

# Therapist Affect Phobia Study

## Information sheet

Core training weekends are designed to help you increase your awareness and understanding of patient and therapist affect phobias in order to explore ways in which you may help your patient improve their affective capacity in treatment and outside of the session.

We invite you to participate in this study exploring the role of therapists' affect experiencing on training outcome. We'll be conducting this Therapist Affect Phobia Study in collaboration with the Harvard Medical School Psychotherapy Research Group, Yeshiva University and Marymount University.

### **Psychotherapy research background.**

In the core training we aim to increase your understanding of the relationship between affect experiencing and patient outcome. This evaluation explores the experience of the therapists during this therapy training program and aims to track changes in affect experiencing over time.

### **What questions do we hope to answer?**

Does an increase in activating affects and a decrease in inhibitory affects during consultation relate to positive training outcome? Do these relationships change depending on the phase in core training? What type of therapists is most able to sustain the activation of inhibitory affect and work through their affect phobia in a group training situation?

### **What do we aim to achieve with this study?**

This study aims (a) to track significant changes that occur in therapists affect phobias as the therapist progresses through their training program, (b) to identify the experiences that are most helpful or most problematic for therapists during training so that the core training program can be improved, and (c) to provide therapists in training with opportunity to periodically reflect systematically on their personal experiences and professional progress as a therapist.

The long term objective of this evaluation is (a) to identify the most effective change agents in the training of an evidence-based psychotherapy by intensive study of phobias about feelings and their resolution in the therapy process, (b) to improve the quality of psychotherapy provided to our patients by identification of widely established and potent change agents, (c) to explore how therapists' activating and inhibitory affects, contribute to training outcome and ultimately treatment outcome.

### **What is expected of me in this evaluation?**

**Video:** In this evaluation, we will request consent forms from trainees to video-record their consultation hour and to fill-out regular surveys that measure activation and inhibitory affect. Filming consultations is a standard and recommended practice of core training. Your consultations will be video recorded with both the supervisor and the trainee in the picture. We are only filming the consultation between therapist and supervisor and will **not** film any patient video segments or session content. Consultations are focused solely on the therapist and their skill set, as well as, their

## Therapist Affect Phobia Study

emotional reactions toward a specific feeling. If you decide to take part we will ask your permission to review this videotape so that we can determine the level of achievement of therapeutic objectives, accessibility and mastery. At the end of the consultation, the supervisor will rate the trainees self-assessment of your work on the ATOS scale and Certified APT™- Consultation Form.

**Questionnaires:** You will be asked to complete two sets of questionnaires; one slightly longer evaluation at the start of the initial training weekend, and a shorter evaluation before each training weekend. They include questions about your training experience, your own affect phobias, feelings towards the patient, and self-compassion. Although the content of the questionnaires may be emotionally intense, the questionnaires are not expected to cause any distress and are routinely used in therapy clinics.

**Patient treatment:** We recommend that, if possible, you also measure the process & outcome of your patient's treatment in parallel to you attending this core training program.

### **Do I have to take part?**

You do not have to take part in this study. If you decide not to take part, you will still be able to continue the core training program. If you do decide to take part, you can choose to withdraw from the evaluation at any time and you can request for your questionnaire responses and video recordings to be destroyed.

### **What about confidentiality?**

Data collected as part of this evaluation will be kept confidential (all names and identifiable information will be removed), and data will be identified only by assignment of case numbers. Anonymized 'word-for-word' quotes may be used in the write up of this evaluation and any publications that result from this evaluation. Only Kristin Osborn, Katie Aafjes-van Doorn, Chip Cooper and two research assistants will have access to questionnaires and video-recordings, which will be securely stored in a locked cabinet in accordance with the Data Protection Act (HMSO, 1998) and destroyed after 5 years. We will use a HIPAA Compliant Dropbox Account for the trainees' video segments. If you prefer, you may record your consultations with your own video camera. The procedures adhere to the British Psychological Society and Oxford Good Practice in Research Guidelines. Confidentiality will be maintained except when your responses on the questionnaires indicate a possible risk to self or others. In that case, we will have to inform others, in order to offer support or redirect you to services if needed.

### **What will happen to the results of the study?**

The results of this evaluation will be analyzed, and combined with results from similar evaluation in different training programs in different countries. It is hoped that the results will also be written up and published in an academic journal and presented at academic conferences. You may request to receive a copy of any published materials resulting from this evaluation.

### **Who can I contact for further information, ideas or queries?**

Kristin Osborn ([kristin@kristinosborn.com](mailto:kristin@kristinosborn.com)), Harvard Medical School, Boston, MA.

## **Therapist Affect Phobia Study**

Katie Aafjes-van Doorn ([katie.aafjes@yu.edu](mailto:katie.aafjes@yu.edu)), Yeshiva University, New York, NY.

Joseph Cooper ([joseph@drjosephcooper.com](mailto:joseph@drjosephcooper.com)), Marymount University, Arlington, VA.