

**The Mid-Atlantic Society for Training and Research in Davanloo's  
IS-TDP**

*(a consortium of independent trainers)*

**presents**

**a March, 2015 Conference**

**Linda Smoling Moore, Ph.D., and John Hans Rathouser, Ph.D., presenters**

***“Fundamental Aspects of Davanloo's IS-TDP: Facilitating the  
Emergence of the Unconscious”***

***Friday, March 6 and Saturday, March 7, 2015: 8:30 AM – 4:35 PM***

*Co-sponsored by the*

**Washington Professionals for the Study of Psychoanalysis**

***A Local Chapter of the Division of Psychoanalysis (39) of the American Psychological  
Association***

Kenwood Golf and Country Club

5601 River Road, Bethesda, MD 20816

General Registration: for the 2-day conference \$200.00 (\$100.00 for 1 day) | WPSP Members

\$140 (\$70.00 for 1 day) | Students \$110.00 (\$55.00 for 1 day)

Morning and afternoon coffee and tea included with registration

Optional luncheons are available at a cost of \$20.00 per day

A limited number of reasonably priced rooms are available for out of town guests. Please email

Rosana Marzullo-Dove, M.A. at [marzullodove@yahoo.com](mailto:marzullodove@yahoo.com) for details.

6 CE credits available on March 6, and 6 CE credits available on March 7

Psychotherapy that offers transformative change to live life and actualize potential, rather than mere symptom reduction, has contributed to enduring interest in psychodynamic therapies. Based on a convergence of his clinical and empirical findings, Davanloo began the development of his powerful therapeutic approach and groundbreaking conceptualizations of unconscious psychological functioning while a clinical researcher at McGill University in the 1960's. This conference will offer an introduction to the fundamental elements of Davanloo's approach and powerful system of interventions. Facilitating a rapid determination of the psychodiagnostic position, identification and removal of resistance, and strategies to facilitate the development of the therapeutic alliance will be covered. In addition, interventions to monitor and maintain the balance of challenge and acceptance in the process of therapeutic change, and strategies specifically designed to increase a patient's capacity to tolerate progressively higher levels of anxiety and achieve multidimensional structural change will be presented.

Davanloo estimated that twenty five to thirty five percent of the psychotherapeutic population are comprised of people who have low anxiety tolerance. These are some of the patients who demonstrate paranoia, poor impulse control, cognitive perceptual disruptions, and a host of clinical difficulties.

Dr. Rathauer will focus on psychodiagnostic evaluation and regulation of anxiety with patients who evidence disruption of cognitive/perceptual functioning, with a clinical focus on restructuring of defenses to create higher affect tolerance. Increased anxiety tolerance is a prerequisite for building the capacity to withstand the impact of the unconscious, which Davanloo characterized as an "unlocking of the unconscious." Dr. Rathauer will present two clinical cases that illustrate these difficulties and demonstrate how various strategies specific to IS-TDP can heighten anxiety tolerance. The first case involves intergenerational transmission of trauma, with a lifetime of violence that led to the patient's early involvement with the underworld. The second case involves cognitive perceptual disruption in the form of visual distortion and paranoia in the transference.

Over his career, Davanloo has challenged and extended the understanding of traditional psychoanalytic principles. He developed revolutionary techniques which allowed him to systematically demonstrate, in large case series research, that it is the actual experience of unconscious guilt toward ambivalently held genetic figures which stands as the key ingredient for freedom from neurotic suffering. Dr. Moore will use didactic and audio-visual material from the working through stage of treatment to explicate Davanloo's formulation of the resistance and his approach to dealing with resistance, as well as his groundbreaking discoveries regarding the nature and role of unconscious guilt in driving a patient's suffering.

On the afternoon of March 7, Dr. Moore and Dr. Rathauer will conduct training sessions with two volunteers, who will be asked to bring video of their work with a patient using an IS-TDP framework. This training will adhere to the format used by Dr. Davanloo in his Montreal Core Group training program, in which trainer and trainee will work together as the entire group observes silently. The rationale for this format is specifically to create a safe environment that supports open and engaged learning. If you would like to have the opportunity of undergoing training (there is no additional charge), please put a check mark in the appropriate box on the registration form below. We will select the first two volunteers, who will be privately informed about their participation.

**Schedule: March 6**

8:00 AM Registration

8:30 AM Welcome and introductions, Robert Wolski, MD.

8:40 AM Power Point Lecture, Audiovisual Presentation, John Rathauer, Ph.D.

10:00 AM Break

10:20 AM Power Point Lecture, Audiovisual Presentation, John Rathauer, Ph.D.

11:30 AM Discussion with audience participation

12:00 PM Lunch

1:15 PM Power Point Lecture, Audiovisual Presentation, Linda Moore, Ph.D.  
2:35 PM Break  
2:55 PM Power Point Lecture, Audiovisual Presentation, Linda Moore, Ph.D.  
4:05 Discussion with audience participation  
4:35 Complete evaluations

### **Saturday, March 7**

8:00 AM Registration  
8:30 AM Welcome and introductions, Robert Wolski, MD.  
8:40 AM Power Point Lecture, Audiovisual Presentation, John Rathouser, Ph.D.  
10:00 AM Break  
10:20 AM Power Point Lecture, Audiovisual Presentation, John Rathouser, Ph.D.  
11:30 AM Discussion with audience participation  
12:00 – 1:15 PM Lunch  
1:15 PM Training session #1: John Rathouser, Ph.D.  
2:30 PM Break  
2:50 PM Training session #2: Linda Moore, Ph.D.  
4:05 PM Discussion with audience participation  
4:35 PM Complete evaluations

### **This conference is designed to help you:**

#### **Friday morning:**

- 1) Summarize the 7 phases of Davanloo's Central Dynamic Sequence and key concepts used in Davanloo's ISTDP (D-ISTDP).
- 2) Describe the three discharge pathways Davanloo has identified for unconscious anxiety and how these are used in his system for psychodiagnosis.
- 3) List 3 functions of the graded format in working with patients who manifest low capacity to tolerate anxiety.

#### **Friday Afternoon:**

- 4) Summarize Davanloo's formulation for resistance derived from his observations of a large case series of his audio-visual research and concept of The Perpetrator.
- 5) Identify three aspects of Davanloo's New Metapsychology of the Unconscious that differ from traditional psychoanalytic conceptualizations.
- 6) Identify access to unconscious feelings following removal of the resistance in the working through phase of D-ISTDP.

#### **Saturday morning:**

- 7) Explain Davanloo's concept of "crystallization of defenses in the transference."
- 8) Discuss the application of pressure to establish a rapid psychodiagnostic formulation of low anxiety tolerance that in turn identifies the necessity of utilizing a graded approach.

- 9) Describe the somatic manifestations of the neurobiological pathways for key affects that are the focus of therapy.

**Saturday afternoon:**

- 10 Identify common mistakes when using D-ISTDP techniques.  
11) Explain what it means to “work in the transference” when applying D-ISTDP.  
12 Identify common forms of resistance.

**Presenters:**

Linda Smoling Moore, Ph.D. received her Ph.D. in Clinical Psychology from the Catholic University of America. She entered training with Dr. Davanloo in 2005 with a background in neuropsychological assessment of children and adults with learning and attention disorders, as well as integrative forms of individual and couples therapy. Training with Dr. Davanloo has included participation in Davanloo’s Montreal Core Training Group and three years of the Montreal Mobilization Program, including direct closed circuit supervision from Dr. Davanloo. She offers both national and international presentations of Davanloo’s IS-TDP. Dr. Moore has a private practice in Bethesda, MD and is an Adjunct Assistant Professor of Medical and Clinical Psychology at the Uniformed Services University of Health Sciences, Bethesda, MD. She currently serves as Past President of the Washington Professionals for the Study of Psychoanalysis, a local chapter of Div 39 (Psychoanalysis) of the American Psychological Association and as a Trustee for the Consortium for Psychoanalytic Research, Inc.

John Hans Rathouser, Ph.D. is a clinical psychologist with a private practice in Kendall Park, NJ. He received his Doctorate from the California School of Professional Psychology-Los Angeles. Five subsequent years of psychoanalytically based training were spent at the Postgraduate Center for Mental Health, where he completed certification programs in “Child Psychiatry and Child Guidance,” and “Analytic Group Therapy.” In 1994 he began an eight year period of retraining as a member of the Montreal Core Training Group in Intensive Short-Term Dynamic Psychotherapy, under the supervision of Dr. Davanloo. Dr. Rathouser offers training seminars in Kendall Park, NJ and presents nationally and internationally on the metapsychology of Davanloo’s IS-TDP.

Both Dr. Rathouser and Dr. Moore attend an annual week long Metaspchology Course offered by Dr. Davanloo that reports his current research findings, modifications and discoveries. Along with Robert Wolski, MD, they are co-founders of The Mid-Atlantic Society for Training and Research in Davanloo’s IS-TDP. Compilations of Dr. Davanloo numerous articles can be found in Unlocking the Unconscious: Selected Papers of Habib Davanloo, MD (Wiley) and Intensive Short-Term Dynamic Psychotherapy: Selected Papers of Habib Davanloo, MD (Wiley). He authored a chapter on “Intensive Short-Term Dynamic Psychotherapy” in Kaplan and Sadock’s Comprehensive Textbook of Psychiatry , 2005. His early works included Basic Principles and Techniques in Short-Term Dynamic Psychotherapy (Aronson) and Short-Term Dynamic Psychotherapy (Aronson).

**Participants:** This seminar is open to all interested mental health professionals. It is not limited to individuals practicing in a predominantly psychoanalytic mode. This program is intended for those with an introductory level of knowledge and experience.

**Continuing Education:** This program is available for 6 continuing education credits on Friday, and 6 credits on Saturday. Participants must attend 100% of the program for the days the CE's are issued. Upon completion of a conference evaluation form a certificate of attendance will be issued for that day. This serves as documentation of attendance for all participants. Psychologists will have their participation registered through Division 39. Division 39 retains responsibility for the program and its content. WSPS and Division 39 are committed to accessibility and non-discrimination in continuing education activities. If participants have special needs, reasonable efforts will be made to accommodate them. Please contact Rosana Marzullo-Dove by email ([marzullodove@yahoo.com](mailto:marzullodove@yahoo.com)) or phone (540-287-0116) with questions, concerns or to request special accommodations. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

Division 39 is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 39 maintains responsibility for this program and its content.

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**Register Now!** To insure lunch, advance registration and payment must be received 5 days before the conference. All attendance requests received later than March 1, as well as those who sign up the day of the presentations, will be subject to an additional fee of \$10.00 per day. Cancellation requests received in writing by March 1 will be returned in full, minus a \$25.00 administrative fee. Cancellation requests received after March 1 are not refundable. Complete and mail registration with check to:

***Rosana Marzullo-Dove, M.A***  
***5300 Holmes Run Parkway # 1514***  
***Alexandria, VA 22304***

***Make Check Payable to: Linda Smoling Moore, Ph.D.***

Name: \_\_\_\_\_

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

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

Email: \_\_\_\_\_

Degree: \_\_\_\_\_

Member of WPSP: Yes \_\_\_\_\_ No \_\_\_\_\_

**Attendance Request (use checkmarks)**

Friday Conference \_\_\_\_\_ Saturday Conference \_\_\_\_\_ Total Conference Fee \_\_\_\_\_

Optional Luncheon: Friday \_\_\_\_\_ Saturday \_\_\_\_\_ @ \$20.00 per luncheon \_\_\_\_\_

Please calculate your total payment: \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

I would like to volunteer for training. I understand that I must bring a DVD or mp4 file on a USB flash drive of my work. At least one volunteer for training will submit video of an initial IS-TDP therapy session to be viewed by the group. I understand that there is no additional cost for this training and that only two volunteers will be chosen based on time of receipt of request and that chosen volunteers will be informed privately. Please add a check mark to indicate your request for this training opportunity.

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**WPSP Membership Form**

If you would like to become a WPSP member, please fill in the membership form below and send a separate check for \$35 (professional) or \$20 (scholar or student in mental health graduate program) to cover your 2015 dues along with your fee for the conference.

Name: \_\_\_\_\_

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

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

Email: \_\_\_\_\_

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

Degree/Discipline: \_\_\_\_\_

Licensed as: \_\_\_\_\_ License Number: \_\_\_\_\_

Div. 39 Member? Yes\_\_\_ No\_\_\_

May WPSP use your address to send you information that might be of interest to you?  
Yes\_\_\_ No\_\_\_

**Please check our website [www.washpsp.org](http://www.washpsp.org) to learn more about WPSP or to print a membership application. Among other benefits, membership in WPSP offers the ability to participate in study groups, free Salon's and networking and mentoring opportunities.**

**You may view this conference brochure on Dr. Moore's website: [DrLSMoore.com](http://DrLSMoore.com).**