

**In this workshop you will:**

- Learn how to maximize the here and now
- Learn how to shift the pattern of attachment
- Leave with strategies you can use tomorrow in your practice

Time-Limited Dynamic Psychotherapy (TLDP) provides a state-of-the-art, **empirically-supported** model of treatment that incorporates current developments in **neuroscience, object-relations, attachment, emotionally-focused, and experiential** theories, as well as **cognitive-behavioral** and **systems** approaches. This introductory/intermediate workshop will give practical information to therapists who wish to “**make every session count**” with their clients. TLDP privileges accessing **deep emotion and experiential learning**.

Until recently, most short-term models were considered inappropriate for clients with chronic problems or **personality disorders**. TLDP is a flexible approach designed to treat people with long-standing, dysfunctional ways of dealing with others—the so-called “**difficult client**.” By means of the “**dynamic focus**,” TLDP teaches a method of focusing that is behaviorally based and explicit. Attendees have found this approach extremely useful whether they see people in **short or long-term therapies**.

In this workshop, Dr. Levenson will illustrate the principles and practice of TLDP with **video segments** of actual therapy sessions with **real clients**. The rich clinical material will provide a “how to do it” focus, and create a bridge from the specifics of theory to the reality of practice. Ongoing interaction with workshop participants will keep the learning experience active and relevant. While the workshop will center on individual treatment, TLDP is also applicable for couples and groups.

Oregon Mental Health Associates, Inc.  
291 W. 12<sup>th</sup> Street  
Eugene, OR 97401



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## Make Every Session Count:



### An Attachment-Based, Emotionally-Focused, Interpersonal Approach

**Hanna Levenson, Ph.D.**

Presenter

**Friday, Oct. 16, 9 a.m. – 4:30 p.m.**

**Lane Community College**

4000 East 30<sup>th</sup> Avenue  
Building 19, Room 226  
Eugene, OR 97405

Sponsored by:

**Oregon Mental Health Associates**

## Workshop Registration

### Time-Limited Dynamic Psychotherapy: An Attachment-based, Emotionally-focused, Interpersonal Approach

Friday, October 16, 2009, 9 am – 4:30 pm

#### Fees:

Early Registration (paid in full by Oct 1):

OMHA member	\$125
Regular	\$150

After Oct. 1:

OMHA Member	\$145
Regular	\$170

- Registration fee includes lunch -

**SPACE IS LIMITED  
PREREGISTRATION IS REQUIRED**

Name: \_\_\_\_\_  
(Please Print)

Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

License Type: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_  
(Make Checks Payable to OMHA)

Please note: No receipt will be mailed.  
Questions? Call OMHA at (541) 338-7928  
or email: [omha@qwestoffice.net](mailto:omha@qwestoffice.net)

Detach and mail to:  
**Oregon Mental Health Associates**  
291 W. 12<sup>th</sup> Street  
Eugene, OR 97401

### Time-Limited Dynamic Psychotherapy: An Attachment-based, Emotionally-focused, Interpersonal Approach

**Hanna Levenson, Ph.D.**

8:30 am – 9:00 am Registration

9:00 am – 10:30 am  
Principles, formulation, and intervention strategies

10:30 am – 10:45 am Break and light refreshments

10:45 am – 12:15 pm  
Developing a meaningful focus and keeping the therapy on track  
*[Video vignette illustration]*

12:15 pm – 1:15 pm Lunch (included)

1:15 pm – 2:30 pm  
Therapeutic reenactments and creating new interpersonal and intrapsychic experiences  
*[Video vignette illustration]*

2:30 pm – 2:45 pm Break and light refreshments

2:45 pm – 4:15 pm  
Working with deep emotion to affect change  
*[Video vignette illustration]*

4:15 pm – 4:30 pm  
Questions and Answers

#### **Continuing Education Credit**

This is a professional workshop for LCSW's, psychologists and mental health professionals. Six hours CE credit with the Oregon Clinical Social Workers will be given for full attendance.

Friday, Oct. 16, 9 am – 4:30 pm, Lane Community College  
4000 E 30<sup>th</sup> Avenue, Building 19, Room 226  
Eugene, OR 97401. Call OMHA at 541-338-7928 for more info.

## Workshop Presenter

### Hanna Levenson, Ph.D.

has specialized in training professionals in brief therapy for over thirty years. She is the author of over **75 professional papers and of two books** (*Time Limited Dynamic Psychotherapy: A Guide to Clinical Practice*, and *Brief Dynamic and Interpersonal Therapy*). She has just completed a third book to be published by the American Psychological Association (APA) on **integrating emotionally-focused and interpersonal** approaches. In addition, Dr. Levenson has two professional videos illustrating her approach and has just completed a six session therapy-over-time DVD for APA to be released later this year as part of their **Expert Therapist Series**. She is known for her **down-to-earth, engaging and pragmatically-useful** presentation style.

Dr. Levenson is a **Fellow of Division 29** (Psychotherapy) of the APA and **Professor** at the Wright Institute in Berkeley, California. She is a certified **Emotionally Focused Therapy (EFT) supervisor and therapist**, and sees individuals and couples in her private practice. For twenty years Dr. Levenson was **Clinical Professor in the Department of Psychiatry**, University of California School of Medicine and Director of the Brief Therapy Program at the VA Medical Center in San Francisco. She has taught at Stanford University and has given numerous workshops and presentations on TLDP to various community mental health centers, private practice groups, hospitals, and universities nationally and internationally.