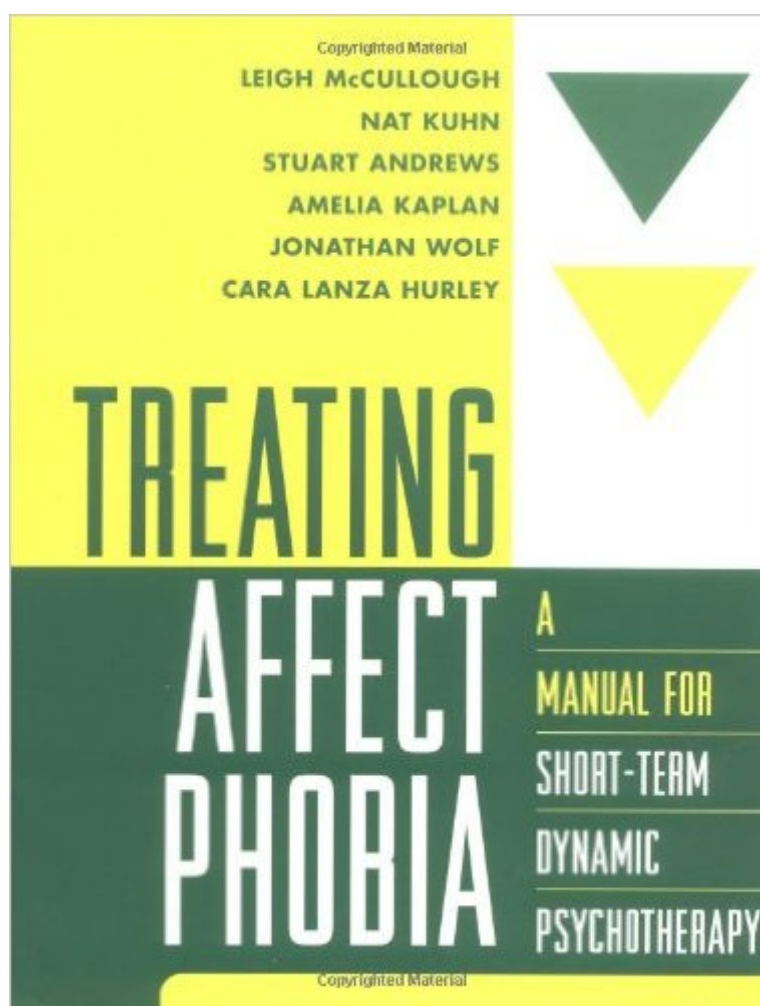


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# Treating Affect Phobia: A Manual For Short-Term Dynamic Psychotherapy



## 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.affectphobiatheapy.com](http://www.affectphobiatheapy.com)) offers useful supplemental resources, including Psychotherapy Assessment Checklist (PAC) forms and instructions.

## Book Information

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## Customer Reviews

This is the only "manual" I recommend to supervisees or seasoned colleagues. It is a wonderful "how-to" for psychotherapists, and so much more. Integrating elements from both psychodynamic and cognitive behavioral traditions, it offers a simple yet powerful conceptual framework for understanding inner psychological conflict. The model clearly illuminates how maladaptive behavior in a client (or anyone) represents their best effort at avoiding feared emotional states. In creating so much conceptual clarity, it allows the therapist to more readily arrive at a place of compassion and

effective intervention. Numerous and creative strategies are suggested for working with inner conflict, often in the context of clinical vignettes illustrating exemplary and inspiring work of mature and compassionate therapists. It never trivializes the depth of human suffering. This is a wonderful book!

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.

Treating Affect Phobia is a manual for short-term work with relatively high-functioning individuals whose emotional blocks influence their work, relationships, or their quality of life. Novices and senior clinicians alike will find this manual useful. It focuses psychodynamic work by combining the exposure work of CBT, and it elaborates CBT by including exposure to avoided emotions. The writing is clear and direct. There is enough specificity for a novice, and the exercises at the end of the chapters help the reader to absorb and practice the material. Those clinicians with a CBT background will find the book refreshingly present-focused. The explanation of defenses and the careful working with defenses and anxiety-regulation are clear and understandable even without a psychodynamic background. For those unfamiliar with exposure therapy, the book offers a radical way of enhancing comfort with avoided affect. For the senior clinician, the book offers a unique and efficient approach to short-term dynamic Psychotherapy, but there is enough subtlety for repeated readings. The book targets high-functioning individuals (those with a GAF score 50 or above), but has chapters on working with those with less stable object relations. I have found that the model can be adapted for those with a lower GAF.

The authors have produced a very clear presentation of how to identify and treat psychodynamic conflicts using active methods. For the beginning therapist, it offers a step by step detailed approach. For the more advanced therapist, it has a very clear and useful organization that provides a resource for thinking about the stuck places in therapy. Both supervisors and supervisees will find it helpful.

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!

Affect Phobia is a brilliant clinical model, the Triangle of Conflict is a teaching tool of beauty, and this manual is a pleasure to read. The theory is creatively integrative and above all functional. I find my thinking clarified, I know how to stay on track when a client's avoidant behavior takes center stage, and at all times I have guidance in attending to emotion. My recommendation is: buy it, read it, share it with the people you supervise! Your work will be enriched.

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 book is just excellent. I have flirted with ISTDP material in the past but found my way more into the work of Dr. Fosha, Greenberg and Bruce Ecker for short term, emotion focused approaches. But this book explains STDP in a very coherent and comprehensive manner. The theory is straightforward and parsimonious unlike other psychodynamic theory. I particularly LOVE the emphasis on primary and secondary gains, in that it specifies the coherent reasons why symptoms are maintained, effectively depathologizing disorders, and how the DSM diagnoses can be seen as symptoms of the affect phobia outlined in this book. I would recommend this book for any serious psychotherapist who is oriented towards true change processes and abnormal levels of effectiveness.

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