

*S:t Lukas educational institute is pleased to announce
a day with Jon Frederickson*

Trauma: Living Through and Working Through

Presenter: Jon Frederickson, MSW

March 5, 2019

As the writer William Faulkner once said, "The past is never dead. It's not even past." And what better example of that can we find than in the ways patients relive their traumas from the past in their present life. Every therapist knows that what patients cannot put into words they will put into action. The question becomes: how do we help patients move from reliving their traumas in therapy to being able to work through those traumas so that they become free to live into life in a new way.

We will study a videotaped three-hour initial session with a woman who had been in therapy for over twenty years. Her therapy had helped her understand her past cognitively, but it had not changed her emotionally. She was still suffering from depression, anxiety, and a series of relationships with abusive men.

Following questions will be addressed:

- how to help patients work through traumatic memories and experiences
- how to help patients bear what was once unbearable
- how to link bodily experiences in therapy with past traumas
- how to deactivate projections onto the therapist
- how to help patients move from reliving the past to living in the present

Plats: Stockholm, Ersta Sköndal Bräcke högskola, Campus Ersta, Stigbergsgatan 30

Kostnad: 1700 SEK, ej momsbelagt. Kostnaden inkluderar kaffe, lunch and vin/snacks-mingel på kvällen. För studenter från S:t Lukas utbildningsinstitut gäller självkostnadspris 200 SEK.

Anmälan görs till Jan Sandström via mail jan.sandstrom@esh.se, senast den 19 februari.

Ange faktureringsadress inklusive organisationsnummer (personnummer om betalar privat).

Anmälan är bindande.

För övriga frågor kontakta Teci Hill, lektor (teci.hill@esh.se).

Schedule

Registration: 9.15

- 9.30 -11.00 Recognizing enacted memories of trauma
- 11:00-11.30 Coffee
- 11.30-13.00 Bearing the unbearable: empathic living through together
- 13.00-14.00 Lunch at Ersta Terrace
- 14.00-15.30 Linking of memories from the past to suffering in the present
- 15:30-16:00 Coffee
- 16.00-17.30 Integration and Discussion

17.30- Wine reception at Campus Ersta

Jon Frederickson, MSW, is on the faculty of the Intensive Short Term Dynamic Psychotherapy Training Program at the Washington School of Psychiatry. He also teaches at the Laboratorium Psykoeducacji in Warsaw and the Ersta Sköndal Bräcke University College in Stockholm. Jon has provided ISTDP training in Sweden, Norway, Denmark, Poland, India, Italy, Australia, Canada, and the U.S. He is the author of over fifty published papers and three books, *Co-Creating Change: Effective Dynamic Therapy Techniques*, and *Psychodynamic Psychotherapy: Learning to Listen from Multiple Perspectives*, and *The Lies We Tell Ourselves*. *Co-Creating Change*, won the first prize in psychiatry in 2014 at the British Medical Association Book Awards, and it is published in Farsi and Polish. *The Lies We Tell Ourselves* is published in Polish, Farsi, and Danish. And it will soon be translated into Norwegian and Chinese. 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 .