

3-year Core-training in ISTDP

David Rudesill, LCSW, and Johannes Ermagan, Psych M. are delighted to announce an upcoming, online 3-year ISTDP Core Training Opportunity.

This international, online ISTDP Core Training is scheduled to begin Friday, May 2nd, 2026, 9 am-5 pm (**Denver, USA time zone**).

Any license-eligible or licensed mental health professional eager to learn ISTDP is encouraged to apply. One requirement for the training **is the ability to videotape and present clinical work for supervision**. All 3 years of training will be offered online by Mr. Ermagan and Mr. Rudesill. Co-facilitators will co-teach the initial module and then alternate in teaching modules and group supervisions, offering a diverse teaching and supervisory experience.

Mr. Rudesill will teach his 3-day training blocks on a Friday-Sunday, and Mr. Ermagan will teach his on a Monday-Wednesday.

The format for the training is quarterly 3-day (Friday-Sunday) training modules. Each module includes teaching didactics, module-specific skill-building exercises, group process and support, teaching tapes, and 1-on-1 supervision progressively scaffolded over the 3 years. An emphasis will be placed on fostering a learning environment of openness and kindness, mistake making, respect, vitality, inclusivity, and fun.

Broadly, the first year will teach the skills and knowledge to be able to create an effective focus and treatment plan, whilst the 2nd year will focus on the necessary changes in the treatment to accommodate the fragile spectrum of patients suffering from high anxiety, somatic complaints, repressive and regressive defenses, and so on, and the third year on the work with highly resistant patients usually suffering from personality difficulties.

To bolster the quarterly learning modules, a required monthly supervision group will be part of the training.

David Rudesill, LCSW, and Johannes Ermagan, Psych M, have each spent 10+ years learning and practicing ISTDP and concurrently completed 3 years of ISTDP “Teacher Training” with Jon, Frederickson, MSW.

Mr. Rudesill has accrued several years of experience teaching and supervising ISTDP. To learn more about Mr. Rudesill or read reviews about his experience as an ISTDP teacher/supervisor, follow this link: <https://www.istdptherapy.com>

Mr. Ermagan also has a decade of work background in psychiatry working with mostly fragile patients, several years of experience teaching and supervising ISTDP, and has supervised and taught ISTDP internationally in Portugal, Sweden, and Australia. To learn more about him, follow this link: <https://www.psykologjohannes.com>

The cost of the training is as follows: \$800 per training module and \$70 per monthly required supervision group (whether or not one is able to attend).

Year 1 Schedule

Module 1: May 22-24

Module 2: August 10-12

Module 3: October 23-25

Module 4: January (27th) 18-20

Monthly Supervision

(no group supervision on training-module months)

TBD