

# Dynamic Interpersonal Therapy (DIT)

## Timetable

Day 1: 23<sup>rd</sup> March

Day 2: 24<sup>th</sup> March

Day 3: 11<sup>th</sup> May

Day 4: 12<sup>th</sup> May

Day 5: 18<sup>th</sup> May (Role Plays)

### Training Faculty:

Alessandra Lemma – Thursday 23<sup>rd</sup> March

Professor Peter Fonnagy – Thursday 11<sup>th</sup> May

Professor Mary Hepworth – Friday 12<sup>th</sup> May

Lead Tutor: Tamara Gelman

### Day 1: Thursday, 23<sup>rd</sup> March: Introduction and Theory

09:00 – 09:15	Registration and introductions
09:30 – 10:30	Module 1: Overview of the DIT model and approach to mood disorders ( <b>Alessandra Lemma</b> )
10:30 – 10:50	Tea and coffee break
10:50 – 11:05	Attachment styles
11:05 – 12:00	Small group exercise – Introduce your patient
12:00 – 12:45	Lunch break
13:00 – 14:10	Module 2: Core Features and strategies, cautionary tale DIT in your setting
14:10 – 14:45	Module 3: The initial phase, contract, aims, strategies and exploration Eliciting INs

14:45 – 15:00	Tea and coffee break
15:00 – 15:30	Module 3: The Initial Phase, Contract, Aims, Strategies and Exploration
15:30 – 16:00	Questions and discussion

**Day 2: Friday, 24<sup>th</sup> March: The Initial Phase: IPAF and Role Plays**

09:00 – 10:30	Formulating the IPAF
10:30 – 10:50	Tea and coffee break
10:50 – 12:30	Negotiating the IPAF
12:00 – 12:45	Lunch break
12.45 – 13:45	Formulating your patients
13:45 – 14:45	Agreeing goals for therapy
14:45 – 15:00	Tea/ Coffee break
15:00 – 16:00	Formulation and Finding a Focus

**Day 3: Thursday, 11<sup>th</sup> May: Techniques of DIT in the Middle Phase: Mentalizing**

**The Initial Phase: Interpersonal Narratives**

09:00 – 10:30	Mentalisation ( <b>Professor Peter Fonagy</b> )
10:30 – 10:50	Tea/ Coffee break
10:10 – 10:30	Questions
10:50 – 12:30	Mentalisation and DIT ( <b>Professor Peter Fonagy</b> )
12:30 – 13:30	Lunch Break

13:30 – 14:45	Abstracting Relational and Affective Themes
14:45 – 15:00	Tea/ Coffee break
15:00 – 16:00	Module 4: Middle Phase – aims, using outcome measures

#### **Day 4: Friday, 12<sup>th</sup> May – Expressive Techniques in the Middle Phase**

09:00 – 10:15	Focus on Affect
10:15 – 10:50	Working with Defences
10:50 – 11:00	Tea/coffee break
11:00 – 12:00	Working with defences, working with resistance, managing difficulties in the therapeutic relationship
12:00 – 12:45	Lunch break
12:45 – 13:15	Working with diversity in DIT
13:15 – 14:00	Use of transference and countertransference in DIT ( <b>Professor Mary Hepworth</b> )
14:00 – 14:45	Module 5: Ending Phase
14:45 – 14:55	Tea and coffee break
14:55 – 15:30	Endings Discussion in relation to own case studies
15:30 – 15:45	Assessing suitability for DIT
15:45 – 16:00	Further requirements for accreditation as DIT therapist

#### **Day 5: 18<sup>th</sup> May – Role Plays**