



Affect Phobia Therapy:

An integrative approach that combines cognitive-behavioral, psychodynamic and experiential techniques into a powerful whole

APT is based on the premise that internal conflicts about feelings underlie most psychologically-based disorders. APT is an integrative model of short term dynamic psychotherapy that was developed by Harvard Medical School psychologist and researcher, Leigh McCullough.

In this workshop, participants will learn how to conceptualize an emotional conflict and how to use experiential, cognitive- behavioral and psychodynamic techniques to treat them. They will also deepen their understanding of how a phobic response to an emotion is developed and maintained, like when people are unable to feel angry and assert themselves. Emphasis will be placed on assessment and treatment of current problems that originate from the past.

This interactive workshop will include video segments from psychotherapy sessions to demonstrate techniques and interventions, a therapy demonstration and the opportunity to discuss cases.

Learning Objectives:

- How to identify an emotional conflict
- How to create a core conflict formulation
- How to treat an emotional conflict

Learning Methods:

- Video segments of psychotherapy sessions
- Therapy demonstration
- Discussion

Literature:

- Donvan J., Osborn, K., & Rice, S. (2016), *Paraverbal Communication in Psychotherapy: Beyond the Words*
- McCullough, et al (2003), *Treating Affect Phobia: A Manual for Short-Term Dynamic Psychotherapy*
- Panksepp, J. (2013), *The Archeology of the Mind*
- Perry, B. & Szalavitz (2006), *The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook-What Traumatized Children Can Teach Us About Loss, Love and Healing*

Film:

Video segments psychotherapy sessions

16:15-17:00	How to identify, assess and treat an emotional conflict
17:00-17:15	Break
17:15-18:15	Therapy demonstration Q and A

Kristin A. R. Osborn was trained by- and then trained others on behalf of Dr. Leigh McCullough, PhD, founder of Affect Phobia Therapy (APT). She founded the Certified APT™-Training Program in 2009 and presents internationally, offering ongoing training in Boston and Stockholm. She is a member of the faculty at Harvard Medical School and Director of HMS Psychotherapy Research Program. Kristin is President Emeritus of the

International Experiential Dynamic Therapy Association (IEDTA), on the executive board of the Society for the Exploration of PsychotherapyIntegration (SEPI) and co-authored, *Paraverbal Communication in Psychotherapy: Beyond the Words*. She has published articles and chapters on training clinicians and you can learn more about her and her work at www.kristinosborn.com or www.affectphobiatherapy.com.