

Przemysław Duchniewicz, MD, MBA

Adult Psychiatry Resident • ISTDP Psychotherapist • IEDTA Certified Teacher and Supervisor

Trainer, lecturer, master and team coach, President of a Polish ISTDP Association

Przemysław Duchniewicz is a medical doctor undertaking specialty training in adult psychiatry, an ISTDP psychotherapist, an IEDTA-certified teacher and supervisor in Intensive Short-Term Dynamic Psychotherapy. He also holds an MBA, and is a master and team coach, as well as a trainer and lecturer. He has been working within the ISTDP model since 2013, and as of January 2026, has conducted over 15,000 hours of ISTDP sessions. Since 2022, he has been a member of the IEDTA Education and Certification Committee. He is a co-founder of a Polish ISTDP Association, established in 2016, and currently (2026) serves as its President.

Professional Highlights

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| 15,000+ hours of ISTDP sessions conducted | 5,000+ hours of clinical practice in psychiatric hospital settings | 1,000+ hours assisting and co-leading IEDTA certified ISTDP Core Training |
| 34+ four-month preCORE trainings developed and delivered | 15+ seminars and conferences co-organized with international IEDTA faculty | 13 years corporate leadership experience, including health management across 18 countries |

Professional Background

He gained clinical experience at the Institute of Psychiatry and Neurology in Warsaw and at the Department of Psychiatry of Wolski Hospital. He has completed over 5,000 hours of clinical practice in psychiatric inpatient and psychotherapy hospital settings. Alongside his medical and psychotherapy work, he brings 13 years of corporate experience, including responsibility for health management across 18 countries in Central Europe. A health programme he led and co-developed was twice evaluated by the European Commission's Directorate-General for Health and Consumers as the best among 174 comparable programmes worldwide. His online ISTDP course on Psychomedic online education platform has ranked among the 15 top-selling courses.

Psychotherapy and ISTDP Training

As of January 2026, he has conducted over 2800 hours of psychotherapy training, including a four-year cognitive behavioural therapy programme currently in progress, as well as numerous specialist training courses. In the field of ISTDP, he completed the three-year IEDTA-certified Core Training in 2015 under the guidance of Josette ten Have-de Labije and Kees Cornelissen. He subsequently undertook the IEDTA teacher and supervisor training, long-term Advanced Core Training, and a wide range of additional ISTDP courses in Poland and abroad led by IEDTA-certified supervisors. Since 2013, he has engaged in continuous supervision of his clinical work with Dr Josette ten Have-de Labije and, since 2024, also with Dr John Rathouser.

Advanced ISTDP Development

He has participated in advanced supervision groups, seminars, and masterclasses with leading ISTDP clinicians, including Josette ten Have-de Labije, Allan Abbass, Kees Cornelissen, and Robert Neborsky (as of January 2026, a total of 612 hours of individual and group supervision) . Since 2017, he has assisted Josette ten Have-de Labije and Joanna Duchniewicz in Core Training programmes, accumulating over 1,000 hours of assisting and co-leading experience. Since 2022, he has co-led IEDTA-certified Core Training programmes in ISTDP.

Teaching, Supervision, and Organisational Leadership

He provides individual and group supervision and has designed and delivered more than 34 four-month preCORE programmes, as well as two more advanced four-month online courses. In addition, he has delivered numerous seminars, workshops and lectures in Poland, the United States, Australia, and the UAE. He has co-organised over 15 international seminars and conferences, inviting IEDTA-certified ISTDP teachers and supervisors from around the world to Poland. Since 2022, he has been a member of the IEDTA Education and Certification Committee. He is the co-founder (2016) and current President (2026) of the Polish ISTDP Association.

Editorial and Professional Contributions

He is the scientific editor of the Polish editions of *Intensive Short-Term Dynamic Psychotherapy for Practitioners* by Josette ten Have-de Labije and Robert J. Neborsky, and *Reaching Through Resistance: Advanced Psychotherapy Techniques* by Allan Abbass, published by Harmonia.

Competency and Assessment Framework Development

For more than a decade, he has been involved in the development, adaptation, and implementation of competency-based frameworks in coaching, supervision, and psychotherapy. He has contributed to several initiatives aimed at strengthening professional standards, including projects related to EMCC supervision accreditation and quality frameworks such as ESQA. He is currently developing and implementing ISTDP competencies and teaching syllabus based on the work of Kees Cornelissen. These have been introduced into CORE Training programmes at Centrum ISTDP and form the foundation of its teaching structure. He also translated and implemented the Polish version of sPaCE (Shorter Psychotherapy and Counselling Evaluation), developed by Jeremy Halstead and colleagues, a brief psychotherapy outcome measure designed for both pre-post evaluation and session-by-session use.

Professional Contact

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