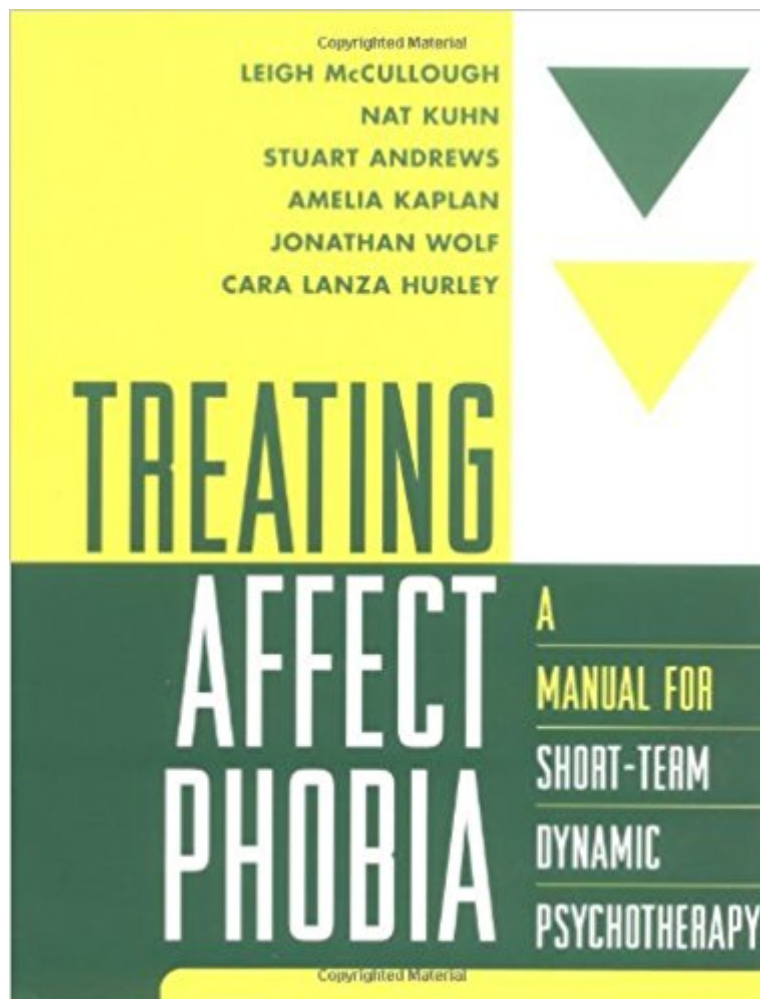




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# Treating Affect Phobia: A Manual For Short-Term Dynamic Psychotherapy



## Synopsis

This hands-on manual from Leigh McCullough and associates teaches the nuts and bolts of practicing short-term dynamic psychotherapy, the research-supported model first presented in *Changing Character*, McCullough's foundational text. Reflecting the ongoing evolution of the approach, the manual emphasizes "affect phobia," or conflict about feelings. It shows how such proven behavioral techniques as systemic desensitization can be applied effectively within a psychodynamic framework, and offers clear guidelines for when and how to intervene.

Demonstrated are procedures for assessing patients, formulating core conflicts, and restructuring defenses, affects, and relationship to the self and others. In an easy-to-use, large-size format, the book features a wealth of case examples and write-in exercises for building key clinical skills. The companion website ([www.affectphobiatherapy.com](http://www.affectphobiatherapy.com)) offers useful supplemental resources, including Psychotherapy Assessment Checklist (PAC) forms and instructions.

## Book Information

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## Customer Reviews

"This work is an extraordinary synthesis of depth and practicality. It is as clear, concrete, and richly exemplified a treatment manual as I have seen, yet it depicts not a simple or mechanistic therapy but one that goes to the very heart of human feeling and experience. Incorporating a profoundly integrative vision, *Treating Affect Phobia* will be of great value not only to psychodynamically oriented therapists but to anyone in the field who appreciates the accumulating evidence for the central role of affect--and fear of affect--in our lives."--Paul L. Wachtel, PhD, Doctoral Program in

Clinical Psychology, City College and the CUNY Graduate Center, New York" This is the training manual that teachers and practitioners of short-term dynamic therapy have been eagerly anticipating. It is the first psychodynamically oriented volume that expertly guides the novice through emotion-focused, time-sensitive psychotherapy in an explicit, step-by-step fashion. The manual is enhanced by very useful exercises that allow therapists to try out their interventions and compare them to the authors' expert responses. This volume represents a new and exciting development in the teaching, learning, and practice of psychodynamic/integrative therapy in general, and brief psychotherapy in particular."--Stanley B. Messer, PhD, Dean, Graduate School of Applied and Professional Psychology, Rutgers University" This is a treatment manual with a number of fabulous characteristics: it takes the astute clinical observations of psychodynamic therapists and sets them within modern principles of learning and behavioral change; it draws from the best of the behavior therapy treatments for phobias; it is beautifully clear and easy to follow; and it has comprehensive learning exercises at the end of each chapter to help the clinician actually learn how to apply the treatment in clinical practice. I plan to have my students read it."--Marsha M. Linehan, PhD, Department of Psychology, University of Washington" This carefully reasoned and researched manual starts with the simple assumption that many people are afraid of their own emotions, offers easy ways to identify whatever is being expressed or even suppressed, and explains clearly the authors' suggestions for treatment."--Donald L. Nathanson, MD, The Silvan S. Tomkins Institute and Department of Psychiatry and Human Behavior, Jefferson Medical College" This is the training manual that teachers and practitioners of short-term dynamic therapy have been eagerly anticipating. It is the first psychodynamically oriented volume that expertly guides the novice through emotion-focused, time-sensitive psychotherapy in an explicit, step-by-step fashion. The manual is enhanced by very useful exercises that allow therapists to try out their interventions and compare them to the authors' expert responses. This volume represents a new and exciting development in the teaching, learning, and practice of psychodynamic/integrative therapy in general, and brief psychotherapy in particular. -Stanley B. Messer, PhD, Graduate School of Applied and Professional Psychology, Rutgers-" (The State University of New Jersey 2003-01-26)

Leigh McCullough, PhD, until her death in 2012, was Associate Clinical Professor and Director of the Psychotherapy Research Program at Harvard Medical School (Boston, Massachusetts), and a visiting professor at the Norwegian University of Science and Technology (Trondheim, Norway). She was the 1996 Voorhees Distinguished Professor at the Menninger Clinic and received the 1996 Michael Franz Basch Award from the Silvan Tomkins Institute for her contributions to the exploration

of affect in psychotherapy. Dr. McCullough was on the editorial boards of Psychotherapy Research and the Journal of Brief Therapy, and conducted training seminars in Short-Term Dynamic Psychotherapy (STDP) worldwide. Nat Kuhn, MD, PhD, is Clinical Instructor in Psychiatry and Assistant Director of the Psychotherapy Research Program at Harvard Medical School. He teaches STDP and supervises at the Cambridge Hospital and elsewhere. Dr. Kuhn has a private psychotherapy and psychiatry practice in the Boston area, and a Web site, [www.natkuhn.com](http://www.natkuhn.com). Before going to medical school he was a mathematician. Stuart Andrews, PhD, is a psychotherapist in private practice in Brookline, Massachusetts, and Assistant Director of the Psychotherapy Research Program at Harvard Medical School. He has presented at international conferences and conducted training seminars on STDP. He has taught and supervised clinicians and students, and published articles on psychotherapy integration and short-term therapy. Mr. Andrews is also Director of the Center for Families in Transition, where his program, "For the Sake of the Children," is mandated in a number of communities in Massachusetts for parents going through divorce. Amelia Kaplan is a graduate student in clinical psychology at the Graduate School of Applied and Professional Psychology, Rutgers University, where she pursues interests in mind-body psychology, STDP, group therapy, and human sexuality. Jonathan Wolf, MD, was a member of the Psychotherapy Research Program for three years. After graduating from Boston University School of Medicine, he entered the Harvard Longwood Psychiatry Residency Training Program. Cara Lanza Hurley, PhD, received her doctorate in clinical psychology from Loyola University Chicago in 2005.

Very interesting twist on psychodynamic therapy. I wonder how it would fit with EMDR.

I haven't even gotten near to finishing this book yet because I'm stopping to highlight, absorb, and reread almost every page. Great source of learning, and has been immensely helpful in my therapeutic work!

This book is an excellent book both for the novice as well as for the seasoned clinician. The assessment forms you can download from the website are an excellent way to indicate preliminary diagnosis and a guide for informing treatment. I cannot recommend this book highly enough!

This is without a doubt the clearest book I have ever read about how to understand and formulate psychodynamic conflict, and how to address it in psychotherapy. Integrating elements of psychodynamic, cognitive-behavioral, and interpersonal models, the manual is at once respectful of

clients and a very good "how-to" for therapists at any level. It is deceptively simple, in that appears to be for those new to the field, but in fact it is astute and complex.

The best how to work book on short term dynamic therapy skills, combined with her book Creating Change, one can only advance therapeutic skills by leaps and bounds.

I'm a psychology student and this book has deepened my appreciation of psychodynamic literature all the while keeping the jargon accessible and precise.

Using the therapy described in this book has been very helpful to me as a therapist. I use it when clients are not making progress using more traditional therapies.

Easy to read format. I learned a lot within the first two chapters. The exercises at the end of each chapter are helpful too.

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