

## DYNAMIC INTERPERSONAL THERAPY WORKSHOP

A one-day workshop

Saturday, 12th June 2021: 1000-1600 (via Zoom)

Facilitated by Anna Bravessmith

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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 Bravessmith is a highly experienced Jungian analyst from the Society of Analytical Psychology in London where she has also held the post of Training Clinical Coordinator. She also has a private practice. For many years she worked in the NHS in Primary Care, and as the Programme Manager of the Diploma in Supervision/MA at WPF Therapy. She works as a trainer and speaker in several organisations. Her publications include papers on Silence in analytic work, Supervision and Imagination and Brief Dynamic Therapy.

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### **Workshop Fee:**

£70.00 HCC members or £90.00 non-HCC members

To secure your place, please fill in the form overleaf. Please direct any queries to:

Kevin Hamilton, Highgate Counselling Centre

Telephone: 020 8883 5427

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

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Please reserve me a place on the above workshop

Name:

Address:

Telephone:

Email:

### Workshop Fee:

HCC members £70

Non-members £90

Payment by BACS bank transfer:

Highgate Counselling Centre

Barclays Bank

Account Number: 53577538

Sort code: 20-76-90

Reference: Your surname DIT Workshop

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Please return this booking form by Friday, 11th June 2021 to:

Kevin Hamilton  
Training Manager  
Highgate Counselling Centre

Telephone: 020 8883 5427

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

A CPD CERTIFICATE WILL BE EMAILED TO YOU FOLLOWING THE WORKSHOP

**Note: If you wish to book/pay via card, please call Ruth Fitzgerald at HCC on 0208 883 5427 to make this booking/payment.**

*Any information provided is held securely in line with GDPR requirements. We will automatically add your name/email address to our CPD Contacts and may contact you about future CPD events. If you do not wish to be informed about future events, please let us know.*

*Your address is required for us to be able to post you a CPD certificate following the event.*