



## **Course: affect phobia therapy: building bridges, closeness and authenticity between therapist and client**

**Address:** <https://asadis.net/en/course/building-bridges-between-therapist-and-client-closeness-and-authenticity-within-therapeutic-relation/>

**Duration:** 3h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$120.00

### **Overview:**

When working with intergenerational trauma and other conditions it is common for therapists to experience anxiety that may or may not be related to their own experiences. It is therefore very important for them to be able to decipher why, and to know what to do when they are experiencing 'in session' anxiety, defenses or strong emotions. Even if clinicians are themselves in therapy or in supervision, they still need to learn the skills of working with their own emotions 'in the moment' so they can offer a reparative and therapeutic experience for their patient. In this workshop, participants will learn how the non-verbal interplay can guide them when facing a client who is experiencing intense emotions or trauma reenactments. Participants will also learn how to cultivate self-compassion in anxiety-provoking moments so they can mindfully apply interventions and make therapeutic decisions while maintaining a bond with their client.

Dr. Osborn will present an overview of Affect Phobia Therapy (APT) and advanced training on how therapists can integrate their own internal process to strengthen the therapeutic alliance and more effectively time and deliver interventions. More specifically, she will explain how and why cultivating your own capacity for self-compassion, self-love and self-forgiveness will increase your awareness of your own emotional experience as a clinician. She will explain how to use this information to more fully resonate with your clients and patients so they can experience true and significant change.

### **Learning objectives:**

1. Create a core conflict formulation, and decipher between inhibitory, defensive and adaptive affect
2. Assess and resolve therapist affect phobia
3. Cultivate compassion for yourself when you feel overwhelmed in session
4. Maintain clinical focus when working with intense emotions

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

**The expert, Dr. Kristin Osborn**

Dr. Kristin A. R. Osborn, psychologist, is an internationally recognized psychotherapist, researcher, author and an Associate in Psychiatry at Harvard Medical School as well as a Clinical Instructor in the Department of Psychiatry and Biobehavioral Sciences at the UCLA David Geffen School of Medicine. She has trained over a thousand psychotherapists and mental health providers and is the founder of Certified APT™-Training (Affect Phobia Therapy), a rigorous evidence-based program that teaches how to assess and resolve affect phobias. She serves on the board of the Society for the Exploration and Integration of Psychotherapy. She is also a board member and President Emeritus of the International Experiential Dynamic Therapy Association. She has co-authored *Paraverbal Communication in Psychotherapy: Beyond the Words*. Additional information on other publications, talks, keynotes and workshops are available at [www.affectphobiatherapy.com](http://www.affectphobiatherapy.com).

**Syllabus**

PowerPoint

Introduction to Affect Phobia Therapy (APT)

Presentation

A little history

Basics of Affect Phobia Therapy

Exploring APT Techniques and Therapeutic Foundations

The Heller and Haynal research

Paying attention to yourself

The 10 sessions form

The Venn Diagram of therapeutic relationship

The triangles of person and conflict

Creating a core conflict formulation

Enhancing Therapeutic Relationships and Intervention Strategies

The working alliance

Different interventions

Receptive capacity and resolving a closeness phobia

Therapists with affect phobias

Being an explorer to help your patient

Using the ATOS scale with ATP

Conclusion

Bibliography