



Zaterdag 28 september 2024:

Filip Myhre in Maastricht

EDT Maastricht *proudly presents:*

.... intensive short-term dynamic psychotherapy (EDT/ISTDP) clarified and explained by a prominent and lucid practitioner and teacher. We are happy to welcome

Filip Myhre

in:

The Clockwork Interconnections.

**A one day seminar
on attachment feelings in EDT / ISTDP,
illustrated with taped video vignettes**

Website: <https://www.edtmaastricht.nl/studie/myhre>

Waar: [EDT Maastricht](#), Capucijnenstraat 92 te Maastricht ([bereikbaarheid](#))

Kosten:

€ 200 vanaf 16 augustus 2024

€ 120 tot 16 augustus 2024

Aanmelding: zie de [aanmeldpagina](#)

Wat:

In this seminar we will explore the intricate dynamics between attachment feelings and their profound impact on mental health. This will be illustrated by video recordings from actual therapy sessions.

Drawing from foundational psychodynamic theory and Intensive Short-Term Dynamic Psychotherapy (ISTDP), also called Experiential Dynamic Therapy (EDT), we will delve into how developmental traumas in childhood can lead to psychological issues in adulthood.

Our seminar will provide an overview of the basic theoretical concepts necessary to understand these complex interconnections. We will discuss how early attachment experiences shape emotional responses and patterns that persist into later life, often manifesting as psychological distress.

A key part of our exploration will involve the use of video recordings from actual therapy sessions. These recordings will allow us to study, in greater detail, the sequences of various repressed feelings as they emerge during therapy. We will observe how these feelings, once buried and turned

unconscious, can be brought to the surface and be integrated into the conscious mind through our psychotherapeutic techniques.

By examining these real-life case studies, we aim to illustrate the therapeutic process of recognizing, experiencing, and integrating repressed emotions.

We believe this seminar will offer some understanding of the interplay between attachment, trauma, and therapy, and how different attachment feelings seem to interconnect as in a clockwork.

Wie:

Filip Myhre is a psychologist and specialist in psychotherapy. After many years at public inpatient and outpatient clinics, he currently leads the Norwegian Psychological Clinic alongside holding adjunct positions at the University of Oslo and the research department at Modum Bad. In addition, he provides further education for doctors and psychologists through the Norwegian Institute for ISTDP. He supervises doctors and psychologists at several public, specialized treatment centers. Filip's main professional interest is working with complex and multifaceted disorders, as well as finding ways out of seemingly stuck therapy processes.

Filip has presented his work nationally and internationally over the past 10 years, and he is passionate about promoting the professional competences related to the psychotherapy method (ISTDP/EDT) that he practices and teaches.



Programma:

9:30 - 10:00 Registration and coffee/tea
10:00 - 11:15 Introduction, overview of theory and technique
11:15 - 11:45 coffee/tea
11:45 - 13:00 Presentation with taped vignettes
13:00 - 14:00 Lunch
14:00 - 15:15 Presentation with taped vignettes
15:15 - 15:45 coffee/tea
15:45 - 16:30 Presentation with taped vignettes
16:30 - 17:30 Questions, answers and summary of the day
17:30 drinks

Aanmelding: zie de [aanmeldpagina](#)

***EDT Maastricht** is een WTZa-toegelaten en gecertificeerde sggz-instelling die tevens een forum wil bieden voor de studie en beoefening van de diverse soorten kortdurende dynamische psychotherapie. Zie ook onze [eerdere studiedagen](#).*