CONSOLIDATION & QUALIFICATION

Applying ISTDP to complex presentations
(moderate and severe fragility)

Re-structuring ego adaptive capacity:
Part III.

- Working Through Techniques
- Emotional Breakthroughs
- Unlocking the Unconscious
- Interpretations

Therapy ending and follow-up.

WORKSHOPS

There will be a yearly workshop held in Manchester with a leading clinician in ISTDP. Attendance is voluntary and trainees will have 50% reduced fee for the workshop tickets.

ADMISSION CRITERIA

Applicants must be licensed/registered or in a recognised training programme that leads to licensure/registration, e.g:

- Clinical Psychologist
- Psychotherapist / Counsellor
- Psychiatrist

Applicants must submit a CV as well as a one-page statement stating their reasons to undertake the course.

Applicants must have completed the pre-core training workshops with ISTDP-North or an equivalent introductory course to ISTDP.



INITAKE INTERVIEW

Upon confirming suitability, Javier will organize a 30-minute zoom interview with the applicants to determine suitability for the course.

COHORT SIZE

The trainee group is limited to a maximum of 12 participants.

FEES

30£ non-refundable administrative fee to process the application

3,000£/year payable upon application

The commitment is yearly, and it is reviewed individually at the end of each year.

Payment is yearly and non-refundable as it secures a training slot for the year.

COSTS INCLUDED

- 4 full training weekends
- 10 monthly theory seminars
- Monthly drop-in supervision
- Individual tutoring slots to review training process
- ISTDP-North Training Handbook
- Reduced fees to conferences, workshops and seminars organised by ISTDP-North

Access to the following resources:

- Video recording informed consent paperwork
 - Support in application for funding of the training fees
 - Access to up-to-date research on the efficacy and applicability of ISTDP.
-

COURSE REQUIREMENTS

Participants are required to **video record** their therapy sessions (with appropriate consent) and share their recordings in group and individual supervision.

Participants are required to attend the online theory lectures as well as the in person experiential and supervision block weekends.

Participants are required to deliver the ISTDP protocol to at least 2 patients over the duration of the course.

At the end of the course, participants are asked to deliver a presentation which includes a video-recorded clinical case and demonstrates successful implementation of ISTDP treatment protocol.

This is a clinical skills training course, and it does not require written assignments.

Trainees are required to dedicate at least 25 hours of self-directed study and reading core ISTDP textbooks.

ASSESSMENT

Trainees will have a personalised logbook which is reviewed in their tutoring slots.

Trainees will be required to read the mandatory papers before the training blocks/theory seminars and will be informally evaluated on their knowledge of such papers.

Basic ISTDP competencies will be benchmarked using the treatment manual (ten Have-de Labije & Neborsky 2012).



The core competencies framework of psychodynamic psychotherapy in England will be used to review core psychotherapy competencies and the safety and acceptability of therapy delivery

Trainee clinical competencies will be evaluated through their therapy video recordings.

A final case will be presented in the last training block demonstrating the effective implementation of the treatment protocol.

Each trainee will have access to a logbook to facilitate an individualised and tailored learning process.

DATES

BLOCK ONE

Friday 29th January 2027/Saturday 30th
January 2027/Sunday 31st January 2027

BLOCK TWO

Friday 23th April 2027/Saturday 24th April
2027/Sunday 25th April 2027

BLOCK THREE

Friday 4th June 2027/Saturday 5th June
2027/Sunday 6th June 2027

BLOCK FOUR

Friday 1st October 2027/Saturday 2nd
October 2027/Sunday 3rd October 2027

MONTHLY SEMINARS

Monthly supervision drop-in groups (as
required)

6 Friday zoom Lectures (4 to 6 pm; Second
Friday of the month)

Annual Masterclass 23th April 2027

Next Intake Commencing January 2027



GET IN TOUCH



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