

22<sup>nd</sup> – 23<sup>rd</sup> MAY 2014

**VENUE:**

Park Inn Hotel  
Mansfield Road  
Nottingham  
NG5 2BT  
UK

**MAXIMISING EFFECTIVENESS IN  
SHORT TERM DYNAMIC  
PSYCHOTHERAPY:**

**INTEGRATING SPECIFIC FACTORS INTO A  
DYNAMIC FRAMEWORK TO DEEPEN AND  
ACCELERATE THE PROCESS OF CHANGE**

**Early Bird/Student Rate:**

£170 (before 05/01/2014)

**Full Price:**

£220 (after 05/01/2014)

Buffet lunch included

**For further Info and  
bookings contact:**

[bev@ticktockevents.co.uk](mailto:bev@ticktockevents.co.uk)

**Or Visit:**

[istdpevents.wordpress.com](http://istdpevents.wordpress.com)

Dr Patricia Coughlin Ph.D. will present a 2 day master class outlining a clinically and cost effective method for facilitating deep emotional change.

This method aims to help patients regulate anxiety and abandon maladaptive defences in order to promote healing and lasting change.

Dr Coughlin will use video recorded material to illustrate how this method can be applied to a broad range of mental health problems. She will also present the growing evidence base for this approach, which includes RCTs, a Cochrane review and a number of meta-analyses for a variety of mental health diagnoses.

Dr. Patricia Coughlin Ph.D. is a licensed Clinical Psychologist with over 30 years of clinical experience. In addition to her private practice, Dr. Coughlin writes professionally, gives presentations, workshops and conducts training and supervision groups for mental health professionals around the world.



Dr. Coughlin's first book, *Intensive Short term Dynamic Psychotherapy: Theory and Technique*, is considered a classic in the field. Her latest book, *Lives Transformed* was written in collaboration with Dr. David Malan. She is now working on her third book, **Enhancing Clinical Effectiveness in Short Term Dynamic Psychotherapy.**