Introduction to Affect Phobia Therapy

Four-day workshop with Kristin Osborn
in
Calella de Palafrugell, Costa Brava, Spain July 8th-12th 2011

Calella de Palafrugell is a small holiday resort and fishing village with small coves, sandy beaches and crystal clear waters, situated on Costa Brava, the coastal region, north of Barcelona, Spain. There are endless footpaths along the coast an inland to enjoy. The botanic gardens of Cap Roig are a must for a visit with fabulous views of the sea. Here in the summer months there are a number of concerts taking place.

This introductory workshop to Affect Phobia Therapy teaches clinicians the fundamental basics of the model and includes video examples of live therapy. APT is a type of Short Term Dynamic Psychotherapy that integrates techniques from psychodynamic, cognitive-behavioral, and experiential therapies. It is effective in treating anxiety, depression, self-defeating behaviors, and somatic complaints. Case-series videotaped research over the past 30 years has established the effectiveness of the methods in both short and long term follow-up. (APT) is based on the premise that internal conflicts about feelings underlie most psychologically-based disorders. The affect phobia therapist views these conflicts as “Affect Phobias,” or fear of feelings. Similar to external phobias, a patient with an affect phobia avoids the experience and expression of internal responses like anger or grief in the same way a person with a phobia about bridges would avoid bridges. These patients use avoidant responses (thoughts, feelings, or behaviors) to avoid the conflicted and uncomfortable feeling – which can be a conscious or unconscious process. The APT therapist helps patients recognize the avoided feelings as well as their method of avoidance. Malan’s (1979) Triangles of Conflict and Triangle of Person are the theoretical framework used to identify the affect phobia and understand both its’ origin and how it operates in current and past relationships. The APT therapist uses a variety of techniques in
order to help expose the patient to the visceral experience of the avoided feeling in a step-by-step process using anxiety regulation and gentle confrontation of defenses.

This workshop includes the use of videotaped examples of therapy, two books, “Changing Character” and “Treating Affect Phobia,” role playing, and discussion. The workshop will cover the following learning objectives:

• Define, diagnose, and treat an “Affect Phobia.”
• Apply techniques to deepen self-compassion.
• Analyze why patients are avoiding specific feelings and how they are doing it.
• Distinguish between adaptive and maladaptive feeling.
• Create a treatment plan that includes exposure and desensitization to the avoided feeling.
• Collaborate with patients to increase alliance and motivation for change.
• Use techniques to teach patients about the link between adaptive feeling and healthy behaviors.

About Kristin Osborn
Kristin A. R. Osborn, MA is a psychotherapist with over 15 years of clinical experience. Kristin Osborn conducts training and supervision groups for mental health professionals in North America and Europe. She has a faculty appointment at Harvard Medical School at Beth Israel Deaconess Medical Center where she teaches 4th year psychiatry residents Short Term Dynamic Psychotherapy. Kristin is a member of the Psychotherapy Research Program, directed by Dr. Leigh McCullough, Ph.D. She is also a member of the continuing education faculty at Rino-Nord Holland in Amsterdam, Holland, and at Massachusetts School of Professional Psychology in Roxbury, MA. Recently she was elected to the Board of the International Experiential Dynamic Therapy Association and is the IEDTA Executive Coordinator of Continuing Education.

Course length: 4 Days. July 8th-9th and July 11th-12th. (July 10th day off)
Start time 08.45. Finish time 19.00

Location: Calella de Palafrugell at Hotel Garbi www.hotelgarbi.com The nearest airports are Barcelona (100 miles from Calella de Palafrugell) and Girona (30 miles from Calella de Palafrugell)

Price: 670 Euro including welcome dinner. Accomodation at Hotel Garbi is not included. Hotel Garbi, double room 115 euro/night. Single room 85 euro/night.
Hotel Garbi is situated in one of the most beautiful areas of the Costa Brava Centre. Encompassed by a big pine-wood garden with an outdoor swimming pool and a fine Mediterranean cuisine, the Hotel Garbi offers all the services you need to enjoy a fantastic holiday.

An equipped complex close to all the many activities and cultural treasures that this area of the Costa Brava offers it is a welcoming place to come back to at the end of a busy day or your home from home on the Costa Brava for that well earned relax that you need.

Information, registration and reservation of Hotel Garbi:
Contact Wise Mind AB, Eva Hedenstedt eva@wisemind.se +46 702652575, +4690774735
www.wisemind.se Application deadline April 13th 2011