

Transference-Focused Psychotherapy (TFP) Curriculum Helsinki 2018-2020

Transference-Focused Psychotherapy (TFP) is a manualized and evidence-based treatment for patients with borderline personality disorder. TFP was developed by Otto Kernberg as an individual outpatient psychodynamic psychotherapy that aims not only at symptom improvement, but also on changes in personality functioning. The latest version of the treatment manual has been published in 2015 and will be used in this curriculum:

*Yeomans F, Clarkin J, Kernberg O (2015):
Transference-Focused Psychotherapy for
Borderline Personality Disorder: A Clinical
Guide. Washington DC: American Psychiatric
Publishing.*

This curriculum is offered for psychiatrists, clinical psychologists, and psychotherapists, who are licensed to deliver psychotherapy to patients or who are in psychotherapy training. The completion of a training in psychodynamic psychotherapy is NOT a condition for the participation in this curriculum.

According to the regularities of the International Society of Transference-Focused Psychotherapy (ISTFP; www.istfp.org), this curriculum consists of four times two days of theoretical training and of the treatment of one borderline patient for two years under regular group supervision. Teaching is in English and the lecturers of the curriculum are certified ISTFP teachers and supervisors. After completion of this training, therapists can apply for a certification exam as TFP therapist.

Seminars **(two days, 20 x 45 minutes each)**

June 1/2, 2018
Introduction to Transference-Focused
Psychotherapy

Otto Kernberg and Stephan Doering

September 21/22, 2018
Diagnosis and Treatment Contract
Recruitment of patients for TFP
treatment under supervision.

Nel Draijer and Kay Haran

November 16/17, 2018
The treatment techniques

Nel Draijer and Kay Haran

January 18/19, 2019
Complications, narcissism, and later
stages of the treatment

Nel Draijer and Kay Haran

It is possible to participate in the first seminar only, or to participate in all four workshops without treating patients under supervision.

Supervision groups

The supervision groups will be conducted by Kay Haran (New York) and Nel Draijer (Amsterdam) meet weekly for 90 minutes on Skype, and two times face-to-face for a whole day in Helsinki.

The supervision will begin in September 2018 and will be continued for two years.

Arrangements and payments

The organizer is Therapiea Foundation, together with ISTFP.

The first seminar will take place at 'Tieteiden talo' (House of Sciences, Kirkkokatu 6, Helsinki). Other seminars will take place at Therapiea Foundation, Topeliuksenkatu 15, Helsinki).

You can either book only the seminar with Otto Kernberg
€ 420 + VAT 24% (€ 520,80)

or

the three other 2-day seminars
€ 1.140 + VAT 24% (€ 1.413,60)

or

the whole curriculum including supervision (and the option to become certified as a TFP therapist) for
€ 4.200 + VAT 24% (€ 5.208)

For further information and for registration please contact:

hallinto@therapeiasaatio.inet.fi

LicA (psych.) Thea Strandholm
thea.strandholm@gmail.com
T: +358 50338 4282

Adj. prof. Olavi Lindfors
olavi.lindfors@kolumbus.fi

Registration deadline

April 20, 2018