

# Klinisk baggrund

|  | TERAPEUTISK ERFARING                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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|  | <p>Jeg har arbejdet med terapi de sidste 20 år. Klientgrupperne er koncentreret i forhold til:</p> <p><u>Private klienter</u><br/>Jeg har modtaget private klienter til samtaler med stress, angst, depression, selvværd og relationelle konflikter eller i forhold til situationer hvor klienten er kørt fast i et uhensigtsmæssigt mønster.</p> <p><u>Industrien</u><br/>Chefer og specialister i forhold til stress, relationelle, gruppodynamiske, eksistentielle/karriere, afskedigelses og præstations problemstillinger.</p> <p><u>Luftfartsområdet</u><br/>Cabin og Flightdeck med relationelle, præstations, stress, angst og depressions symptomer og problemet. Gruppe/individuelle debriefinger efter kritiske hændelser ofte med efterfølgende individuelle terapiforløb.</p> |

|           |        | GRUNDUDDANNELSE                                                                                       |                                                                                                              |
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| 2022      | 2 dage | Lovgivning og etik i relation til psykologarbejde inden for voksenområdet                             | Jytte Anette Gandløse                                                                                        |
| 2016-2019 | 3 år   | Klinisk psykoterapeutisk uddannelse i ISTDP<br>Core træning (Hold 3)                                  | Jeanne Isaksen og Jon Frederickson                                                                           |
| 2017      | 1 dag  | ”Har du styr på din psykiatri?                                                                        | Camilla Poulsen, Special psykolog                                                                            |
| 2016      | 6 dage | Udredning og behandling på psykodynamisk grundlag<br>Operationaliseret Psykodynamisk Diagnose (ORD-2) | Michael Stach, Diplom. Psych. (Heidelberg) & Ole Karkov Østergård Specialist i psykoterapi og PhD studerende |
| 2015      | 5 dage | Pre-core – Introduktion til ISTDP                                                                     | Jeanne Isaksen, specialist i psykoterapi                                                                     |
| 2015      | 2 dage | Angst og depression i kognitivt adfærdsterapeutisk perspektiv                                         | Nicole K. Rosenberg specialpsykolog & Stine Bjerrum Møller cand.psych.aut, PhD                               |

|      |                     | SUPERVISION             |                                          |
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| 2017 | 3 dage<br>Albany NY | Egen terapi             | Patricia Coughlin Della Selva PhD        |
| 2017 | løbende             | Gruppe supervision      | Jeanne Isaksen, specialist i psykoterapi |
| 2017 | løbende             | Core gruppe supervision | ISTDP-core gruppe 3                      |

|                |                 | LØBENDE EFTERUDDANNELSE                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                    |
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| 2023<br>Fall   | 4 x ½<br>dage   | Advanced case study group: Case presentation and running discussion                                                                                                                                                                                                                                                                                                                                                    | Jonathan Entis and Mikkel Reher-Langberg                                                                           |
| 2023           | 2 dage<br>Malmö | Effective management of resistance in ISTDP                                                                                                                                                                                                                                                                                                                                                                            | Jonathan Entis                                                                                                     |
| 2023<br>Fall   | 5 x ½<br>dage   | Masterclass: Advanced-level ISTDP training                                                                                                                                                                                                                                                                                                                                                                             | John H. Rathausser                                                                                                 |
| 2023<br>Spring | 5 x ½<br>dage   | Masterclass: Advanced-level ISTDP training                                                                                                                                                                                                                                                                                                                                                                             | John H. Rathausser                                                                                                 |
| 2023<br>Fall   | 4 evenings      | <ul style="list-style-type: none"> <li>– Using ISTDP to Understand and Work with Substance Dependence</li> <li>– Superego pathology, Object relations and ISTDP – a perspective</li> <li>– Conscious Collaboration in iSTDP</li> <li>– What to do when drowning in regressive defenses?</li> </ul>                                                                                                                     | Kristy Lamb (US)<br><br>Ola Berge (SE)<br><br>Jon Anders Lied (NO)<br>Jeanne Isaksen (DK)                          |
| 2023<br>Spring | 5 evenings      | <ul style="list-style-type: none"> <li>– Handling resistance without contributing to it</li> <li>– Working with Syntonic Character Defenses</li> <li>– A Study of the Intergenerational Transmission of Psychopathology”</li> <li>– ISTDP Informed Couples Therapy</li> <li>– Undervalued functions of the head-on collision in ISTDP</li> </ul>                                                                       | Patricia Coughlin (US)<br>Brian Kok Ravn (DK)<br>Jody Clarke (CA)<br><br>Tami Chelew (US)<br>Niklas Rasmussen (NO) |
| 2022<br>Fall   | 3 evenings      | <ul style="list-style-type: none"> <li>– Working with Conscious Defiance and Character Transformation</li> <li>– Working with fragile character structure. Special focus on how to restructure regressive defences with ISTDP technique.</li> <li>– The Head-On-Collision</li> </ul>                                                                                                                                   | Johannes Kieding (US)<br><br>Beata Zaloga (PL)<br><br>Rudolf Bleuler (CH)                                          |
| 2022<br>Spring | 5 evenings      | <ul style="list-style-type: none"> <li>– The Role of Pressure and Challenge to Resistance in ISTDP: Mobilising the Unconscious in the Trial Therapy</li> <li>– Kintsugi – the art of the golden repair</li> <li>– Man in the wrong place: A case involving projection and syntonic defense</li> <li>– Overcoming complex grief and dissociative disorder</li> <li>– Melting shame combining ISTDP and music</li> </ul> | Joel Town (CA)<br><br>Monica Bertinussen (SE)<br>John Rathausser (US)<br><br>Monica Urru (IT)<br>Liv Raissi (SE)   |
| 2021           | 4 evenings      | <ul style="list-style-type: none"> <li>– ISTDP principles in childhood psychotherapy</li> <li>– Working with defiance in Davanloo’s ISTDP</li> <li>– You can’t change anyone, even in therapy</li> <li>– Resolving social anxiety with ISTDP</li> </ul>                                                                                                                                                                | Sara Basso (IT),<br>Jonathan Entis (US),<br>Marvin Skorman (US)<br>Peter Liliengren (SE)                           |
| 2021           | 3 days          | Functional Neurological Disorders: ISTDP approach to diagnosis & treatment                                                                                                                                                                                                                                                                                                                                             | Dr. Allan Abbas                                                                                                    |
| 2021           | 3 dage          | Moderate and High Resistance in ISTDP                                                                                                                                                                                                                                                                                                                                                                                  | Dr. Allan Abbas                                                                                                    |
| 2021           | 2 dage          | Restructuring Mild to Moderate Fragility with ISTDP                                                                                                                                                                                                                                                                                                                                                                    | Dr. Joel Town                                                                                                      |
| 2021           | 2 dage          | Treatment of Syntonic defenses                                                                                                                                                                                                                                                                                                                                                                                         | Dr. John Hans Rathausser & Jonathan J. Entis PhD                                                                   |
| 2021           | 4 evenings      | – Treating PTSD with ISTDP                                                                                                                                                                                                                                                                                                                                                                                             | Angela Cooper, Canada                                                                                              |

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|      |                      | <ul style="list-style-type: none"> <li>– Modstand i overføringen og mobilisering af komplekse overfølingsfølelser</li> <li>– Keeping positive feelings in the bank</li> <li>– Anxiety regulation: the importance of pressure.</li> </ul> | Allan E. Larsen, Danmark<br>Reiko Joseph, USA<br>Thomas Hesslow (SE) |
| 2020 | 3 dage               | Reaching Through resistance                                                                                                                                                                                                              | Dr. Allan Abbas                                                      |
| 2019 | 3 dage               | Mobilizing of the unconscious therapeutic alliance and breakthrough to the unconscious across the Spectrum                                                                                                                               | Dr. Allan Abbas                                                      |
| 2019 | 3 dage               | The twin factors of transformation and resistance in Davanloo's IS-TDP                                                                                                                                                                   | John Hans Rathauer, PhD                                              |
| 2018 | 3 dage               | Treatment of the fragile client – building capacity and bringing structural change                                                                                                                                                       | Dr. Allan Abbas                                                      |
| 2017 | 3 dage               | Keeping up the pressure in ISTDP: Assessment and treatment of the highly resistant client                                                                                                                                                | Dr. Allan Abbas                                                      |
| 2016 | 3 dage               | The spectrum of suitable patients and core interventions in Davanloo's ISTDP: Foundation of the technique                                                                                                                                | Dr. Allan Abbas                                                      |
| 2016 | 1 dag                | Fleksible og effektive måder til at håndtere angst og forsvar i psykoterapi                                                                                                                                                              | John Frederickson                                                    |
| 2016 | 1 dag                | Mindfulness i Intensiv Dynamisk Korttidsterapi                                                                                                                                                                                           | Allan Kalpin, MD                                                     |
| 2016 | 2 dage               | Healing Attachment Trauma with Short-Term Dynamic Psychotherapy,                                                                                                                                                                         | Dr. Robert Neborsky, MD                                              |
| 2015 | 1 dag                | Treating Personality Disorders,                                                                                                                                                                                                          | John F. Clarkin PhD                                                  |
| 2015 | 3 dage               | Treatment Resistant Depression                                                                                                                                                                                                           | Dr. Allan Abbas                                                      |
| 2015 | 2 dage               | Surmounting Shame                                                                                                                                                                                                                        | Susan Warren Warshow, LCSW                                           |
| 2014 | 3 dage<br>Nottingham | Maximizing Therapeutic Effectiveness: Best Practice                                                                                                                                                                                      | Patricia Coughlin Della Selva, PhD                                   |
| 2014 | ½ dag                | Miniseminar om evidens for psykoterapeutisk behandling med psykodynamisk korttidsterapi                                                                                                                                                  | Dr. Allan Abbas                                                      |
| 2014 | 1 dag                | Existential Therapy & Perspectives: Psychological Disturbances, Happiness & Emotional Well Being                                                                                                                                         | Emmy van Deurzen                                                     |
| 2012 | 1 dag                | Intensive short term dynamic psychotherapy – Working with effectively with emotions in psychotherapy                                                                                                                                     | Patricia Coughlin Della Selva, PhD                                   |
| 2012 | 1 dag                | Psykoterapi i senmoderniteten – en mentaliserings baseret forståelse                                                                                                                                                                     | Finn Skårderud                                                       |
| 2011 | 1 dag                | Kriseintervention – implikationer fra nyere forskning                                                                                                                                                                                    | Dr.phil. Alte Dyregrov                                               |
| 2010 | 1 dag                | The Transforming Power of Affect: Emotion-Focused Psychotherapy - EFT                                                                                                                                                                    | Leslie Greenberg, PhD                                                |