

ATTACHMENT BASED
INTENSIVE SHORT TERM
DYNAMIC
PSYCHOTHERAPY (ISTDP)

INTRODUCTORY WORKSHOPS

MANCHESTER, UK



ISTDP North

CONTENTS

03	What is ISTDP?
04	Training Team
07	Reading Course & Content
08	Course Summary
09	Fees
10	Dates

W h a t i s I S T D P ?

ISTDP is a specialist form of evidence-based psychodynamic and attachment based treatment. It has been widely researched in multiple countries, healthcare settings and with a wide range of populations and presenting problems including anxiety, depression, PTSD, sleep problems, functional/physical difficulties, personality disorders etc. Currently, there are over 200 research studies proving the efficacy of this method, and it has been applied and researched in a variety of NHS settings. For a full list of references can be found [HERE](#). ISTDP training is structured and relies upon trainees' video recording their therapy sessions.



W h a t a r e t h e c o r e p r i n c i p l e s o f I S T D P ?

- Formulation using attachment based and psychodynamic theory.
- Integrative interventions with cognitive, behavioural and psychodynamic principles.
- Trauma informed, with attention to neuroscience research and development and special attention to supporting healthy emotional regulation.
- Using video recording to improve treatment outcomes and training experience
- Evidence-based and geared to implementation in public and healthcare institutions.

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 Sarah Corfe

Dr Corfe is a Consultant Psychiatrist and has extensive experience both in the NHS and in private practice. During her more than two decades of clinical experience in adult psychiatry, Dr Corfe has worked with service users with a variety of psychiatric diagnoses including schizophrenia, mood and anxiety disorders. Alongside her psychiatric practice, Dr Corfe is also an ISTDP certified therapist. She completed her ISTDP training in 2015 and has continued to receive advanced training and supervision in Germany from Dr ten Have-de Labije over the past decade. She is currently training to become an ISTDP certified teacher and supervisor.

COURSE ASSISTANT



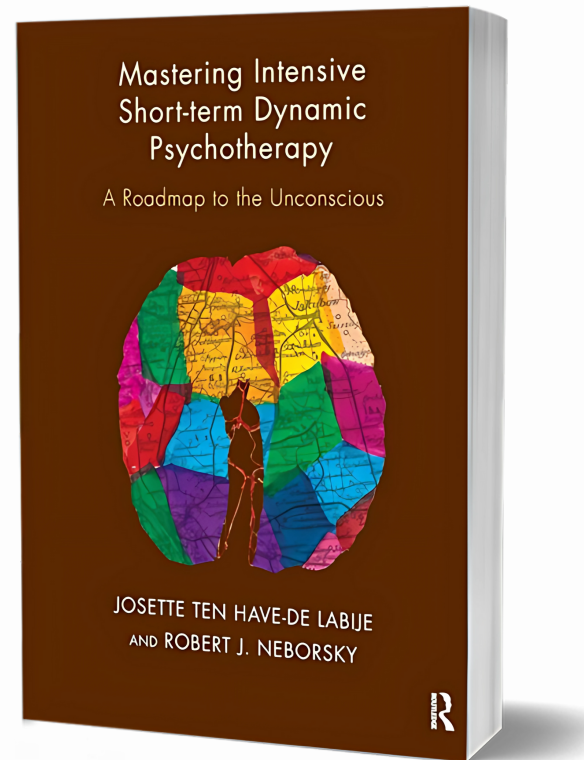
Dr Frances Chaisty

Dr Chaisty is a Clinical Psychologist working in the National Health Service (NHS) and in private practice. She started her ISTDP core training in Berlin in 2023 under the mentoring and supervision of Dr ten Have-de Labije as part of an international ISTDP training group. Prior to her ISTDP training, she completed foundation group psychodynamic training with the Institute of Group Analysis (IGA).

Reading & Course Content

Textbook & Papers

- ten Have-de Labije & Neborsky, R. (2012). Mastering Intensive Short Term Dynamic Psychotherapy (ISTDP): A roadmap to the unconscious
- 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



Course Learning Objectives

- Understanding the basic theoretical underpinnings of ISTDP
 - ISTDP Assessment and Formulation & Clinical Principles
 - The evidence base of ISTDP and its NHS implementation
 - Basic principles of ISTDP technique and integration
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COURSE SUMMARY

CURRICULUM

- 5 months duration
- Hybrid learning experience
- Experiential Learning
- Technical demonstration using videos of live therapy sessions

COURSE CONTENT

- What can ISTDP treat?
- The initial Assessment Process
- Video-recording to enhance clinical skills
- Formulation using the model
- NHS implementation
- Transferable ISTDP skills to standard clinical practice

WHO IS THIS COURSE FOR?

- Qualified or in-training healthcare professionals.
- Clinicians who wish to enhance their therapy skills through watching real live video-tapes.
- Clinicians who would like help in working short-term with complex populations.
- Clinicians interested in integrating basic attachment and psychodynamic principles in their practice.
- Preparation for applying to a core training in ISTDP.



FEES

- 600£ early bird (Until May 2026) 700£ general registration
- Payment is through bank transfer upon application or by cash on the first day.
- Applicants who need financial support can get in touch with the course convenor by email to discuss payment options j.maldacastillo@outlook.com
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COSTS INCLUDED

- 2 full days in person (remote attendance is possible)
- 4 evening online seminars
- 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 for core training
- Access to up-to-date research on the efficacy and applicability of ISTDP.

DATES

Introductory Workshops 2027 Intake

- Saturday 27th February 10:00 am to pm
- Friday 26th March 2027 4:00 pm to 7:00 pm
- Friday 30th April 2027 4:00 pm to 7:00 pm
- Friday 21st May 2027 4:00 pm to 7:00 pm
- Friday 17th September 2027 4:00 pm to 7:00 pm
- Saturday 6th November 2027 10:00 am to 4:30 pm



GET IN TOUCH



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