

## CPD WORKSHOP

# Dynamic Interpersonal Therapy (DIT)

**Saturday, 17 May 2025 | 12:45 to 18:00**

Venue: Quakers Meeting House, 77 Church Crescent, N10 3NE

**Workshop fee:** £32.50 HCC members | £65.00 non-HCC members

### Overview:

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 be 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.

### Facilitator:

**Ian Michie** worked in the media industry for twenty years before retraining to be a psychodynamic counsellor in 2003. Whilst training he worked as a crisis support worker in a residential crisis unit. As a counsellor he has worked in a busy GP practice and an addictions unit. He is now a psychodynamic psychotherapist and has worked privately in North London for the past 12 years. He also works in IAPT as a DIT practitioner. Ian has delivered numerous workshops and presentations in mental health and is also a critical incident consultant supporting businesses that have suffered traumatic events.

### How to book:

Please email [training@highgatecounselling.org.uk](mailto:training@highgatecounselling.org.uk) to reserve a place, letting us know if you are an HCC member or not. We will then send you an invoice for £32.50/£65, and once this is paid your place will be confirmed. You can pay online via the link on the invoice.