

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

**00:00-00:20 César Alfonso – *Working psychotherapeutically with persons experiencing complicated bereavement.***

**00:20-00:40 Goran Mijaljica - *Working psychotherapeutically with persons who experienced severe psychological trauma.***

**00:40-01:00 Q&A - César Alfonso and Goran Mijaljica**

**01:00-01:20 Guida da Ponte - *Psychotherapy at the end of life***

**01:20-01:30 Q&A César Alfonso & Guida da Ponte**

**01:30-02:00 - 30 Minutes Break**

**02:00-02:20 Iizax Ramírez-Espinosa - *The impact of suicide on the clinician's wellbeing***

**02:20-02:50 Q&A - César Alfonso and Iizax Ramírez-Espinosa**

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

**03:10-04:00 Q&A and summation César Alfonso, Constantine Della, Goran Mijaljica, Iizax Ramírez-Espinosa, and Guida da Ponte**

#### **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 four decades of experience providing evidence-based psychotherapy treatments with persons who experienced complicated bereavement leading to incapacitating depressive symptoms. 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. Dr. Ramírez-Espinosa will review recommendations to protect the clinician's wellbeing after a patient's suicide. Ample time will be scheduled for discussion and interaction between registrants and speakers.

#### **Course Faculty:**

**César A. Alfonso, MD (USA)-Course Director and Presenter**

**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)-Moderator and Presenter**  
**Chair, World Psychiatric Association Psychotherapy Section, Geneva.**  
**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/UK)-Presenter**  
**Secretary of the World Psychiatric Association Transcultural Psychiatry Section.**  
**World Psychiatric Association Psychotherapy Section Member.**  
**Council Member, World Federation for Psychotherapy, Geneva.**

**Guida Da Ponte, M.D., PhD (Portugal)-Presenter**  
**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.**  
**Member of the World Federation for Psychotherapy**

**Izax Ramírez-Espinosa, M.D. (Mexico)-Presenter**  
**Sociedad Mexicana de Neurología y Psiquiatría (Mexican Society of Neurology and Psychiatry), Mexico.**  
**Adjunct Professor for the School of Medicine, UNAM, México.**  
**DBT Team Leader for Psiquiatría Mexico, México.**  
**WPA Psychotherapy Section Committee Member**

## **Suggested References**

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