

Abstract for

20th WADP congress / XXXIII International Symposium of the German Academy  
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco  
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male  / Female  / Diverse

Name: **Summers**      First Name: **Richard**

Title / Position:      MD

Country:      USA

Male  / Female  / Diverse

Name: **Barber**      First Name: **Jacques P.**

Title / Position:      PhD, ABPP

Country:      USA

Workshop title:      **Change is the Goal of Psychodynamic Therapy:  
Practical Strategies and New Evidence**

Abstract text up to 15 lines in English:

This pragmatically-oriented workshop will help clinicians provide effective and evidence-based psychodynamic treatment to a wide range of appropriate patients. We will focus on change in psychodynamic therapy. We will review the efficacy of dynamic therapy, the mechanisms of change that allow patients to feel and function more adaptively, and the strategies of change we employ as therapists to promote change in patients? The workshop will review new empirical evidence that helps to understand the change process and discuss and illustrate the pragmatic clinical applications of these findings.

The faculty include a clinician and a researcher. The goal of the course is to bring new evidence on psychotherapeutic change to bear in the real world clinical setting, being aware of and sensitive to the dynamics of gender, race and culture, as well as the social context of psychotherapy in our contemporary culture.

Video clips of therapy with active participant discussion about technique will make for a highly engaging learning experience.

The workshop will be offered by Richard F. Summers, MD and Jacques P. Barber, PhD ABPP. benefits and limitations, explore experiences of our team in a model setting in a recent war and terror environment (Iraq), and discuss the implementation of integrated strategies in other conflict zones. We will discuss these aspects in their relevance to the work and experience of the participants.