

Introduction to Intensive Short-Term Dynamic Psychotherapy (ISTDP)

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Annotated reference list

WHAT IS ISTDP?

Malan D (1979) *Individual psychotherapy and the science of psychodynamics*. London: Butterworths.

A classic text. First sign of the impact that Davanloo's active techniques was to have on Malan appears in the second last paragraph of the first edition of this book. More about ISTDP in the second edition (1995), and his considered "final opinion" in the third edition (scheduled to be published this week).

WHAT IS THE ISTDP THEORY OF PSYCHOPATHOLOGY?

WHAT IS THE ISTDP THEORY OF TREATMENT

WHAT ARE THE DISTINGUISHING TECHNICAL FEATURES OF ISTDP?

Davanloo H (1978) *Basic principles and techniques in short-term dynamic psychotherapy*. New York: Spectrum.

Davanloo H (1980) (ed) *Short-term dynamic psychotherapy*. New York: Aronson.

Describes what Davanloo developed from the audiotaping of the late 1950s to the video-taping of the 1970s and introduced at the International Symposia on Short-Term Dynamic Psychotherapy (Montreal 1975; Montreal 1976; Los Angeles 1977). Called at this time "short-term dynamic psychotherapy".

Davanloo H (1990) *Unlocking the unconscious: selected papers of Habib Davanloo MD*. Chichester: Wiley.

Davanloo H (2000) *Intensive short-term dynamic psychotherapy: selected papers of Habib Davanloo MD*. Chichester: Wiley.

Describes what Davanloo developed during the 1980s, extending the reach of what he now called “Intensive Short-Term Dynamic Psychotherapy” to patients presenting with more severe psychopathology (“fragile character structure”) unsuitable for the original active technique.

DOES ISTDP WORK?

Abbass A, Town J, Driessen E (2012) *Intensive Short-Term Dynamic Psychotherapy: A Systematic Review and Meta-analysis of Outcome Research*. *Harvard Review of Psychiatry*, Mar/Apr, pp. 97 – 108.

The source of the summary information appearing on the slide re effect size, cost-effectiveness and length of follow-up.

FAQ 3. IF ISTDP IS SO GOOD , HOW COME I HAVEN'T HEARD ABOUT IT BEFORE?

Malan D, Coughlin Della Selva P (2006) *Lives Transformed: A Revolutionary Method of Dynamic Psychotherapy (rev. ed)*. London: Karnac.

Malan teams up with one of Davanloo’s former trainees to give a rich account of ISTDP with plenty of clinical case illustrations in the usual warm, experience-near Malan style.

Meadows, Don (2009) *Review of Lives Transformed: A Revolutionary Method of Dynamic Psychotherapy by Malan & Coughlin Della Selva*. *Australasian Journal of Psychotherapy*, Vol 28, No 1 & 2, p. 138-141.

This is where the quote “the most extraordinary book on psychotherapy I have ever read” comes from.