

WPA Mexico Congress 2024 Course Description

Session date: Thursday, 14 November 2024

Session time: 12:15-16:15

Session title: Psychotherapy Challenges in Clinical Practice

Course Outline:

12:15-12:20 Introduction

12:20-12:40

César A. Alfonso- *What are the curative factors of psychotherapy and how does it change our biology?*

12:40—13:00 Q&A

13:00-13:30 Goran Mijaljica-*Working psychotherapeutically with persons who experienced severe psychological trauma.*

13:30-14:15: Q&A; **14:15-14:45 Break**

14:45-15:15 Izax Ramírez-Espinosa -*Working psychotherapeutically with suicidal persons.*

15:15-15:30 Q&A

15:30-16:00 Constantine Della-*Working psychotherapeutically with persons with personality disorders*

16:00-16:15 Q&A and summation

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 conditions. Dr. Alfonso will give an overview of the curative factors of psychotherapy and how these alter our biology. He will discuss research findings showing how brief psychotherapy interventions demethylate DNA and alter our physiology while causing symptomatic reduction and promoting health and wellbeing. 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. Ramírez-Espinosa, with expertise in DBT and third wave cognitive behavioral therapies, will review treatment guidelines that incorporate these psychotherapeutic modalities to prevent suicide in our most vulnerable patients. 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.
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.

Izax Ramírez-Espinosa, M.D. (Mexico)

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.

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

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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.

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

Stuart, S. (2016). Interpersonal Psychotherapy in Historical Perspective. In A. Consoli & L. Beutler (Eds.), *Comprehensive Textbook of Psychotherapy: Theory and Practice* (2nd ed). London: Oxford Press.

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.