

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 Mijajica, 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

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.
doi:10.1017/S1478951521000602

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.

Grassi, L., McFarland, D., & Riba, M. B. (2022). Depression, Burnout and Suicide in Physicians : Insights from Oncology and Other Medical Professions / edited by Luigi Grassi, Daniel McFarland, Michelle B. Riba (1st ed. 2022.). Springer International Publishing.

Juhnke, G. A. & Granello, P. F. (2005). Shattered Dreams of Professional Competence: The Impact of Client Suicides on Mental Health Practitioners and How to Prepare for It, in T. Duffey (Ed.), *Creative Interventions in Grief and Loss Therapy: When the Music Stops, a Dream Dies* (pp. 205-223), New York, NY: Routledge.

Kelly A Daly, Anna Segura, Richard E Heyman, Salomi Aladia, & Amy M Smith Slep. (2023). Scoping Review of Postvention for Mental Health Providers Following Patient Suicide. *Military Medicine*, 189, e90–e100. <https://doi-org.pbidi.unam.mx:2443/10.1093/milmed/usac433>

Linehan MM, Comtois KA, Ward-Ciesielski EF. Assessing and managing risk with suicidal individuals. *Cognit Behav Pract*. 2012;19(2):218-232.

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.