Hello all, I’m very excited to announce an upcoming training opportunity for those looking to deepen their skills in ISTDP:

**ISTDP Pre-CORE Training!**

**What is ISTDP Pre-CORE, and Who is Pre-CORE Training For?**

ISTDP Pre-CORE is for Mental Health Clinicians and Trainees with exposure and interest in ISTDP, wanting more solid grounding in the foundational principles and skills of Intensive Short Term Dynamic Psychotherapy. Pre-CORE is designed to function as a primer for those interested in or considering going on to CORE Training in ISTDP.

**Pre-CORE will teach you to**:

* Develop a Psychodynamic Theory of Causality
* Work The Triangle of Conflict: Feeling, Anxiety, Defense
* Co-Create an effective therapeutic focus at the onset of treatment
* Identify defenses against establishing an initial Intrapsychic Focus and Anxiety Regulation
* Assess and regulate various levels of anxiety

**Pre-Core** will involve a daily combination of Didactics, Role Play, and Skill Practice.

**When:** Friday-Sunday, September 3rd- 5th,2021

9 am - 4 pm MST + 1 hour lunch

(8 am - 3 pm PST/U.S West Coast)

(11 am - 6 pm EST/U.S East Coast)

**Where**:

On **Zoom**. A link will be sent out the morning of Day 1. Since it will be offered over Zoom, I encourage any and all English-speaking International Clinicians to apply.

**8 Training Spots are Available** for optimal 1-1 and group learning.

**Cost: $500** for 3 days of Pre-CORE Training

Please e-mail me: [Davidrudesill@gmail.com](mailto:Davidrudesill@gmail.com) For any questions or interest in ISTDP Pre-CORE Training. **I will accept trainees in the order that they contact me.**

Depending on demand, I am open to offering additional trainings.

I received my MSW in clinical social work from USC, focusing on Clinical Mental Health, Psychotherapy practice, and strengths-based systems of recovery from major mental illness.

I ‘ve garnered years of clinical experience working in community-based clinics, private practice, and academic settings in Los Angeles, California. I’ve worked with diverse populations across the life span and have a particular amount of experience working with adults 18-55 years old. In addition to my passion for ISTDP, I’m Adjunct Faculty with the California State University, Los Angeles, School of Social Work. I developed the school’s first ISTDP-Informed Psychotherapy Practice Curriculum for MSW Students. I’ve been teaching Bachelor and Master-level students for over 5 years.

I began my ISTDP journey in 2012, completed 4-years of IEDTA Certified ISTDP Core training in Los Angeles with David Wolff, MD and John Rathauser, PhD and remain engaged in ongoing Advanced ISTDP training (with Dr. Patricia Coughlin and Jon Frederickson, MSW). I’m currently in ISTDP Teacher Training with Jon Frederickson. I’m especially interested in training others in ISTDP, improving access to learning ISTDP, which I view as an especially effective, meaningful, and strengths-based model of psychotherapy.