



Where: Live Online

<https://weillcornell.zoom.us/j/93210081206>

Meeting ID: 932 1008 1206

When: 12:00pm-1:00pm

Thursday, November 16th, 2023



## Nathan Thoma, PhD

**Assistant Attending Psychologist- NYPH**  
**Clinical Assistant Professor of Psychology in Psychiatry- WCM**

**Financial Disclosure:** Dr. Thoma has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

**Dr. Nathan Thoma** is a Clinical Assistant Professor of Psychology in the Department of Psychiatry at Weill Cornell Medical College. He is a certified Cognitive Therapist and a certified Advanced Schema Therapist. He is a past president of the New York City Cognitive Behavioral Therapy Association. While he is primarily a clinical practitioner in private practice, he has maintained an active hand in scholarship and research, with a particular emphasis on experiential techniques and process-outcome research. He has co-authored numerous book chapters, review articles, and empirical papers in peer reviewed journals. He also has a particular interest in psychotherapy integration, which attempts to bring together the most important elements of disparate therapies to produce an approach that can maximize effectiveness. Along these lines he co-edited the book, along with Dean McKay, *Working with emotion in cognitive behavioral therapy: Techniques for clinical practice*. While coming from a cognitive-behavioral therapy (CBT) background, Dr. Thoma has spent the past 10 years exploring the possibilities of additional treatments that may either enhance CBT or compliment it, by training in additional therapies, including emotion-focused therapy (EFT), accelerated experiential dynamic psychotherapy (AEDP), and intensive short-term dynamic psychotherapy (ISTDP). Dr. Thoma has spent the last three years in particular training intensively in ISTDP.

# **“FROM CBTS TO PSYCHODYNAMICS: NOVEL METHODS OF EXPOSURE TO AVOIDED EMOTION CAN REDUCE SYMPTOMS AND INCREASE PSYCHOLOGICAL HEALTH USING INTENSIVE SHORT-TERM DYNAMIC PSYCHOTHERAPY (ISTDP)”**

## **ABSTRACT**

The presentation will touch on how ISTDP may be applied to diverse and underserved populations. The presenter proposes that ISTDP may be particularly suited for detecting and working through reactions to the therapist stemming from differences in gender, cultural, ethnic, racial, and socioeconomic backgrounds in that the treatment approach makes use of examining the here-and-now experience of patients by working in the transference, which incorporates examination and collaborative processing of feelings arising toward the therapist.

## **LEARNING OBJECTIVES**

1. Describe the basics of ISTDP theory.
2. List some empirical evidence for the effectiveness of ISTDP.
3. Demonstrate ISTDP in action through video demonstration to become aware of ISTDP techniques and their possibilities for producing important breakthroughs of avoided emotion.

**\*\*1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact Stephanie Harper at [WCMPsychiatryCE@MED.CORNELL.EDU](mailto:WCMPsychiatryCE@MED.CORNELL.EDU) for additional CE information**

## **REFERENCES**

1. Abbass, A. (2015). *Reaching through resistance: Advanced Psychotherapy Techniques*. Seven Leaves Press
2. Thoma, N. C., & Abbass, A. (2022). Intensive short-term dynamic psychotherapy (ISTDP) offers unique procedures for acceptance of emotion and may contribute to the process-based therapy movement. *Journal of Contextual Behavioral Science*, 25, 106-114. <https://doi.org/10.1016/j.jcbs.2022.07.003>
3. Town, J. M., Abbass, A., Stride, C., Nunes, A., Bernier, D., & Berrigan, P. (2020). Efficacy and cost-effectiveness of intensive short-term dynamic psychotherapy for treatment resistant depression: 18-Month follow-up of the Halifax depression trial. *Journal of Affective Disorders*, 273, 194–202. <https://doi.org/10.1016/j.jad.2020.04.035>

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