



Advanced Affect Phobia Therapy
Diving into Emotion to Resolve Depression and Anxiety
12 - 16 October 2015
Malaga, Spain



Workshop with Kristin Osborn

Kristin A.R. Osborn. Kristin is a Certified APT-Therapist, Trainer and Supervisor with almost 20 years of experience working with adults, adolescents, families and groups. She has a private practice in the Boston area and conducts training and supervision groups in North America and Europe. She has a faculty appointment at Harvard Medical School at Beth Israel Deaconess Medical Center and is Director of the Short Term Dynamic Psychotherapy Research Program, formerly directed by Dr. Leigh McCullough. She is the President of the International Experiential Dynamic Therapy Association (IEDTA).

The workshop will be held in English.

Aim

This advanced workshop in Affect Phobia Therapy requires a basic knowledge of affect focused psychodynamic psychotherapy. Affect Phobia Therapy is an evidence based, integrative treatment model built on modern psychodynamic theory and learning theory. At the end of the workshop you will be able to apply Affect Phobia Therapy interventions in your own clinical work with patients suffering from depression and shame.

The course is intended for

Licensed Psychologists or practicing clinicians who have completed their post-graduate professional training and have basic training in psychotherapy and at least introductory knowledge in Affect Phobia Therapy.

The course is accredited by the Swedish Psychological Association as 1/6 courses "som fördjupningskurs inom inriktningen psykologisk behandling/psykoterapi" for Swedish Psychologists.

Overall Learning Objectives

The participants will learn:

- How to assess symptoms of anxiety and depression and create a treatment plan that includes a psychodynamic core conflict formulation and exposure and desensitization of adaptive affect.
- How to regulate inhibitory emotion (anxiety, fear, shame, guilt, disgust and emotional pain)
- How to work with maladaptive emotion, behavior and thinking
- How to help patients access their adaptive emotions (self-compassion, happiness, sadness, anger and love) and their associated behaviors.
- How to work with and expand the PLAY-system in psychotherapy.
- By the end of the workshop, the participants will have a clear understanding of how to respond therapeutically when encountering patients with anxiety and depression.

Learning Objectives

- How to use the Patient Triangle Form
- How to identify level and type of depression
- How to assess level and function of inhibitory emotions
- How to use the PAC Form and 10 Session Form
- How to structure an effective treatment plan
- How to identify objectives of treatment

Extent of the Course

This is a 5-day training, a total of 36 hours, with 4 full days of teacher-supported training and half a day of individual work.

Learning Methods

Video-Segments of Psychotherapy Sessions

Interactive Exercises

Affect Phobia Therapy Forms

Affect Phobia Therapy Publications

PowerPoint Presentation

Personal Journal

Examination

There will be an opportunity for psychologists who wants to use the course for their specialization in clinical psychology to do a written examination after completing the course. Other participants can also take this examination upon request.

Examination format:

After studying a full-session DVD with a depressed and anxious patients, participants will be required to

- 1) complete the Patient Triangle Form
- 2) identify level and type of depression
- 3) identify level and function of inhibitory emotions
- 4) complete the PAC-form
- 5) identify objectives of treatment and structure a treatment plan.

Participants will receive oral evaluation throughout the week. After the course has ended they will be evaluated individually in writing.

Course Administrators and Co-Teachers

Birgitta Elmquist. Social worker, Accredited Psychotherapist. Teacher and Supervisor in Psychotherapy. Internationally Certified APT-Trainer and Supervisor, recognized by the International Experiential Dynamic Therapy Association (IEDTA).

Leif Havneshöld, Licenced Psychologist, Specialist in clinical psychology. Accredited Psychotherapist, Teacher and Supervisor in Psychotherapy. Internationally Certified APT-Trainer and Supervisor, recognized by the International Experiential Dynamic Therapy Association (IEDTA).

Birgitta and Leif have both been lecturing in advanced psychotherapy training for many years and they have a special interest in affect-focused psychotherapy. They have been trained by the founder of Affect Phobia Therapy, Leigh McCullough and Kristin Osborn.

Birgitta Elmquist AB Org nr 556822-4850. VAT SE 556822485001.

Leif Havneshöld Psykologkonsult. Org nr 490320-9130. VAT SE 490320913001.

Examiner

Robert Johansson. Licenced Psychologist and Ph.D.

Literature

McCullough, L. Kuhn, N. Andrews. S. Wolf, J. Kaplan, A. and Lanza Hurley, C. (2003)
Treating Affect Phobia: A Manual for Short-Term Dynamic Psychotherapy. New York:

Guilford Press

McCullough, L. (1999) *Changing Character: Short-term Anxiety regulating Psychotherapy For Restructuring Defenses, Affects, and Attachments*. New York: Basic Books

Siegel, D.J. & Solomon, M. (2013) *Healing moments in psychotherapy*. New York: W.W.Norton & Company.

Some articles by Jaak Panksepp will be distributed

Films

Kristin Osborn, video segment

Leigh McCullough, video segment

Cours Fee

5500 SEK excl. moms. A welcome dinner coffee on days with lectures are included.

Hotel and travel expenses are not included

Venue

Salles Hotels Centro, Central in Malaga, Spain



Information and registration

For further information regarding the course and for registration, contact

Birgitta@elmquistmail.se

Registration before 1st of September by mail to birgitta@elmquistmail.se stating your name, profession, address and giving a short motivation for entering the course.

We will contact you and for confirmation. Birgitta Elmquist AB will send you an invoice.

We reserve the right to cancel the course in the event of too few applicants.

You are required to book your own hotel in Malaga

October is high season in Malaga, so we strongly recommend that you reserve a room as

soon as possible but postpone payment until you get our confirmation since we cannot reimburse any payment made to a third party.

You are required to book your own flight to Malaga

There are several airline companies operating daily flights to Malaga. We recommend that you wait for our confirmation before booking your tickets since we cannot reimburse any payment made to a third party.

We recommend that you purchase an insurance policy that will provide sufficient cover of any costs incurred in the case of any problems that could arise.