



Core Training
in
Intensive Short Term Dynamic Psychotherapy
(ISTDP)
Europe 2026
with Julie Cochrane and Johannes Ermagan

A three-year training program for mental health professionals seeking expertise in the method of Intensive Short Term Dynamic Psychotherapy (ISTDP).

This is a three-year course that can be attended wholly online.

This three-year course provides training in the theory, technique and research of Intensive Short-term Dynamic Psychotherapy (ISTDP); an attachment-based, highly focused, dynamic therapeutic approach that is receiving increasing empirical support as both clinically effective across a wide range of presenting issues; aiming for not only permanent symptom relief but deep and lasting, transformational personality change.

ISTDP is demonstrated to be highly cost-effective.

To be effective, very specific training in ISTDP is required and this training is the focus on the three-year Core Training in ISTDP.

Core Training Group Europe 2026

The three-year Core Training in ISTDP consists of four x three-day modules of training in each year and monthly online group supervision between these modules.

Each module has a theme. The trainer will present theory and technique relevant to the module topic, and video demonstration of technique with patients. Skill building exercises and role plays, specific to the learning, will assist in building competency in theoretical understanding and practical interventions. Group discussion, including relating to the practical application of the theory and skills, to specific patients, further enhances the learning.

Students will show video of their own work, for supervision, at each module of training from Module Two onwards, to facilitate their own individual learning and the learning of the group.

You will be taught how to use the principles of Deliberate Practice to review your own videos, between trainings and supervisions, to facilitate progress and are encouraged to spend a minimum of one hour per week reviewing your videos.

A focus on your own emotional processes is encouraged during this training for your efficacy as a therapist, in addition to your personal development.

Readings and learning goals will be assigned for each module of training.

You will learn how to apply ISTDP across the spectrum of patients, from neurotic and repressive, regressive and character-disordered, to fragile ego structure.

The aim of ISTDP is to achieve not only the resolution of symptoms, but stable personality change.

Dates for Year One

Module One: 19 - 21 February 2026 with Julie Cochrane

Module Two: 11 - 13 May 2026 with Johannes Ermagan

Module Three: 31 August - 2 September 2026 with Johannes Ermagan

Module Four: 3 - 5 December with Julie Cochrane

Core Training Group Europe 2026

During the three - year training you will learn how to:

- Understand the metapsychology of ISTDP including the twin factors of transference and resistance
- Understand the relevance of attachment theory to emotional development
- Form a strong, collaborative therapeutic alliance
- Form a clear intrapsychic focus
- Make sense of the patients' conflicts and presenting difficulties
- Moment-by-moment tracking of your patient and the therapeutic process
- Working with the Triangle of Conflict and the Triangle of Person
- Rapidly assess strengths and capacities
- Assessment of anxiety
- Anxiety regulation
- Assess and address defenses
- Restructure anxiety and defenses when necessary to build ego capacity
- Psychodiagnose in order to appropriately apply correct technique
- Case formulation specific to ISTDP
- Mobilise and work with Complex Transference Feelings
- The rapid mobilisation of The Unconscious Therapeutic Alliance
- Overcome resistance
- Facilitate a multi-level experience of emotions unlocking the core unconscious conflicts
- Understand the de-repression of memories, dreams and associations and make sense of the patients' conflicts and presenting difficulties
- Work through to successful stable change and termination

All material presented is treated confidentially as are comments by supervisors and colleagues. On being accepted into the training you will receive a list of preliminary readings. At the first module of training, you will receive a more detailed overview of the three-year training including readings for the first year of training

Core Training Group Europe 2026

Eligibility Criteria

1. A currently registered mental health professional at all times during enrolment in the Core Training
2. The capacity to video record therapy sessions with at least three adult or older adolescent patients
3. The capacity to make a three-year commitment to the training

Year One

Lectures and videotaped illustrations of the theory and technique of ISTDP will be a focus of the first year of training.

Students will learn the dynamic theory of the unconscious, as well as being versed in attachment theory and the impact of attachment trauma on current functioning.

The major goals of the first year will be to become familiar with the theory and the basic technique of ISTDP including the assessment, psychodiagnosis and implications for threat of patients. There is a focus on becoming clear on the structure, goals and tasks of the first session, called The Trial Therapy.

You will learn anxiety assessment and regulation, basic defense identification and intervention, the Central Dynamic Sequence, using the Triangles of Conflict and Person in assessment and treatment, building a therapeutic alliance, and an introduction to the mobilisation of the transference resistance.

From Module Two of Year One of the training to the end of the course, participants will present videos of their work at each three-day module of training, for supervision. With a focus on the area of learning for the specific module of training.

The monthly supervision group, by Zoom, will further the trainees' individual practice of ISTDP as you present your own work for supervision and also observe the work and supervision of your colleagues.

Participants will receive guidance in the technique of videoing sessions for training and supervision purposes in the first module of the course

Core Training Group Europe 2026

Year Two and Three

In year two we focus on working with the resistance systems of fragility and repression, including a focus on ego deficits, depression, and somatisation. Special attention will be paid to the process of restructuring defenses with patients who suffer from regressive defenses including depression, somatic disturbances, and splitting and projection.

Starting in Year Two and continuing in Year Three, we focus on high resistance with isolation of affect and continue the task of effectively working with transference resistance.

In addition, special topics, including chronic pain, pathological mourning and dealing with guilt will be addressed.

Participants will learn to assess, and use therapeutically, countertransference.

The third year is also spent consolidating learning and the implementation of specific technique.

While it is not a focus of the training, participants will develop greater personal understanding of their own intrapsychic processes during the training, and often report significant personal change.

By the final module of training, you will present a 'Graduation Video' of videotaped excerpts of an entire therapy, from the initial session through to termination. This Graduation Video will demonstrate your proficiency in ISTDP, which is required to successfully complete the course.

Core Training Group Europe 2026

Monthly Zoom Training Sessions

Each Core Training group is divided into one of two Zoom supervision groups with five people in each group.

Participants will take part in a monthly 110-minute Zoom supervision session with the aim of furthering the learning obtained in the quarterly module of training.

Participants will present videos of their therapy sessions during these sessions.

Attention will be given to understanding and refining case formulations relating to the videos, and receiving specific supervision based on the patient's presentation and the therapist's specific learning goals and needs.

Group supervisions are taken by Julie Cochrane, Johannes Ermagan or by a senior practitioner in ISTDP.

Structure

This training will consist of 4 x three-day modules per year for three years (12 modules in total) and participation in the monthly supervision sessions per year.

Readings and additional training materials and tasks will be assigned for each module of training and may also be presented at or prior to each Internet supervision session.

Commitment

A three-year commitment is required for participation in this course, including that each module of training builds on prior learning.

While your own psychotherapy is not a requirement, it is encouraged.

Core Training Group Europe 2026

Assessment

Participants are required to show progress during the three-year course. Specific plans and recommendations will be provided to address any specific areas of difficulty in learning.

The 'Graduation Video' is used to assess the participant's understanding of theory and capacity to apply theory and technique in an effective way to achieve change with ISTDP. Participants are required to show effective understanding and implementation of ISTDP to graduate from the three-year program.

Fees

The cost per year for the four annual modules of training is €3200 Euro

You may apply to pay by quarterly instalments rather than at the start of the year.

The fee for the monthly 110-minute online group supervision session is 70 Euro, there are ten of these supervisions per year. Please note that supervision prices may change in line with CPI however, Module prices will remain the same.

Participants are expected to pay for modules and sessions that they do not attend and make arrangements to cover any missed learning.

Deposits are non-refundable unless your application is unsuccessful. If your application is unsuccessful, your deposit will be fully refunded.

It is required that you complete all modules of training and eight out of ten supervisions per year. In the event that you miss a module of training, you will negotiate with the trainers an alternative way of making up missed content. All modules and supervisions must be paid for regardless of attendance.

Core Training Group Europe 2026

Location

Two out of the twelve modules of training may take place at a location in Europe or Scotland. The remaining ten modules will be held online. You may choose to attend all twelve modules online.

Application

Please [click here](#) to be taken to our Online Registration Portal.

We ask that you pay a deposit of EURO 400 which will be deducted from your fees for Year One. Once we receive your application, our accounts team will issue an invoice for your deposit.

An interview, by phone, in person or by Zoom may be arranged. If you receive a place in the training you will be asked to pay the remaining Euro 2800 for Year One, a month before the training commences (or according to the pre-arranged instalment plan).

If your application is unsuccessful, you will receive a full refund of fees paid within three days of providing details for the refund.

If you encounter any issues when using our Application portal please email contact@istdp.com.au

Qualification

On successful completion of the three-year program, you are acknowledged as having completed a Certified Core Training in ISTDP; the training being certified by both The ISTDP Institute and by the International Experiential Dynamic Therapy Association (IEDTA).

Further Information

If you require further information about applying for the training, please contact Ruby at contact@istdp.com.au

If you would like further information about the training content, please contact Julie Cochrane juliecochrane@istdp.com.au or Johannes Ermagan j.ermagan@gmail.com

Core Training Group Europe 2026

About Julie Cochrane



Julie Cochrane is a Clinical Psychologist who has been practising ISTDP for over 28 years, introducing it to Australia. She is certified by both The ISTDP Institute and the International Experiential Dynamic Therapy Association (IEDTA) to teach and supervise ISTDP.

She completed Core Training and Advanced Training in Stockholm, Sweden, and has also completed a 3.5-year teacher training course in ISTDP. Julie is the Director of Dynamic Psychotherapy in Carlton (Melbourne), which has over 28 therapists fully trained, or in training, in ISTDP and offers individual therapy to adults, adolescents and children, and also emotionally-focused couples and family therapy.

Julie teaches and supervises ISTDP in Australia and internationally, including mental health professionals in New Zealand, India, Iran, Israel, Lebanon, Malaysia, Portugal and Turkey.

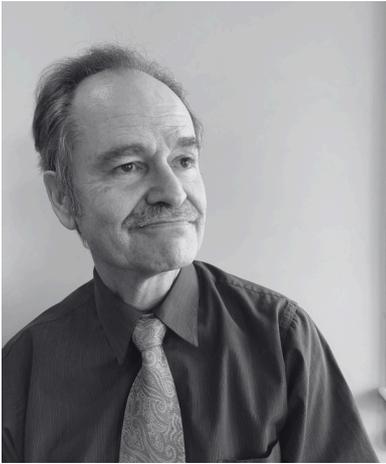
About Johannes Ermagan



Johannes Ermagan is a Licensed Psychologist, ISTDP Therapist and Supervisor. In addition to working almost a decade in Adult Psychiatry, Johannes has his own private practice. He lectures and trains in ISTDP in Sweden and internationally, and is in charge of ISTDP training within government-funded psychiatry. Johannes has undergone Core Training in Sweden with Tobias Nordqvist and Peter Lillengren, and has participated in Advanced supervision and training under Jon Frederickson over the past 7 years.

Core Training Group Europe 2026

About Jon Frederickson



Jon Frederickson, MSW, is on the faculty of the Intensive Short-Term Dynamic Psychotherapy (ISTDP) Training Program at the New Washington School of Psychiatry. Jon has provided ISTDP training in Sweden, Norway, Denmark, Poland, Italy, Switzerland, India, Iran, Australia, Canada, the U.S., and the Netherlands. He is the author of over fifty published papers or book chapters and seven books, including *Co-Creating Change: Effective Dynamic Therapy Techniques*, *Psychodynamic Psychotherapy: Learning to Listen from Multiple Perspectives, The Lies We Tell Ourselves, Co-Creating Safety: healing the fragile patient*, *Healing Through Relating: a skill-building book for therapist*, *and* Clinical Thinking in Psychotherapy: how to do it and how to teach it.* His book, *Co-Creating Change*, won the first prize in psychiatry in 2014 at the British Medical Association Book Awards. His books have been translated into eighteen languages.

He has DVDs of actual sessions with patients who previously failed in therapy at his websites

www.istdpinstitute.com and

www.deliberatepracticeinpsychotherapy.com

There, you will also find skill-building exercises designed for therapists.

He writes posts on ISTDP at

www.facebook.com/DynamicPsychotherapy.

The ISTDP Centre
33 Drummond Street Carlton 3053
P.O. Box 258 Carlton South VIC 3053
ABN 289573618
Email: Contact@istdp.com.au