



EDT
MAASTRICHT
PSYCHOTHERAPIE

Introduction to an alliance-focused ISTDP: A Collaborative Path to Corrective Emotional Experiences.

A one day seminar at EDT Maastricht, 5 June 2026.

This seminar will focus on **emotion-focused work** and on **intensifying** our therapy work without risking the therapeutic **alliance**.

Psychologist and author **Jon Anders Lied** presents a clinically grounded and practical introduction to **Intensive Short-Term Dynamic Psychotherapy (ISTDP)**. The method is brought to life through extensive video recordings from real therapy sessions, making the seminar relevant for both experienced therapists and those new to the approach.

ISTDP is a psychodynamic therapy based on **psychoanalytic conflict theory**. It offers an active, focused, and emotionally intensive approach to change for a wide range of patients. Originally developed by Iranian/Canadian psychiatrist **Habib Davanloo** in the 1960s, the method has since gained international recognition.

ISTDP has sometimes been described as too confrontational or authoritarian. Jon Anders Lied's take on ISTDP focuses on creating strong conscious and unconscious alliances, paving the way for an alliance focused way into the patients' unconscious conflicts and feelings.

If you are interested in a **humanistic and relational way of practicing intensive psychodynamic therapy**, this seminar is for you. We will elaborate how to help patients turn against destructive defenses, regulate anxiety, facilitate corrective emotional experiences, and face unconscious conflicts together with the therapist.

Jon Anders Lied is a clinical psychologist based in **Trondheim, Norway**. He works at a mental health outpatient clinic for students (**SiT Psykisk Helsetjeneste**), teaches and supervises clinical psychology students at the **Norwegian University of Science and Technology (NTNU)**, maintains a private practice, and lectures nationally and internationally.

In 2023 he published an introductory book on ISTDP in Norwegian. The English translation was published by **Routledge** in 2025; “*An Introduction to Intensive Short-Term Dynamic Psychotherapy: Foundations of Clinical Practice.*”



Praise for the book

“Extremely practical and clearly written, this book is a perfect introduction to psychodynamic therapy for instructors to use in their curricula.”

Jon Frederickson, Faculty, New Washington School of Psychiatry

“This volume presents a lively and accessible introduction to the theory and practice of Intensive Short-Term Dynamic Psychotherapy. In plain language, Lied leads the reader through the therapeutic process, illustrating each step with verbatim transcripts of a successful therapy. The author is refreshingly candid about the challenges and rewards of learning this complex but effective method of facilitating deep and lasting change. Highly recommended!” **Patricia Coughlin, Ph.D.**

“I highly recommend Jon Anders Lied’s new introduction to ISTDP! The book is illustrated with case material, written in accessible and unpretentious language, and takes the time to explain basic psychodynamic ideas and phenomena without relying on psychodynamic jargon. It is also distinguished by placing strong emphasis on the conscious part of the therapeutic collaboration, which is often neglected in ISTDP. This is also reflected in Lied’s therapeutic style in the book, which is patient, pleasant, and welcoming—a valuable role model for new ISTDP therapists.”

Mikkel Reher-Langberg, Clinical Psychologist and President of the Danish Society for ISTDP.

Praktische informatie:

datum: 5 juni 2026

tijd: 9-17 u

aantal **uren** onderwijs: 6

verplichte literatuur: geen

aanbevolen literatuur:

J.A. Lied, *"An Introduction to Intensive Short-Term Dynamic Psychotherapy: Foundations of Clinical Practice."* (Routledge, 2025)

Coughlin, *"Intensive Short-term Dynamic Psychotherapy: Theory and Technique"* (revised edition: Routledge, 2026).

Dagprogramma:

08:30-09:00 Registratie en ontvangst

09:00-10:30 Presentatie

10:30-11:00 Pauze

11:00-12:30 Presentatie

12:30-13:30 Lunch

13:30-15:00 Presentatie

15:00-15:30 Pauze

15:30-17:00 Presentatie en afsluiting

17:00 Borrel

Kosten:

€ 275 (vroegge vogels vóór 20 april: € 250)

Website:

<https://www.edtmaastricht.nl/studie/lied>