

**Lisbon 14-15 November 2020**

**Working with the Challenges of Defense & Anxiety  
Integrating the best of *AEDP* and *ISTDP***

**2-Day Workshop with Steven S. Shapiro, Ph.D.**

*Frustrated in your attempts to help challenging clients?*

*Learn to move beyond resistance and symptom management into deep,  
transformational processes to promote change rapidly!*

**INTRODUCTION**

Ironically, many clients interfere with the very progress they seek and suffering they hope to alleviate through their own resistance. This causes both tragic consequences for the client, as well as frustration and a sense of failure for the therapist. While clients enter treatment with good intentions and conscious motivation, resistance is unconscious and difficult to approach without a comprehensive, step-by-step system. Because resistance impedes the therapeutic relationship and hinders progress, it is easy for therapists to take these barriers personally. Without a detailed clinical map, we typically become lost, frustrated, and hopeless, with a tendency to hold the client responsible, describing him as "unmotivated, resistant, unworkable or personality disordered". Conversely, we blame ourselves with labels such as "inept, inadequate, or incompetent."

While therapists are trained to facilitate healing, often the promise help is based on the presumption that the client can successfully access enough healthy resource to openly address self-defeating behaviour, painful realities and tender emotional issues that have persisted for a lifetime. Clinicians frequently underestimate the tenacity of resistance and its destructive impact on the therapeutic process. These obstacles are often viewed as "the problem" rather than a predictable part of the process that deserves careful attention and more effective interventions. All too easily, clinicians become discouraged or form an adversarial relationship with the resistance or the clients, themselves. Many therapists have not received adequate training in addressing these complex obstructions; they were led to believe the client must be "sufficiently motivated" or that the therapist's heartfelt appeal to growth will be enough to promote desired change. This may be true for our healthier clients, but what about those who have more complex issues?

**WHO SHOULD ATTEND?**

In this workshop, participants will learn to compassionately, efficiently and effectively intervene to transform resistance with challenging patients who have a history of trauma, a high degree of resistance, or excessive anxiety and dysregulation. Because these barriers are universal, therapists of all orientations will benefit from acquiring a systematic skill set that implores clients to abandon destructive coping patterns once necessary for survival which have long outlived their usefulness and are now a source of untoward suffering. These

innovative techniques will robustly expand your clinical toolkit, regardless of your existing approach. The workshop is well suited for therapists at all levels of experience as it will start with basic, introductory concepts and progress to increasingly complex problems and methods.

### **GOALS & OBJECTIVES**

We often fear that addressing resistance directly will somehow damage the therapeutic alliance; participants will understand how exploring barriers to engagement in a thoughtful, respectful and collaborative manner is an ideal opportunity to strengthen the alliance by inviting all aspects of the client to be seen. Then, even the most challenging clients can begin to abandon these resistances and align with the healthy, buried and previously inaccessible internal resources. Therapists will learn how to intervene immediately, within the first moments of the first session, to create the safety and attunement necessary for patients to risk abandoning their resistances and begin making transformational, rather than incremental, change. Help clients gain access to the buried emotional conflicts, unconscious material, defensively excluded aspects and submerged resources in order to promote healing and personal satisfaction.

Participants will learn how to track important aspects of the client's internal experience in a systematic and precise manner. By gaining an accurate sense of the client's inner life, you will understand how to intervene rapidly and effectively. Rather than focusing on symptoms and psychiatric diagnoses as the *medical* model encourages, you will be able to understand your client *functionally* based on the dynamic interplay of feeling, anxiety and defense. This recognition will provide you with a powerful guide to inform your interactions in a highly attuned and decisive manner. By the end of this training, you will be able to determine your client's level of anxiety and affect tolerance, anxiety pathways, defensive operations, capacity for rapid change and assets for growth, as well as ways to intervene optimally based on these factors.

By adopting an attachment-based, body-focused, experiential approach, as well as an active, focused and emotionally engaged stance, clinicians will understand how to precisely track the patient's verbal and nonverbal responses moment-to-moment to accurately guide interventions, while keeping anxiety and defense in a tolerable range. While the ultimate goal is to learn a system which accelerates the healing process, a secondary goal is to help clinicians practice in a way that is deeply rewarding, effective, accelerated and authentic based on your personal and professional history.

### **FORMAT**

The most innovative and highly-rated aspect of this workshop is the extensive use of actual patient video material to demonstrate the clinical principles presented in the learning modules. The majority of teaching is done using video demonstration accompanied by ongoing discussion and micro-tracking analysis. This format discourages a *theoretical or abstract focus*, and permits a *highly practical, skill building emphasis*. Participants will learn methods for rapidly assessing and intervening with a wide range of patients and presenting problems. A variety of videos will be shown, beginning with minimal defense and anxiety, progressing to increasingly high levels of resistance and complexity. Various presentations will be demonstrated including: depression and/or anxiety, attachment trauma, acute trauma, personality disturbance, acting out/ self-destructive behavior, substance abuse, dissociation, paranoia and psychotic conditions in order to demonstrate different ways of intervening based on varied clinical presentations.

## PRESENTER

**Steven S. Shapiro, Ph.D.** is a clinical psychologist who maintains a full-time private practice in suburban Philadelphia with over twenty-five years of clinical and teaching experience. He has been practicing various forms of Experiential Dynamic Therapy (EDT), since the mid-1990's. These approaches include Intensive Short-Term Dynamic Psychotherapy (ISTDP), and Accelerated Experiential Dynamic psychotherapy (AEDP). He is a Senior Faculty and founding member of the AEDP Institute in New York City. Dr. Shapiro conducts lectures, workshops and training internationally. His presentations are often commended for translating complex clinical theory into clear, precise, and practical techniques which are easily understandable and readily applied immediately in clinical settings by therapists of all orientations. For 16 years, Dr. Shapiro was the Director of Psychology and Education at Montgomery County Emergency Service (MCES), an emergency psychiatric hospital, where he worked with a range of severe disorders and those committed involuntarily to treatment. This intensive experience has helped inform his approach to transforming resistance with challenging patients who have a history of trauma, a high degree of resistance, or excessive anxiety and dysregulation.



## WORKSHOP DETAILS

### Language:

The course language will be totally in English

### Location:

Hotel Principe - Sala Valmor  
Avenida Duque de Ávila 201 (Metro São Sebastião)  
Lisbon

### Dates & Times:

The workshop will be on Saturday/Sunday 14/15 April 2020  
from 9:00-13 & 14:30-17:30 on both days  
9-18 with 2 hour lunch break

### Course Fee & Reservation:

The course fee is 180 Euros.  
You can make your reservation by transferring 30 Euros to  
IBAN PT50 0010 0000 3320 9040 0017 0  
Account holder Hans Welling  
Please send email to [hanswelling@yahoo.com](mailto:hanswelling@yahoo.com) to inform us about your reservation  
The remainder (150 Euro) is to be paid on arrival at the hotel

### Receipts & Cancellations:

Upon request receipts can be issued by Steve Shapiro in US dollars only  
Cancellations with full reimbursements can be made until 15 March 2020

**More Information:**  
hanswelling@yahoo.com

We hope that you will join us and participate in this wonderful workshop.

Hans Welling  
Ana Caetano  
Steven Shapiro