

# Joanna Duchniewicz, MD, MA Psych

Psychiatrist • Psychologist • Psychotherapist • IEDTA Certified Teacher and Supervisor

Coach, trainer and lecturer, Co-Founder of the Polish ISTDP Association

**Joanna Duchniewicz** is a psychiatrist, psychologist, psychotherapist, coach, trainer, and lecturer. She is an EAP and PFP-certified psychotherapist and an IEDTA-certified teacher and supervisor in Intensive Short-Term Dynamic Psychotherapy. She has been practicing psychotherapy since 1998 and has specialised in ISTDP since 2008. From 2016, she assisted in and co-led Core Training programmes, and in 2017 and 2018 she obtained IEDTA certification as a teacher and supervisor respectively. She is a co-founder of the Polish ISTDP Association and delivers psychotherapy, supervision, seminars, workshops, and professional training in ISTDP.

## Professional Highlights

<b>28+ years</b> psychotherapy practice since 1998	<b>18+ years</b> working in the ISTDP model since 2008	<b>2017 / 2018</b> IEDTA certified teacher and supervisor
<b>1999–2018</b> Laboratory of Psychoeducation in Warsaw	<b>1999–2003</b> co-created first day treatment unit for children and adolescents in Gdańsk	<b>2014–2024</b> Child and Adolescent Psychiatry Clinic in Warsaw

## Professional Background

From 1999 to 2018, she was affiliated with the Laboratory of Psychoeducation in Warsaw, initially as a trainee in psychotherapy and later as a member of the clinical team. She completed comprehensive, accredited training in individual and group psychotherapy, as well as in couples and family psychotherapy. Between 1999 and 2003, she co-developed and co-led the first day-treatment psychiatric unit for children and adolescents in the daily psychiatric hospital in Gdańsk. Her clinical experience also includes work at the Medical University of Gdańsk and at the Professor T. Bilikiewicz Provincial Psychiatric Hospital, covering adult psychiatry, child and adolescent psychiatry, neurosis and psychosomatic disorders, addiction, and neurology. From 2014 to 2024, she worked at the Child and Adolescent Psychiatry Clinic in Warsaw. Since 2017, she has co-created and co-worked at the ISTDP Center in Warsaw as a psychotherapist, psychiatrist, ISTDP teacher and supervisor.

## Psychotherapy and ISTDP Training

In the field of ISTDP, she has completed a two-year preCORE programme, a three-year Core Training, IEDTA teacher training, IEDTA supervisor training, as well as long-term Advanced Core Training and numerous additional ISTDP courses in Poland and abroad that meet IEDTA standards. Her preCORE and Core Training were led by international supervisors, many of whom were former students of Dr Habib Davanloo, including Dr Josette ten Have-de Labije, Dr Robert J. Neborsky, Dr Allan Abbass, Kees Cornelissen, Jon Frederickson, Dr Patricia Coughlin, and Ferruccio Osimo. She currently undertakes supervision with Dr Josette ten Have-de Labije and Dr John Rathouser.

## Advanced ISTDP Development

She has participated in, and continues to engage in, advanced supervision groups, seminars, and masterclasses with leading ISTDP clinicians, including Dr Josette ten Have-de Labije, Dr Allan Abbass, Dr John Rathouser,

Dr Robert J. Neborsky, Jon Frederickson, Kees Cornelissen, Dr Ferruccio Osimo, and Dr Patricia Coughlin. Her ongoing advanced training reflects a sustained commitment to developing clinical expertise, refining psychodiagnostic accuracy, and strengthening supervisory capacity within ISTDP.

### **Teaching, Supervision, and Training Leadership**

Since 2016, she has assisted Dr Josette ten Have-de Labije in Core Training programmes, initially as an assistant and subsequently as a teacher, co-supervisor, and lead supervisor in IEDTA-certified ISTDP Core Training. She provides both individual and group supervision and delivers seminars, workshops, and professional training in ISTDP. Her teaching approach integrates theoretical clarity with experiential learning, and detailed video-based supervision of clinical processes.

### **Editorial and Professional Contributions**

She 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. She co-founded the Polish ISTDP Association in 2016 and has contributed actively to the development and dissemination of ISTDP training in Poland.

### **Professional Contact**

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*Prepared in English for professional profile and training materials.*