



Certified APT™- Consultation Form

Select a 20- minute segment or a sequence of shorter segments that are no longer than 20 minutes from a psychotherapy session. Read and answer all questions to the best of your ability.

APT-Trainee: _____ **APT-Supervisor:** _____

Date of Supervision: _____ **Case Name:** _____

AV Minutes: _____

Create a Core Conflict Formulation for this segment of psychotherapy session:

Identify the affect exposure (s) demonstrated in this segment and rate its intensity on a scale from 1-10, 1 is lowest and 10 is highest:

If you have your own affect phobia that impacts this segment, please describe:

What is your focus for this consultation session?

What style of feedback (i.e. critical, supportive, directive, etc...) do you want for this consultation session?

Highlight the APT theories and/or techniques you demonstrate in this AV segment and rate your proficiency.

Refer to McCullough, L., Kuhn, N., Andrews, S., Kaplan, A., Wolf, J., & Lanza Hurley, C., (2004) *Treating Affect Phobia: A Manual for Short-Term Dynamic Psychotherapy*, New York: The Guilford Press.

<p>THERAPIST SKILLS</p> <p>Use this list to help you identify the knowledge or skills for which you have:</p> <p>7-10 High Level of Proficiency</p> <p>3-7 Moderate Level of Proficiency</p> <p>1-3 Low Level of Proficiency</p> <p>0-1 Needs Improvement</p>		<p>Supervisee Rating</p>	<p>Supervisor Rating</p>
<p>ANXIETY REGULATION</p> <p>Chapter 1 - Affect and Affect Phobia in Short-Term Treatment</p> <p>Chapter 5 - Defense Restructuring, Section 1: Defense Recognition</p> <p>Chapter 7 - Affect Restructuring, Section 1: Affect Experiencing</p> <p>Chapter 9 - Self-Restructuring: Building Compassion and Care for Self</p> <p>Chapter 10 - Other-Restructuring: Building Adaptive Inner Images of Others</p>			
<p>1.3, 5.1</p>	<p>Did you explore inhibitory affects? Did you teach your client how to explore their own inhibitory affects?</p>		

5.3, 7.2	Did you explore body sensations? Did you teach your client how to explore their own body sensations?		
5.1, 7.2	Did you teach your client the difference between inhibitory, maladaptive and adaptive affects?		
5.1	Did you regulate inhibitory affects while working with defenses?		
1.6, 7.1	Did you regulate inhibitory affects while exposing and desensitizing an adaptive affect?		
9.1	Did you regulate inhibitory affects toward adaptive Self?		
10.1	Did you regulate inhibitory affects toward other's feelings?		

CORE CONFLICT FORMULATION

Chapter 2: Affect Phobia, Psychodynamic Conflict, Malan's Two Triangles

Chapter 4: How to Formulate a Psychodynamic Core Conflict: Spotting Affect Phobias

2.2	Did you formulate the Triangle of Conflict?		
2.2	Did you formulate the Triangle of Person?		
4.1- 4.6	Did you formulate a core conflict with your patient?		

DEFENSE RESTRUCTURING

Chapter 5: Defense Restructuring, Section 1: Defense Recognition

Chapter 6: Defense Restructuring, Section 2: Defense Relinquishing

5.1	Did you point out and help your client recognize their maladaptive defenses?		
5.1	Did you help your client understand what adaptive feeling they are defending against and why?		
5.1, 5.3	Did you validate and help your client understand the strengths of their defenses?		
5.4, 6.1, 6.2	Did you point out and help your client understand the benefits (primary and secondary) associated with their defenses?		

6.1, 6.2	Did you point out and help your client understand and feel the cost of their defenses?		
1.6, 5.1, 6.1, 6.4	Did you regulate inhibitory affects after pointing out a defense?		
6.3	Did you distinguish the 'Origin of Defenses' from the 'Maintenance of Defenses?'		
6.2, 6.6, 6.7	Did you increase motivation to relinquish defenses?		
6.1, 6.4, 6.5	Did you assist in relinquishing defenses?		
<p>AFFECT RESTRUCTURING</p> <p>Chapter 7: Affect Restructuring, Section 1: Affect Experiencing</p> <p>Chapter 8: Affect Restructuring, Section 2: Affect Expression</p>			
7.1, 7.2	Did you explore and deepen feelings?		
8.1, 8.2	Did you encourage expression of feelings?		
7.2	Did you explore and deepen feelings of Anger/Rage?		
7.2	Did you explore and deepen Sexual Feelings?		

8.2	Did you encourage expression of Anger/Rage?		
8.2	Did you encourage expression of Sexual Feelings?		
7.2	Did you explore and deepen feelings of Sadness/Grief?		
7.2	Did you explore and deepen feelings of Closeness?		
8.2	Did you encourage expression of Sadness/Grief?		
8.2	Did you encourage expression of Closeness?		
7.4	Did you explore and deepen feelings of Self- Compassion?		
8.2	Did you encourage expression of Self-Compassion?		
7.5	Did you explore and deepen Excitement, Joy Positive Feelings toward the Self and Others?		
N/A	Did you explore and deepen feelings of adaptive Guilt?		
N/A	Did you encourage expression of adaptive Guilt?		

SELF-RESTRUCTURING

Chapter 9: Self Restructuring: Building Compassion and Care of Self

9.1, 9.2, 9.5	Did you encourage Self-Care?		
9.1	Did you encourage Self-Compassion?		
9.1	Did you encourage Positive Feelings of Self?		
9.1, 9.3	Did you ask your patient to imagine how you may feel toward them?		
9.3, 9.4, 9.5	Did you use an experiential technique to increase 'Sense of Self?' (i.e. Imagery, Two-Chair Technique, Role-Playing, Change of Perspective, Lost Voice, Lost Loves and Being Your Own Parent)		
9.2	Did you help build 'Receptive Capacity' to ones own feelings?		

SELF AND OTHER RESTRUCTURING

Chapter 10: Other Restructuring: Building Adaptive Inner Images of Others

10.1, 10.2	Did you help build 'Receptive Capacity' to other's feelings?		
10.3, 10.5	Did you use experiential techniques to view others more accurately and compassionately? (i.e. Change of Perspective, Lost Loves)		
10.3	Did you explore your client's feelings toward you? (i.e. Anger, Rage, Fear, Distrust, Compassion, Positive Feelings, Closeness, Sexual Feelings, etc..)		

Supervisor Recommendations on Clinical Expertise:

Fill out your patient's Triangle of Person as it pertains to this AV segment.

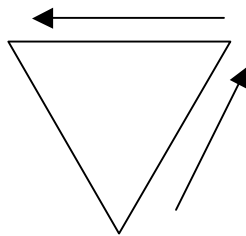
Refer to Malan, D.H. (1979). *Individual psychotherapy and the science of psychodynamics*: London: Butterworths.

**PAST
RELATIONSHIP**

1.

2.

3.



**CURRENT
RELATIONSHIP**

1.

2.

3.

Therapist

Relationship

1.

2.

3.

Fill out your patient's Triangle of Conflict as it pertains to this AV segment.

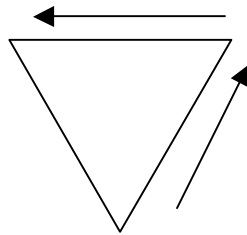
Refer to Malan, D.H. (1979). *Individual psychotherapy and the science of psychodynamics*: London: Butterworths.

**MALADAPATIVE
DEFENSE**

1.

2.

3.



**INHIBITORY
AFFECTS**

1.

2.

3.

ADAPTIVE

AFFECT

1.

2.

3.