

International Federation for Psychotherapy 23rd World Congress of Psychotherapy

“Psychotherapy and World Mental Health 2023”

9-11 February 2023, Faculty of Medicine and Pharmacy, University Hassan II,
Casablanca, Morocco

The following courses will be offered to conference registrants on Day 1 of the congress (9 February 2023). Courses 1-4 will be offered in parallel rooms from 09:00-12:00 and Courses 5-7 from 14:00-17:00. Conference participants will be able to pre-register in advance and select up to two courses to secure attendance.

Course 1. Fundamentals of Supportive Psychotherapy

Course Directors:

Erin Crocker

Clinical Associate Professor of Psychiatry,
Psychiatry Residency Training Director,
University of Iowa, Health Care, USA.
Chair of the Psychotherapy Committee,
American Association of Directors of Psychiatry Residency Training (AADPRT).

Randon Welton

Margaret Clark Morgan Endowed Chair of Psychiatry,
Northeast Ohio Medical University, USA.

Course Description:

This 3-hour course will be conducted in English. It will be interactive and open to up to 75 participants. The target audience will be early to mid-career psychotherapists as well as students and trainees. Course faculty members are cognizant that psychotherapy training is limited in many low-and-middle-income countries and this course is meant to bridge such resource discrepancies.

Educational objectives include identifying and mastering the common factors that are curative in all psychotherapies and understanding the importance of supportive psychotherapy interventions across all treatment settings. The common factors include empathy, expression and regulation of affect, validation, support, mentalization, and forming a therapeutic alliance.

The course objective is to increase knowledge and competence in the delivery of supportive psychotherapy. Faculty members will present principles and practical applications of supportive psychotherapy in general psychiatric practice settings such as inpatient, outpatient, Emergency Room (ER), general hospital Consultation-Liaison (CL), and addiction psychiatry settings. Particular attention will be given to cultural adaptations and optimizing services in high volume clinical settings. Attendees will have opportunities to gain practical, hands-on experience in applying the skills learned through interactive Q&A sessions.

Course 2. Fundamentals of CBT

Course Directors:

Roger M. K. Ng

Secretary for Education,
World Psychiatric Association, Geneva, Switzerland.
Department of Psychiatry,
Kowloon Hospital, Hong Kong Special Administrative Region, China.

Reham Aly

Executive Committee Member, WPA Psychotherapy Section
Consultant Psychiatrist, Ain Shams University, Cairo, Egypt
Academy of Cognitive Therapy Diplomate & Member, Philadelphia, USA
President of Egyptian Association of Cognitive Behavior Therapy

Course Description:

This 3-hour course will be conducted in English. It will be interactive and open to up to 75 participants. The target audience will be early to mid-career psychotherapists as well as students and trainees. Course faculty members are cognizant that psychotherapy training is limited in many low-and-middle-income countries and this course is meant to bridge such resource discrepancies.

Educational objectives include understanding the theory of cognitive-behavioral therapy (CBT), reviewing, and mastering basic CBT therapeutic techniques, and formulating clinical cases based on the CBT Model.

CBT is an evidence-based, problem-focused, and action-oriented psychotherapy modality that focuses on identifying and correcting cognitive distortions that result in maladaptive behaviors and emotional dysregulation. It is the most widely studied form of psychotherapy for adults, children, adolescents, and the elderly. CBT helps persons in distress understand the connection between thoughts, feelings, and behavior to devise more adaptive coping strategies. CBT techniques are applicable to all psychological problems and most psychiatric disorders. CBT emphasizes the people's ability to choose their thoughts to guide actions and earn control over life events. This course will serve as a practical introduction to this important treatment modality.

Course 3. CBT for Psychosis

Course Director:

Warut Aunjitsakul

Associate Professor, Department of Psychiatry, Faculty of Medicine,
Prince of Songkhla University
Hat Yai, Songkhla, Thailand.
Institute of Health and Wellbeing, University of Glasgow,
Glasgow, United Kingdom.

Course Description:

This 3-hour course will be conducted in English. It will be interactive and open to up to 75 participants. The target audience will be early to mid-career psychotherapists as well as students and trainees. Some proficiency in basic CBT would be helpful but not required. The course director is cognizant that psychotherapy training is limited in many low-and-middle-income countries and this course is meant to bridge such resource discrepancies.

Educational objectives include understanding the relationship between social anxiety and psychosis and applying CBT techniques for persons with psychosis, including schizophrenia, in a culturally sensitive way.

In people with psychosis, deficits in social functioning are associated with problems with social relationships, and social anxiety disorder co-morbidity is under-recognized. Moreover, comorbid social anxiety can lead to low functioning and self-esteem, poor quality of life and well-being, and co-morbid depression. This course will examine the association of negative social appraisals and safety behaviors with social anxiety and paranoia. The course director will demonstrate practical CBT psychotherapeutic techniques targeted to reduce anxiety and ameliorate negative symptoms in persons with schizophrenia.

Course 4. Psychotherapy in Primary Care (*in French*)

Course Director:

François Ferrero

Board Member of the International Federation for Psychotherapy,
Geneva, Switzerland
Honorary Professor, University of Geneva, Switzerland

Course Description:

This 3-hour course will be conducted *in French*. It will be interactive and open to up to 75 participants. The target audience will be early to mid-career psychotherapists, primary care physicians as well as medical students and trainees in the mental health professions. The course director is cognizant that psychotherapy training is limited in many low-and-middle-income countries and this course is meant to bridge such resource discrepancies.

Educational objectives include delineating collaborative agreements between general care primary physicians and psychiatrists to improve the delivery of treatments for persons with mental disorders; and discussing the possible collaborative models of care, including the transfer of psychotherapeutic skills to primary healthcare providers, supervisory role of psychiatrists to oversee task shifting, and complementarity of roles.

Most patients with mental disorders are first diagnosed and treated by primary care physicians. As a result, psychiatrists and general practitioners very often collaborate for the benefit of their patients. In most countries around the world, the number of trained psychiatrists offering access to psychotherapy is very low. Despite existing programs to train primary care healthcare workers in psychotherapy, a need still exists for establishing common guidelines aiming to improve both the quality and the accessibility of such treatments. This course will offer medical students interested in primary care, primary care trainees, primary care physicians who are front-line workers, and affiliated healthcare personnel and trainees the opportunity to improve their skills and basic knowledge of psychotherapy.

Course 5. Fundamentals of Psychodynamic Psychotherapy

Course Directors:

Alma Lucindo Jimenez, MD

Associate Professor,
University of the Philippines College of Medicine
Department of Psychiatry and Behavioral Medicine, Manila, Philippines.
Senior Advisor, WPA Psychotherapy Section.

Constantine Della, MD

Head of Consultation-Liaison Psychiatry,
University of the Philippines College of Medicine
Department of Psychiatry and Behavioral Medicine, Manila, Philippines.
Secretary, WPA Psychotherapy Section.

Allan Tasman, MD

Emeritus Chair and Professor, University of Louisville, Kentucky, USA.
Co-Chair, WPA Psychotherapy Section.
Past President of the American Psychiatric Association.

Course Description:

This 3-hour course will be conducted in English. It will be interactive and open to up to 75 participants. The target audience will be early to mid-career psychotherapists as well as students and trainees. Course faculty members are cognizant that psychotherapy training is limited in many low-and-middle-income countries and this course is meant to bridge such resource discrepancies.

Educational objectives include understanding the essential theoretical concepts of psychodynamic psychotherapy; identifying and learning psychodynamic psychotherapy technique; learning how to do a psychodynamic formulation that informs treatment; and describing the associated theoretical paradigms that enhance the psychodynamic approach such as the biopsychosocial model.

The psychoanalytic tradition influenced modern psychiatric practice by helping clinicians understand intrapsychic and interpersonal conflicts and unconscious motivations. Contemporary psychodynamic psychotherapy has distilled concepts of transference, countertransference, resistance, adaptation, and defense mechanisms in a unifying way to inform the clinical treatment of persons with mood disorders, addictions, eating disorders, anxiety disorders and personality disorders. This course will demonstrate how the psychodynamic approach is particularly useful for treatment resistant and complex, co-morbid psychiatric disorders.

Course 6. A Review of Third Wave Therapies

Course Directors:

Jian Linn Loo

Betsi Cadwaladr University Health Board,
Wrexham Maelor Hospital, Wrexham, United Kingdom

Noor Melissa Nor Hadi

Department of Psychiatry, Faculty of Medicine, Universiti Teknologi MARA,
Selangor, Malaysia.
Department of Psychiatry and Mental Health, Hospital Tuanku Fauziah,
Perlis, Malaysia

Iizax Ramírez

Mexican Society of Neurology and Psychiatry,
Mexico City, Mexico.

Course Description:

This 3-hour course will be conducted in English. It will be interactive and open to up to 75 participants. The target audience will be early to mid-career psychotherapists as well as students and trainees. Course faculty members are cognizant that psychotherapy training is limited in many low-and-middle-income countries and this course is meant to bridge such resource discrepancies.

Educational objectives include understanding the development of specialized psychotherapies known as the third wave therapies, which include dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), behavioral activation therapy (BAT) and mindfulness-based cognitive therapy (MBCT); and learning how to integrate DBT, ACT, MBCT and BAT skills in the routine psychotherapy clinical care of patients in a variety of clinical settings.

Given the burden of mental health morbidities, especially in the pandemic and post-pandemic era, there is an increasing need for the provision of effective psychotherapies. The third-wave therapies have been validated transculturally and are especially helpful in regions of the world that value collectivism and interdependence. This course will offer registrants practical skills to inform eclectic approaches to psychotherapy to maximize treatment effectiveness in real world clinical settings and complex conditions.

Course 7. Fundamentals of Motivational Interviewing

Course Directors:

Hazli Zakaria

President, Malaysian Psychiatric Association.
Director, Alaminda Psychiatric Clinic,
Kuala Lumpur, Malaysia.

Faiz Tahir

Consultant Psychiatrist,
International Islamic University Malaysia,
Kuantan, Malaysia.
Chair of the WPA Psychotherapy Section Special Interest Group on Cultural Adaptations of
Motivational Interviewing.

Course Description:

This 3-hour course will be conducted in English. It will be interactive and open to up to 75 participants. The target audience will be early to mid-career psychotherapists as well as students and trainees. Course faculty members are cognizant that psychotherapy training is limited in many low-and-middle-income countries and this course is meant to bridge such resource discrepancies.

Educational objectives include describing the theory of Motivational Interviewing (MI) and highlighting basic MI techniques that could be incorporated in all psychotherapies.

Motivational Interviewing (MI) is a psychotherapy that is directive, patient-centered and designed to elicit behavior change. MI helps patients to explore and resolve ambivalence, promote willingness to change and couple insight with action. Research demonstrates the effectiveness of MI in the management of chronic medical illnesses (hypertension, diabetes mellitus, and obesity), smoking cessation, alcohol dependence, and medication and treatment adherence. This course will focus on describing the theory behind MI (including the transtheoretical stages of change model) and demonstrating basic MI concepts and techniques (such as the user of open-ended questions, affirmations, reflection, summary statements). The psychotherapy process sequence of engaging, focusing, evoking, and planning will be explained, as well as the key principles of expressing empathy, supporting self-efficacy, creating discrepancy, avoiding arguments, and rolling with resistance. Clinical demonstrations will be offered to course registrants in an interactive fashion.