

Course Title: **Psychotherapy Challenges in Clinical Practice (Co-sponsored by the WPA Psychotherapy Section and World Federation for Psychotherapy)**

00:00-00:20 César Alfonso – Working psychotherapeutically with persons with vision loss.

00:20-00:50 Q&A – César A. Alfonso

00:50-01:10 Goran Mijaljica - *Working psychotherapeutically with persons who experienced severe psychological trauma.*

01:10-01:30 Q&A - César Alfonso and Goran Mijaljica

01:30-02:00 - 30 Minutes Break

02:00-02:20 Guida da Ponte - *Psychotherapy at the end of life*

02:20-02:50 Q&A - César Alfonso and Guida da Ponte

02:50-03:10 Constantine Della - *Working psychotherapeutically with persons with personality disorders*

03:10-04:00 Q&A and summation César Alfonso and Constantine Della

Course Abstract:

This course will be taught by leaders of the World Federation for Psychotherapy and the WPA Psychotherapy Section. Faculty members will describe how to deliver evidence-based psychotherapies for patients presenting with challenging psychiatric and multimorbid conditions. Dr. Alfonso will share his experience as a Consultation-Liaison psychiatrist working with medically ill patients who lose their vision, where sensory impairment compounds psychiatric disorders. He will discuss the concept of bidirectionality in the treatment of comorbid conditions and highlight how psychotherapy with the medically ill leads to symptomatic reduction and gains in function. Dr. Della will describe how to combine supportive, psychodynamic (transference - focused and mentalization-based) and cognitive-behavioral techniques in the treatment of individuals with personality disorders in a variety of clinical settings. Dr. Mijaljica, with expertise in the treatment of refugees, patients living in conflict zones, and persons affected by war, will review clinical recommendations to treat psychotherapeutically persons with acute and posttraumatic stress disorders. Dr. da Ponte, with expertise in manualized meaning-centered psychotherapy with cancer patients, will discuss psychotherapy interventions at the end of life in palliative care and outpatient settings, focusing on meaning of life and meaning-making coping. Ample time will be scheduled for discussion and interaction between registrants and speakers.

Course Faculty:

César A. Alfonso, MD (USA)

President, World Federation for Psychotherapy, Geneva.

Clinical Professor of Psychiatry, Columbia University Medical Center, New York.

Visiting Professor of Psychiatry, National University of Malaysia, Kuala Lumpur.

Visiting Professor of Psychiatry, Prince of Songkla University, Thailand

Visiting Professor of Psychiatry, University of the Philippines College of Medicine.

Adjunct Professor of Psychiatry, Universitas Indonesia, Jakarta.

Constantine Della, MD (Philippines)

Chair, World Psychiatric Association Psychotherapy Section, Geneva.

Associate Professor of Psychiatry, University of the Philippines, Manila.

Chair, Division of Consultation-Liaison Psychiatry, Philippine General Hospital, Manila.

Past President, Philippine Psychiatric Association.

Council Member, World Federation for Psychotherapy, Geneva.

Goran Mijaljica, M.D. (Sweden/Norway)

Consultant Psychiatrist, Transcultural Center Stockholm, Region Stockholm, Sweden.

Consultant Psychiatrist, Haukeland University Hospital, Bergen, Norway.

Secretary of the World Psychiatric Association Transcultural Psychiatry Section.

World Psychiatric Association Psychotherapy Section Member.

Guida Da Ponte, M.D., PhD (Portugal)

Consultant Psychiatrist, Department of Psychiatry and Mental Health,

Local Health Unit Arco Ribeirinho, Portugal

President of the Psycho-Oncology Section of the Portuguese Society of Psychiatry and Mental Health

World Psychiatric Association Psychotherapy Section Member.

Suggested References

Beck, A. T. (1991). Cognitive therapy as the integrative therapy. *Journal of Psychotherapy Integration*, 1(3), 191-198.

Da Ponte, G., Ouakinin, S., Santo, J. E., Ohunakin, A., Prata, D., Amorim, I., ... Breitbart, W. (2021). Meaning-centered group psychotherapy in Portuguese cancer patients: A pilot exploratory trial. *Palliative and Supportive Care*, 19(4), 464–473.
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Da Ponte, G., Ouakinin, S., Santo, J. E., Amorim, I., Gameiro, Z., Fitz-Henley, M., & Breitbart, W. (2020). Process of therapeutic changes in Meaning-Centered Group Psychotherapy adapted to the Portuguese language: A narrative analysis. *Palliative and Supportive Care*, 18(3), 254–262.

Olarte SW, Teo D, Alfonso CA (2020) Intermittent treatment with the psychodynamic psychiatrist: A patient-centered approach, *Psychodynamic Psychiatry*, 48(3): 314-336.

Rollnick S, Heather N, Bell A. (1992). Negotiating behaviour change in medical settings: The development of brief motivational interviewing. *Journal of Mental Health*, 1, 25-37.

Ross, E, Alfonso CA (2024). Psychodynamic Psychiatry and the Care of Persons with Vision Loss and Blindness. *Psychodynamic Psychiatry*, 52(1)

Schnyder U, Cloitre M (eds.) (2022) Evidence based treatments for trauma-related psychological disorders: A practical guide for clinicians, 2nd edition. Springer Nature Switzerland

Wampold BE (2015). How important are the common factors in psychotherapy? An update. *World Psychiatry* 14(3):270-277.

Welton, R.S., & Crocker, E.M. (2020). Supportive Psychotherapy. In A. M. Brenner & L. S. Howe-Martin (Eds.), *Psychotherapy: A Practical Introduction*. Wolters Kluwer.