

## DYNAMIC INTERPERSONAL THERAPY WORKSHOP

Saturday, 18th May 2019, 1000-1600  
Quakers Meeting House, Church Crescent, London N10 3NE  
Facilitated by Anna Bravesmith

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Dynamic Interpersonal Therapy (DIT) is a time limited and structured psychotherapy, typically delivered over 16 weekly sessions. It aims to help the client understand the connection between presenting symptoms and what is happening in his/her relationships through identifying a core repetitive pattern of relating that can be traced back to childhood. Once this pattern is identified, it is used to make sense of difficulties in relationships in the here-and-now that contribute to psychological stress.

Therapy comes in many forms, each model or approach having a particular focus and emphasis. DIT focuses mostly on relationship problems. When a person is able to deal with a relationship problem more effectively, his or her psychological symptoms often improve and life becomes more meaningful and constructive. DIT aims to help people recognise specific relationship patterns and to make changes. There is a growing body of scientific evidence demonstrating the benefit of this approach.

In DIT, the therapist encourages the client to reflect on thoughts and feelings, thereby enhancing the ability to manage current interpersonal difficulties. DIT aims at relieving distress, enhancing interpersonal functioning and the capacity for understanding oneself and others. Throughout therapy, the therapist helps the client to find more appropriate ways of being and coping with difficult relationships in life, and also difficult relationships between parts of the internal world and conflicts within the self.

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**Anna Bravesmith** is a Jungian analyst, member of the Society of Analytical Psychology and holds the SAP Diploma in Supervision. She trains psychodynamic supervisors at WPF. She is also an accredited Dynamic Interpersonal Therapy practitioner, supervisor and trainer. She has a private analytic practice in Highgate, London for long term patients, and has also worked for more than 15 years providing Brief Dynamic Psychotherapy in the NHS in various primary care services in London. She is a highly experienced supervisor of psychotherapists, and counsellors and teaches at many London based training organisations. She has published papers on Supervision and Imagination, Brief Therapy and Jungian Analysis, and has presented on the subject of Dreams in several organisations.

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Cost: £50.00 HCC members / £75.00 non HCC members  
(This includes refreshments but not lunch)  
To secure your place, please fill in the form overleaf

Please direct any queries to:  
Kevin Hamilton, Training Manager, Highgate Counselling Centre  
58a Highgate High Street, London N6 5HX  
Telephone: 020 8883 5427  
Email: kevin.hamilton@highgatecounselling.org.uk

**HIGHGATE COUNSELLING CENTRE  
DYNAMIC INTERPERSONAL THERAPY WORKSHOP**

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Quakers Meeting House, Church Crescent, London N10 3NE

Please reserve me a place on the above workshop

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

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

\_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

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

Fee:           £50.00 (HCC members)           £75.00 (non HCC members)  
(This fee is non-refundable and includes refreshments but not lunch)

I enclose a cheque for £50.00           Yes / No           (HCC member)

I enclose a cheque for £75.00           Yes / No           (Non HCC member)

(Please make your cheque payable to Highgate Counselling Centre)

I have paid by BACS                    Yes / No           (Please circle £50.00 or £75.00)

Payment by BACS bank transfer:

Bank:                                    CAFBANK

Sort code:                             40-52-40

A/C number:                          00018507

Please use reference:                DIT / your name

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Please return this booking form by Friday, 10th May 2019 to:

Kevin Hamilton, Training Manager  
Highgate Counselling Centre  
58a Highgate High Street, London N6 5HX

Telephone: 020 8883 5427

Email: [kevin.hamilton@highgatecounselling.org.uk](mailto:kevin.hamilton@highgatecounselling.org.uk)

A CPD CERTIFICATE WILL BE ISSUED AT THE END OF THE WORKSHOP