

## INTRODUCTION TO TIME-LIMITED PSYCHODYNAMIC PSYCHOTHERAPY WITH ADULTS, CHILDREN, PARENTS AND YOUNG PEOPLE: AN INTERACTIVE APPROACH

Presented by Dr. Ruth Schmidt Neven PhD.  
Child Psychotherapist and Clinical Psychologist

**SATURDAY 16TH MARCH 2019 9AM–5PM**

Hurstwood Centre 16A Toorak Road South Yarra

Time-limited psychodynamic psychotherapy has a long and distinguished evidence base in the UK and the USA. The evidence base refutes the stereotype that psychodynamic psychotherapy is solely synonymous with long term therapy.

The pioneering time-limited model presented by Dr. Ruth Schmidt Neven emphasises the dynamic capacity for growth and change, rather than one based primarily on psychopathology. For adults as well as children and young people, the presenting symptom is perceived as the 'opportunity' that enables us to understand how adults 'speak' their history and how children and young people 'speak' their family.

In adult psychotherapy therefore, we are concerned with finding capacity in the individual and with the recalibration of the presenting problem. In child and adolescent therapy, we recognise that the most enduring therapeutic outcomes involve not only a shift or change in the young person, but also a shift in the parents' perspective of themselves.

### WHO SHOULD ATTEND

This workshop is designed to be of practical value to psychotherapists, psychologists, psychiatrists and family mental health practitioners.

### LEARNING OUTCOMES

- Understanding the assessment process – from hypothesis to formulation.
- Creating change within a time-limited format.
- Developing therapeutic communication – the primacy of the therapeutic encounter.
- Applying core principles of the time-limited psychodynamic approach in a practical way to clinical work.
- Managing beginnings, endings and returns.

### EARLY BIRD DISCOUNT

of \$20.00 before Monday 4th February 2019  
Amount Payable \$460.00 (inc. GST).

## ABOUT THE SPEAKER:

Dr. Ruth Schmidt Neven is a child psychotherapist, clinical psychologist, presenter and author. She trained as a child psychotherapist at the Tavistock Clinic in London and worked for many years in child and family mental health, as well as with adults, in the UK National Health Service where she was also a pioneer in parent education. Ruth was the inaugural Chief Psychotherapist at the Royal Children's Hospital in Melbourne and is the founding director of the Centre for Child and Family Development. She is engaged in clinical work as well as extensive professional training throughout Australia and overseas. Ruth has designed and run trainings and seminars at the University of Cambridge, University of Stellenbosch in South Africa and at Peabody College Van der Bilt University in the United States and NScience in London. She has been a regular contributor to training workshops for the Melbourne Study Group of the Australian



Psychological Society. She is the author of five books published to critical acclaim the most recent being *Time-limited Psychodynamic Psychotherapy with Children and Adolescents: An interactive approach* published by Routledge in 2017. Her previous books include *Core principles of assessment and therapeutic communication with children, parents and families* also published by Routledge, *Emotional Milestones: Development from birth to adulthood*. She is principal author of *Rethinking ADHD* and author of a book for parents *Growing Kids: Nurturing relationships from tots to teens*.

## FEES FOR THE WORKSHOP:

**Early Bird Discount before February 4th:** \$460.00

**After Early Bird:** \$480.00

Includes morning and afternoon tea and extensive notes. Lunch can be BYO or available at cafes nearby. Parking available over ground and underground in nearby Macfarlane Street.

**Discounts available for more than one person attending from an organisation.**

### For further information, contact The Centre for Child and Family Development

P.O. BOX 14600 Middle Camberwell, Victoria 3124 Website [centreforchildandfamily.com](http://centreforchildandfamily.com)

Telephone (03) 9830 0422 Email [ccfdau@ozemail.com.au](mailto:ccfdau@ozemail.com.au)

### REGISTRATION FORM: TIME LIMITED PSYCHODYNAMIC PSYCHOTHERAPY WORKSHOP

Name \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Telephone ( ) \_\_\_\_\_ Facsimile ( ) \_\_\_\_\_

Email \_\_\_\_\_

I enclose the full workshop fee \$480.00 (including GST) \_\_\_\_\_ for (no. people) \_\_\_\_\_

#### EARLY BIRD DISCOUNT \$460.00 (including GST)

Discount available for 2 or more people from the same organisation. **Bank transfers are available contact the Centre for details.**

Please make all cheques payable to The Clinical Development Program and send with application form to:

**Centre for Child and Family Development, P.O. BOX 14600 Middle Camberwell, Victoria 3124**