Clinician Heal Thyself:  
How to become more aware of your emotions so you can take care of yourself and those you treat

Overall Learning Objectives:
In this experiential workshop you’ll learn new ways of experiencing your emotional state and to care for yourself in a new powerful way. You’ll learn how to develop a self-caring state so that you connect more fully with yourself and discover how your increased growing sense of well-being enhances the healing process in those you treat. You’ll learn how to be more present and curious in session so you can offer an authentic therapeutic experience and help your patient explore his or her underlying emotions. In this workshop, you’ll learn and practice techniques from Self Connection Therapy and Affect Phobia Therapy to add to your therapeutic repertoire.

Learning Objectives:

• How to increase your emotional awareness
• How to quickly gain access to more of your healing capacity
• How to become more aware of physical sensations and how they can be utilized
• How to discover the unseen right before your eyes
• How to use your heart to heal yourself and others

Learning Methods:

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• Video-segments of psychotherapy sessions
• Interactive exercises
• Therapeutic self-monitoring using video
• In session therapist video self-observations

**Literature:**

• Searls, H., Countertransference and Related Subjects: Selected Papers, University Press, 1979

**One- Day Workshop**

0900-1015 Didactic and Interactive Exercise: Mirror Mirror
1015-1030 Break
1030-1145 Live Demonstration
1145-1245 Lunch (on your own)
1245-1400 Interactive Exercise
1400-1430 Fika

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1430-1530  Live Demonstration or Core Trainee Consultation

1530-1545  Q&A

1545-1600  Good-bye

**Kristin A. R. Osborn, LMHC** is a licensed mental health counselor and 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, London and Stockholm. She is a lecturer (part-time) in Psychiatry at Harvard Medical School (HMS) at Beth Israel Deaconess Medical Center, is the Director of HMS Psychotherapy Research Program and has recently launched a research study on therapist affect phobia and its impact on patient outcome. Her passion is teaching clinicians how to integrate research in their clinical training and she developed the ATOS-Therapist Scale, Accessibility Scale, Congruent/Incongruent Scale and the Control Mastery Scale, which are featured in her upcoming book, *Paraverbal Communication in Psychotherapy: Beyond the Words*, Rowman & Littlefield (in press). Kristin is President of the International Experiential Dynamic Therapy Association (IEDTA), on the advisory board of Stockholms Akademi for Psychokterapiutbildning (SAPU) and a member of the continuing education faculty at William James College and RINO-Noord Holland. She has published articles and chapters on training clinicians including, *Learning how to rate video-recorded therapy sessions: A Practical Guide for Trainees & Advanced Clinicians*, Psychotherapy Journal (2011); *On-line Supervision in Affect Phobia Therapy, Using Technology to Enhance Counselor Supervision*, American Psychological Association (2016); and *Creating Change Through Focusing on Affect: Affect Phobia Therapy, Working on Emotions in Cognitive Behavioral Therapy: Techniques for Clinical Practice*, Guilford Press (2014). To learn more about Kristin and her work, go to [www.affectphobiatherapy.com](http://www.affectphobiatherapy.com).

**Michael Alpert, MD, MPH** trained in ISTDP with Habib Davanloo (1980-83) and later directed the STDP Institute at St. Clare’s Hospital. Dr. Alpert directed the New Jersey STDP Institute, whose faculty included Isabel Sklar and Diana Fosha. His work there led to the development of Accelerated Empathic Therapy (AET), which utilizes empathic interaction, more than challenge and pressure, to explore and understand the symptoms of patients. In the 1990s, professional differences with Dr. Davanloo led Dr. Alpert to establish an independent New York/New Jersey STDP Institute, launch the STDP Discussion List, and run workshops and conferences for therapists interested in expanding the theoretical and technical aspects of the Short-Term Dynamic Psychotherapies beyond the framework of Davanloo’s ISTDP. With the start of the new century, he co-founded the International Experiential STDP Association (IESA). In 2003 he became interested in better understanding the powerful physical sensations associated with love.

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and loss. His new understanding of the interplay of the parasympathetic and sympathetic branches of the autonomic nervous system proved to be so useful diagnostically and therapeutically that he began to develop a variant of AET, Sensation Therapy (ST). From 2005 to 2009, Dr. Alpert trained with Ernest Rossi to learn therapeutic techniques that Dr. Rossi had developed during his many years of work with Milton Erickson, the father of modern clinical hypnosis. While studying with Dr. Rossi, Dr. Alpert noticed a synergism between the Ericksonian techniques, AET/ST, and STDP. For example, when Ericksonian and AET/ST techniques were used to activate the “right brain,” patients resolved dynamic conflicts more quickly. Dr. Alpert is currently working with other IEDTA members to integrate different therapeutic techniques with the STDPs as part of the effort to create a unified psychotherapeutic approach.