



**Keeping an Open Mind in the Face of Anxiety and Depression:
Using Affect Phobia Therapy to empower your patients to leave their symptoms behind**
One-day Berlin Affect Phobia Therapy workshop, 13 September 2015
Kristin A.R. Osborn M.A. LMHC

The ability to help your patient access true emotion within a therapeutic relationship can be life changing. Learn how to work with patients who present with anxiety and depression using Affect Phobia Therapy, empowering them to leave their symptoms behind by accessing emotions and forming healthy relationships. Affect Phobia Therapy is a Short Term Dynamic Psychotherapy created by psychologist and researcher, Dr Leigh McCullough PhD, of Harvard Medical School. It integrates techniques from psychodynamic, cognitive-behavioral, and experiential therapies into a powerful whole that can increase the effectiveness of therapy and help it to proceed more rapidly. It has grown out of decades of research of Short-Term Dynamic Psychotherapy and has demonstrated encouraging results.

This is a unique opportunity to attend a workshop in Berlin with Kristin Osborn, who was trained by – and then trained others on behalf of – Dr Leigh McCullough PhD, the founder of Affect Phobia Therapy. Kristin Osborn founded and created the curriculum for the APT-Core Training in Boston, London and Stockholm. She awards the qualifications Certified APT-Therapist, Certified APT-Trainer and Certified APT-Supervisor. She has published numerous articles and chapters on Affect Phobia Therapy, including ‘Learning how to rate video-recorded therapy sessions: A

Practical Guide for Trainees and Advanced Clinicians' in The Psychotherapy Journal (2011), 'Creating Change Through Focusing on Affect: Affect Phobia Therapy' in 'Working with Emotions in Cognitive Behavioral Therapy: Techniques for Clinical Practice' by Guilford Press (2014), and is co-author of 'Paraverbal Communication in Psychotherapy' (in press). She is the President of the International Experiential Dynamic Therapy Association, is on the advisory board of Stockholms Akademi for Psykoteraeutbildning, is a member of the continuing education faculty at the Massachusetts School of Professional Psychology, and is a member of RINO-Noord-Holland. She is a Lecturer (part-time) in Psychiatry at Harvard Medical School and is the Director of the Harvard Medical School Short Term Dynamic Psychotherapy Research Program.

Workshop fees:

£ 150.00 or € 200.00

£ 125.00 or € 170.00 for those registering before 1 September 2015

Free for APT-Core Training students.

Location : Systemisches Institut für Achtsamkeit, Friedelstraße 40,
12047 Berlin

For more information or to register, please contact Ronete Cohen at affectphobiatherapy@gmail.com, or phone 077 4766 8444 (+4477 4766 8444 from outside the UK).

