

PTSD and the deeper zones of the unconscious

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Meta-analyses

- STPP: Moderate to large gains maintained in long-term follow up:
 - Children and adolescents (Abbass et al, 2013), Depression (Driessen et al, 2010), Somatic symptoms (Abbass, et al 2009), Depression with personality disorder (Abbass et al, 2011), Personality Disorder (Town et al, 2011)
- New Cochrane Review (Abbass et al, 2014)
 - Moderate-large sustained effects overall but nearly all effects of STPP are from studies of Malan/Davanloo models!

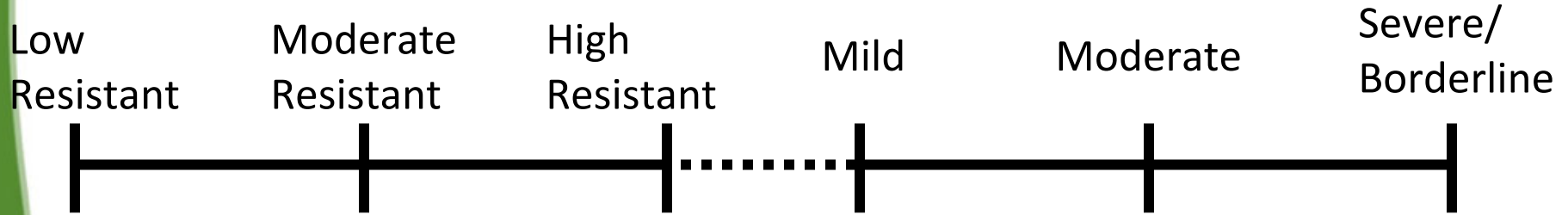
Intensive Short-term Dynamic Psychotherapy

- Over 40 published outcome and process studies
- Meta-analyses: Large persistent effects in mixed disorders, somatic disorders and personality disorders (Abbass et al, 2013, Town and Driessen 2013)
- 14 studies support cost effectiveness (Abbass and Katzman, 2013)

Spectrum of PTSD cases suitable for ISTDP

Spectrum of Patients with Psychoneurotic Disorders

Spectrum of Patients with Fragile Character Structure



Striated Muscle + Isolation of Affect

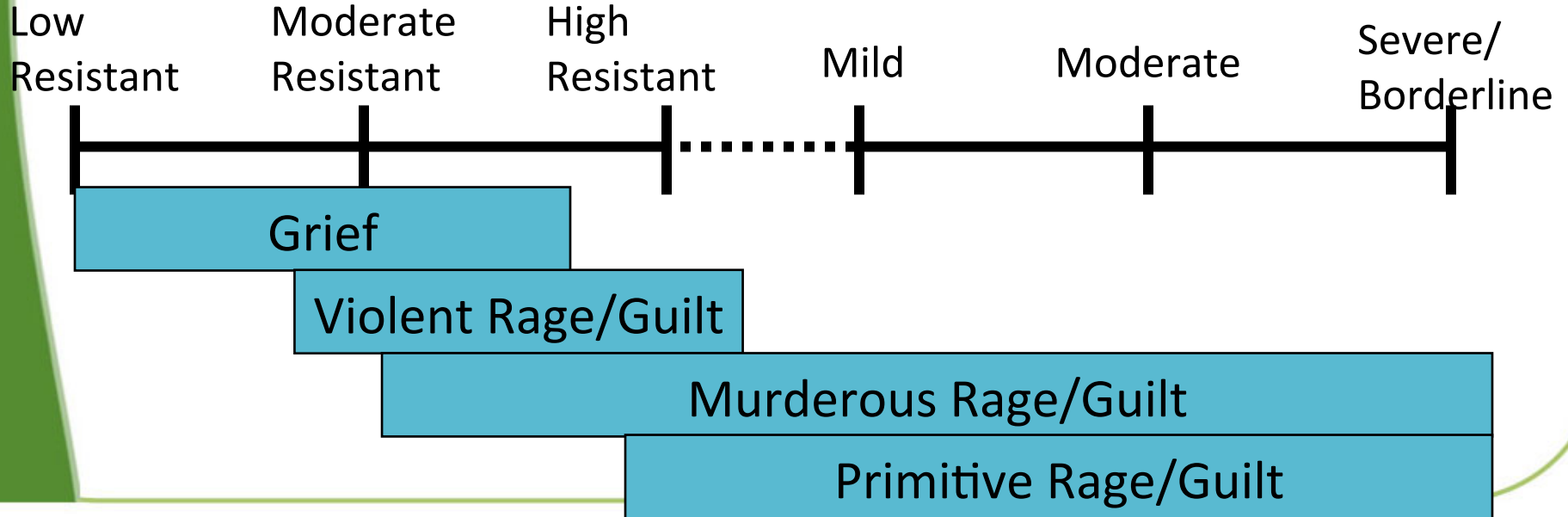
Smooth Muscle/Conversion + Repression

Cognitive-Perceptual Disruption + Projective Defences

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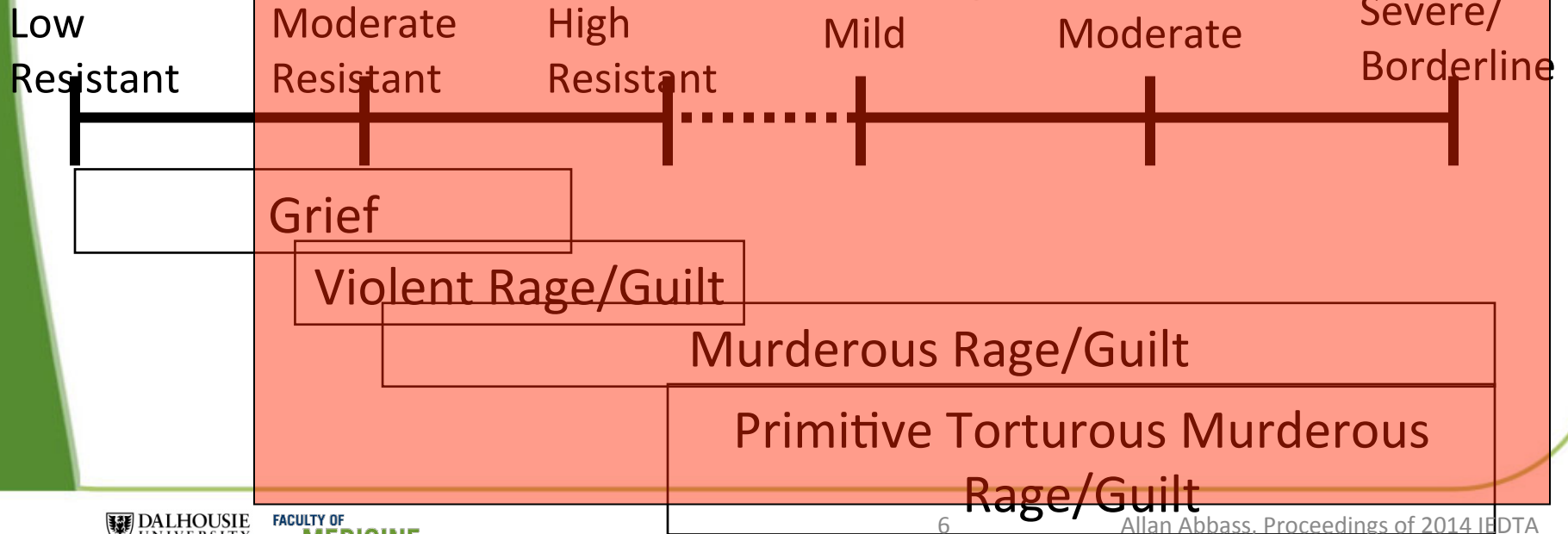
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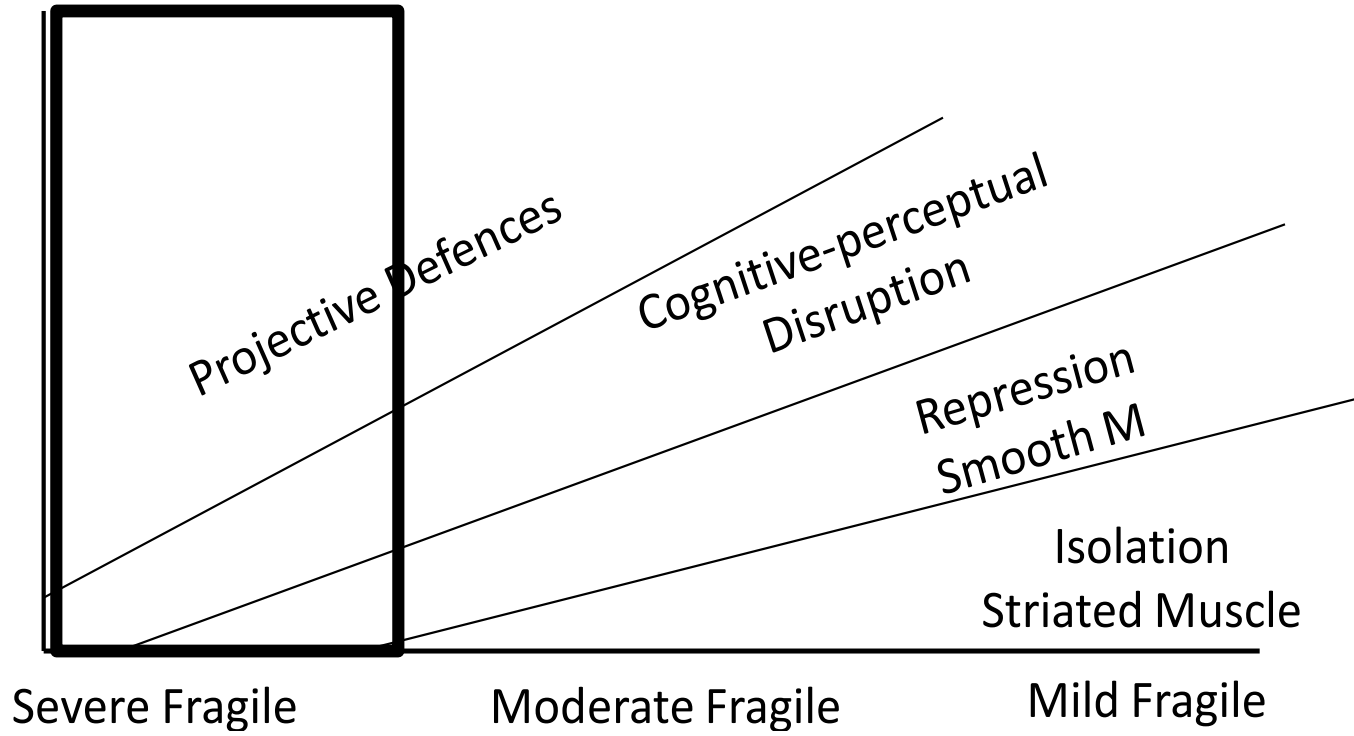
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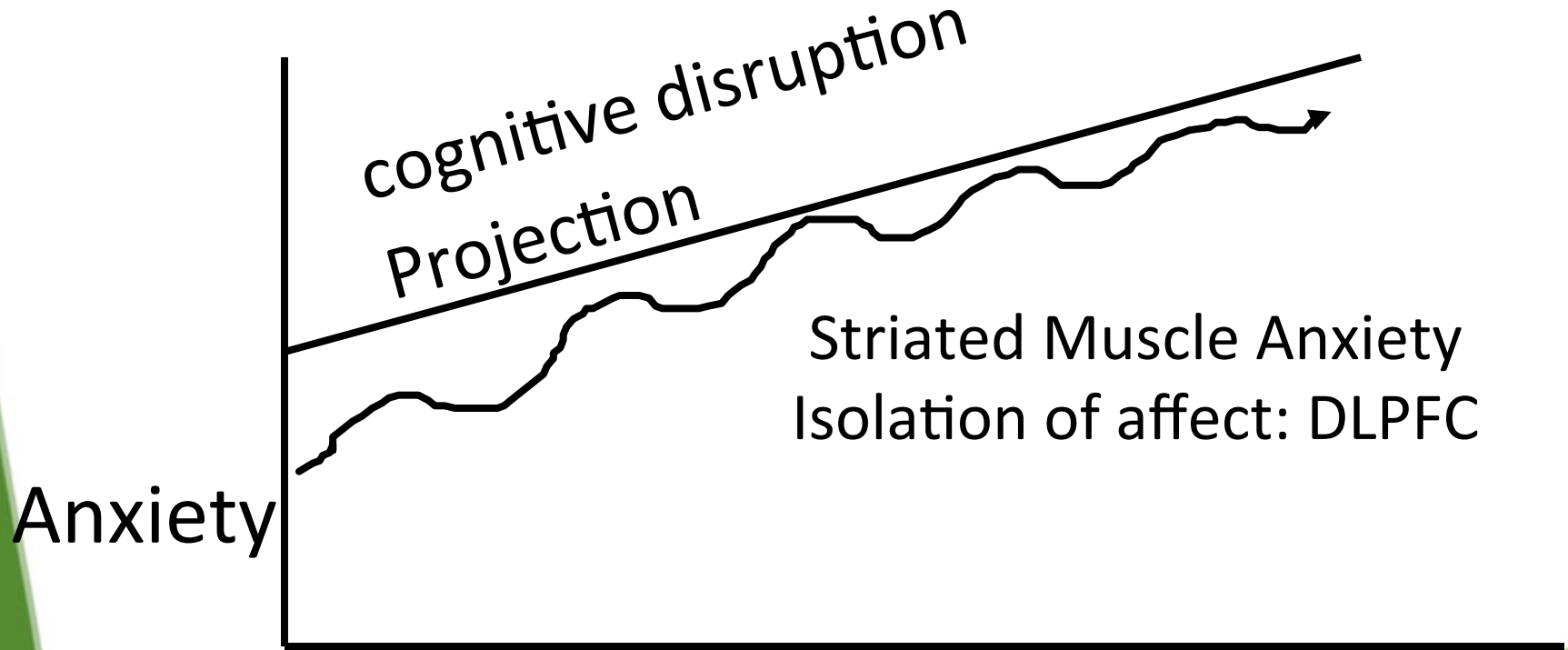
What is ISTDP

Reaching through resistance to the person stuck beneath and suffering from the resistance

The core effect is emotional responses to your efforts to attach



Graded Format: Maximize Exposure



Somatic Pathways of Emotions

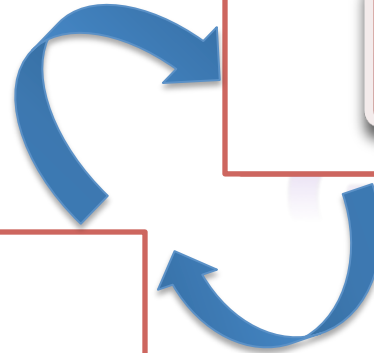
- Love: warmth in chest, urge to embrace
- Grief: soft, can be irregular waves: not physical pain
- **Rage: upward from feet to ears to arms: moves out anxiety**
- **Guilt: Solid waves, chest/neck pain, cant talk**

PROJECTION



RAGE

LOVE



***THE ANTIDOTE FOR
PARANOIA IS LOVE
(ENABLING FEELING GUILT)***

Spectrum of UTA

R << **UTA**

Images Transfer
Guilt and Rage

R < **UTA**

Grief and
Clear Links

R >> **UTA**

Negation
& Dreams

R >> **UTA**

Whispers from
the UTA

Immersions 2014

- 11th Halifax Immersion: Sep 29 to Oct 2: Focus on Complex presentations including Psychosis, MPD, Severe PD, Medically complex case
- 3rd Sweden Immersion: September 11-14, Focus on the highly resistant patient. Details of timing and use of pressure, challenge and head on collision
- Copenhagen Nordic Conference November 19, 20 with Jon Frederickson
- CONTACT Jenn at abbass@bellaliant.net for info