

**IT'S ABOUT TIME!**

THE LEVENSON INSTITUTE FOR TRAINING (LIFT)

PRESENTS...

**TIME-LIMITED  
DYNAMIC  
PSYCHOTHERAPY:  
MAKING EVERY  
SESSION COUNT**

**TWO WORKSHOPS, TWO LOCATIONS,  
TWO LEVELS**

Saturday, February 28 (*Fundamentals*)  
& Sunday, March 1 (*Advanced*)  
Merritt Peralta Health Education Center, Oakland

Saturday, March 21 (*Fundamentals*)  
& Sunday, March 22 (*Advanced*)  
California Pacific Medical Center, San Francisco

*Presented by*  
**Hanna Levenson, Ph.D.**  
**with Brent R. Ferm, Ph.D.**

***Earn 7 or 14  
BBS and MCEP-Approved CE Credits***

**WORKSHOP  
OVERVIEW**

***Meet Today's Challenges/Expand Your Practice***

Today, a clinician's knowledge of brief therapy techniques is critical. Time-Limited Dynamic Psychotherapy (TLDP) is a state-of-the-art model of treatment that incorporates interpersonal and object-relations theories, as well as cognitive-behavioral and systems approaches. It is applicable for individuals, couples, groups, and long-term work.

***Don't Be Forced to Choose Between  
"Good" Therapy and "Brief" Therapy***

Remember how exciting and rewarding doing therapy used to be? With this in-depth approach, you don't give up your clinical wisdom or professional integrity to survive economically.

***Discover Productive Ways to Work With  
Difficult and Demanding Clients***

Until recently, most short-term models were considered inappropriate for clients with chronic problems or personality disorders—that is, the majority of those seeking help! TLDP is a flexible approach, designed to treat people who have long-standing difficulties.

***See "How-To-Do-It" Via Videotaped Vignettes***

Extensive use of videotaped clips of actual sessions provides a "how-to-do-it" focus. The stop frame technique (asking participants "What would you do now?") makes the learning interactive and relevant.

***Gain Fundamental and Advanced Skills***

Workshop I covers TLDP fundamentals and presents pragmatic strategies for formulating cases and tailoring interventions. Workshop II is more advanced and concentrates on particularly challenging presenting problems and complex issues.

***Approved Continuing Education Credit***

Each workshop earns 7 approved CE credits for psychologists, MFCCs and LCSWs. Take one workshop or both at a reduced fee.

Hanna Levenson, Ph.D. (PSY 5256) is an Approved BBS (PCE 675) and MCEP Provider. Each workshop meets the qualifications for 7 hours of CE credit for MFCCs and LCSWs as required by the CBBS and for psychologists by the CPAAA (#502497-01;-02)

## SCHEDULE FOR WORKSHOP I: FUNDAMENTALS

## SCHEDULE FOR WORKSHOP II: ADVANCED

- 8:30 am *Registration and CE Check-in*
- 9:00 am **Description and Basic Principles of TLDP**  
•Six assumptions of the interpersonal model  
•The two goals of corrective experiences and understandings
- 10:15 am *Break*
- 10:30 am **Developing a Focus in TLDP: The Case of the Passive-Aggressive Client**   
•Discerning a maladaptive pattern from the client-therapist interaction  
•Five steps for deriving a dynamic focus in the first session
- Noon *Lunch (can be provided in Oakland; on your own in San Francisco)*
- 1:00 pm **The Therapist's Stance: The Case of the Reluctant Client**   
•Tailoring interventions to undermine the client's typical patterns  
•Honoring the client's "resistance"
- 2:30 pm *Break*
- 2:45 pm **TLDP Technique: The Case of the Depressed, Hopeless Client**   
•Therapeutic use of transference-countertransference reenactments  
•Using the corrective interpersonal experience
- 4:30 pm **Trying on TLDP**  
•Discussion of participants' cases
- 5:00 pm *Completion of Evaluation Forms and Adjourn*

- 8:30 am *Registration and CE Check-in*
- 9:00 am **TLDP with Very Difficult Clients**   
•Brief overview of TLDP principles  
•Treatment of the Narcissistic Patient  
•Microprocessing of therapy line-by-line
- 10:30 am *Break*
- 10:45 am **TLDP Therapeutic Strategies**   
•Ten specific skill-building TLDP strategies  
•What to say when and why
- Noon *Lunch (can be provided in Oakland; on your own in San Francisco)*
- 1:00 pm **TLDP for Complex Treatment Issues**   
•Various cases (e.g., patients with combinations of acute symptoms, personality disorders, and serious medical problems) will be selected from our video library to illustrate TLDP technique.
- 2:45 pm *Break*
- 3:00 pm **Termination Issues and Beyond**   
•Thirteen therapist resistances to working briefly  
•Five guidelines for knowing when to end and when not to  
•Working with the focus as it manifests in termination
- 4:30 pm **Trying on TLDP**  
•Discussion of participants' cases
- 5:00 pm *Completion of Evaluation Forms and Adjourn*



Video Illustration