

Clinical Fellowship at the Center for Teaching and Research Of Short-Term Dynamic Psychotherapy, MUHC

Name of Institution: McGill University Health Center

Location: 1025 Pine Avenue West, Montreal, QC H3A 1A1

Type of Fellowship: Clinical

Number of Positions: 1-2

Length: One year

Program Information:

- One to two positions (no funding provided)
- McGill Affiliation
- McGill University Health Center 100%
- Our Center, which was founded by Dr. Davanloo, continues to provide teaching and training in various formats of Short-term dynamic psychotherapy as well as in Dr. Davanloo's technique of Intensive Short-Term Dynamic Psychotherapy, which is based on his discovery of the technique of unlocking of the unconscious. Videotechnology remains an integral part of our day to day operation and plays a major role in our teaching, training and research activities.
- Mission: The mission of the fellowship is to train in the area of psychodiagnostic assessment- patient's capacity to experience and tolerate depression, anxiety and painful affect; technique of mobilizing the patient against their psychopathology; applying some of the basic technical interventions inherent in Dr. Davanloo's technique of IS-TDP; as well as learning other modalities of short-term dynamic psychotherapy.

Fellowship Supervisor: Tewfik Said, M.D.

Teaching Faculty: Tewfik Said, M.D.
Simon Amar, M.D.

Summary of Practice: The fellow will conduct assessment interviews in a closely supervised setting to develop psychodiagnostic skills and will have ample opportunity to directly observe supervisor's interview with same patient. In a closed circuit setting, the fellow will also develop clinical skill in the application of Davanloo's technique of IS-TDP. The fellow will take into

treatment between 8-12 patients for various modalities of short-term dynamic psychotherapy and will receive direct supervision on all of the cases by reviewing the audiovisually recorded clinical interviews.

Major Strengths: Dr. Said, the director of the Centre for Teaching and Research of Short-Term Dynamic Psychotherapy has extensive clinical and academic experience, having worked closely for many years with Dr. Davanloo who originally developed this psychotherapeutic approach. Dr. Amar has had an important role in the training and supervision of fellows and residents for the past four years.

Academic Facilities: The McGill University Health Center is a McGill teaching hospital and has the unique history of being the home of Dr. Davanloo's research, discoveries and Center. Our Center is well equipped with a state of the art audiovisual studio, which allows for closed-circuit training as well as audiovisual recording of all of our clinical activities. Over the years, our center has amassed a large volume of teaching tapes as well as reference material to enhance the fellows training experience. Our center provides two medical libraries, one psychiatric library, extensive teaching and training programs, journal clubs as well as academic and grand round presentations.

Duties and Responsibilities:

- The fellow has no call duties.
- The fellow has no supervisory role, but will attend residents' supervisory sessions.
- This is a one year fellowship at the MUHC
- The fellow will participate in the Psychodiagnostic assessment and Mobilization clinic as well as the closed circuit training program of our center for STDP
- The fellow will act as a mentor to the residents in training at our center and will develop supervisory skills
- The fellow will have the option to attend academic rounds, grand rounds and other relevant training activities open to residents.
- The fellow will have access to our media director to orient as to the use of audiovisual equipment, as well as to our secretarial staff for all clinical write-ups, etc.
- The fellow will present at academic rounds and at grand rounds, and be required to produce an article for publication.

Curriculum:

- Intended case load: the fellow will assess 15-20 patients and conduct 8-10 closed-circuit interviews as well as carry 8-10 patients in various modalities of short term dynamic psychotherapy
- Patients will cover the whole spectrum of psychoneurotic disturbances, personality disorders, depression, anxiety, panic, phobic, obsessive compulsive, as well as situational and adjustment disorders.
- Meet regularly 4-5 times per week for clinical work (assessment and closed-circuit training), supervision and review of reading material.
- Relevant references:

Davanloo, H. (1986) Intensive short-term psychotherapy with highly resistant patients. I Handling resistance. *International Journal of Short-term Psychotherapy*, 1(2), 107-133.

Davanloo, H. (1987) Intensive short-term dynamic psychotherapy with highly resistant depressed patients. Part I. Restructuring ego's regressive defenses. . *International Journal of Short-term Psychotherapy*, 2(2), 99-132.

Davanloo, H. (1990). *Unlocking the Unconscious*. Chichester, England: John Wiley & Sons.

Davanloo, H. (2000). *Intensive Short-Term Dynamic Psychotherapy*. Chichester, England. John Wiley & Sons.

Malan, D.H. (1975). *A study of brief psychotherapy*. New York: Plenum Publishing Cor.

Mann, James (1973). *Time limited psychotherapy*. Cambridge; MA: Harvard University Press.

Said, T. (2000). Process supervision in davanloo's intensive short-term dynamic psychotherapy. Part I. *International Journal of Intensive Short-Term Dynamic Psychotherapy*, 14(1), 19-38.

Sifneos, P. (1972). *Short-term psychotherapy and emotional crisis*. Cambridge; MA: Harvard University Press.