

An Introduction to ISTDP: Treating Depression with ISTDP

This one-day training being held in Auckland, provides an overview of the basic theory of Intensive Short Term Dynamic Psychotherapy (ISTDP) with specific application to treating depression. Video of a therapy with a woman with treatment-resistant Premenstrual Dysphoric Disorder (PMDD) will be shown to illustrate the use of ISTDP with a focus on the understanding of the intrapsychic conflict underlying depression, the assessment and regulation of anxiety, and the assessment and intervention with defenses.

Melbourne-based Clinical Psychologist Julie Cochrane is the teacher for this event. She is Australia's foremost teacher and supervisor of ISTDP, having spent 30 years in the practice of this method of short-term dynamic psychotherapy. Julie has spent many years teaching within Australia and internationally including New Zealand, India, Iran, Israel, Lebanon, Malaysia, Portugal and Turkey.

Attendance is restricted to registered mental health professionals and senior students in a mental health discipline who have completed at least one patient placement. For further information and registration, please email contact@istdp.com.au

You are also welcome to email to join our mailing list including for information about other training in ISTDP including a NZ-based Three-Year Core Training in ISTDP commencing 28 March 2026.

For more information click here - <https://www.istdp.com.au/istdp-training/>