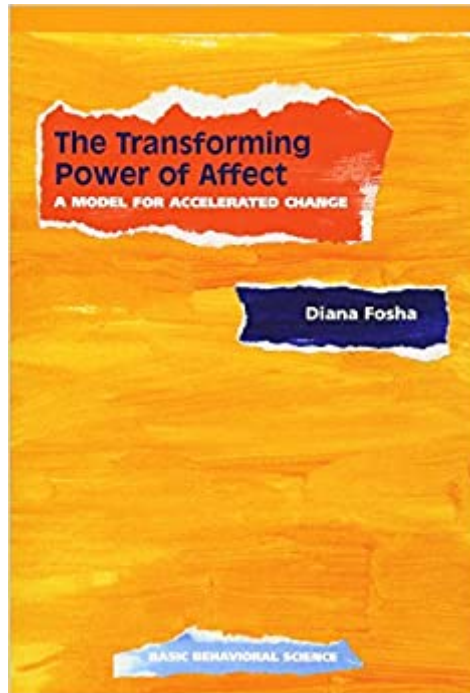




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The Transforming Power Of Affect: A Model For Accelerated Change



Synopsis

The first model of accelerated psychodynamic therapy to make the theoretical why as important as the formula for how, Fosha's original technique for catalyzing change mandates explicit empathy and radical engagement by the therapist to elicit and harness the patient's own healing affects. Its wide-open window on contemporary relational and attachment theory ushers in a safe, emotionally intense, experience-based pathway for processing previously unbearable feelings. This is a rich fusion of intellectual rigor, clinical passion, and practical moment-by-moment interventions.

Book Information

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Customer Reviews

Affect is one of the last of the major psychological processes in psychotherapy to be focused on. This book is filled with a rich, deep understanding of how it works and how to work with it to produce lasting change. In Fosha's view, affect is the soil in which attachment grows; she demonstrates how acts of omission and commission in caretaking interactions can lead to the unbearable pain that must be faced in therapy in order to heal. Fosha does an excellent job of applying the psychodynamic triangle of conflict to affective process, leads us through transcripts that differentiate defensive and primary adaptive core emotions, and offers strategies for facilitating emotional experience that in and of themselves make the book worth reading. -- Leslie S. Greenberg, Ph.D. Dr. Fosha makes an original and profound contribution to the theory and technique of Short-term Psychotherapy, considerably broadening Alpert's Accelerated Empathic Therapy, out of which it has grown. Because of her poetical writing, her book is a pleasure to read: one might well imagine that Winnicott--to whom she acknowledges her debt--had come to life to write about Short-term

Psychotherapy as it stands today. -- David Malan, D.M. The corporate hijackers of psychotherapy tell us we must settle -- for a little bit of change, for just symptom relief, or for the treatment of a committee-generated list of disorders. Now this remarkable book shows how much can really be accomplished, even in a brief time, if the aim is to return to the humanity of psychotherapy, to the crucial dimensions of affect and relationship. Fosha's volume is an inspiration to all therapists who wish to engage the core of feeling and humanity that is there to see in all our patients if we are brave enough and skillful enough to dare to enter. -- Paul Wachtel, Ph.D. This is a splendid book that provides a creative synthesis of emotion theory, mother-infant research, and attachment theory and research, with principles and strategies drawn from both psychoanalytic and experiential traditions. A thoughtful guide to therapeutic intervention, it places emotion center-stage while always keeping in mind the relational matrix within which the various affective processes unfold. The result is a rich and artfully woven tapestry of ideas and therapeutic principles that will stimulate and reward clinicians of all orientations. -- Jeremy D. Safran, Ph.D.

Diana Fosha, Ph.D., practices psychotherapy in New York, where she is Associate Clinical Professor at the Derner Institute for Advanced Psychological Studies, Adelphi University.

As a psychologist, I experience this book as ground-breaking. Every page condensed of brilliant ideas, at the same time easy to understand and applicable. It fills the gaps for me after years of learning person-centered, psychodynamic and family systems therapy, and provided me answers with breath-taking clarity. I can also see the modesty and devotion of the author, which was very touching. In my opinion, every psychotherapist, beginner or old-timer, should read this book, particularly those who are interested in relationship building and the application of attachment theory in individual therapy.

This book, even though written 13 years ago, continues to maintain its strength in informing people, who counsel others, with the in-depth knowledge that it provides. The author gives outstanding guidance as to how people can have major breakthroughs in therapy, and shows how certain therapeutic sessions have worked in using the techniques. The in-depth knowledge that she provides with why people react to past-life traumas are cutting edge today and even more relevant when the most recent neuro-science is included in the mix! A must read for every clinical therapist!

This one is one of the best books I have read about doing psychotherapy. It also covers an area

that is not addressed very often, at least in my experience. Fosha describes why tracking people's moment-to-moment emotional experience in therapy is important, and gives a number of ideas about how to track this emotional experience. The book has changed the way I do therapy and I am very glad I read it.

My Group Supervision group has been reading this for the last year and our discussion is consistently dynamic and informative and helps integrate this very rich material. I recommend reading this and discussing it with colleagues - it definitely assists in the integration process.

In this most important work Dr Fosha describes in clear prose and with engaging case material an emerging trend in the practice of effective short term psychotherapy. Her understanding and honoring of the internal landscape of the patients subjective experience and affect regulation will be an inspiration to new clinicians and a source of wisdom to seasoned veterans. Theory is presented in a clear accessible manner free of fluff and is enhanced by her lyrical narrative style. Peter A. Levine Ph.D. Author of "Waking the Tiger, Healing Trauma"

This book is for practicing psychotherapists who are interested in Diana Fosha's Accelerated Experiential Dynamic Psychotherapy. I found the first few chapters very dry and hard to get through, but then it gets easier to read and there are more case vignettes and although her methods are not going to be natural to every therapist (or necessarily desirable), it is very powerful work. She really knows how to go for the affect and work with it. I found that the chapter on working with defenses was less informative, although it's one that, for me, was extremely interesting and important. This is the basic text for learning what AEDP is all about. Recommended.

Dr. Fosha has given us the gift of an important book, which combines easy access (fine writing), leading edge concepts in relational psychology and Intensive Psychotherapy, and the most helpful texts of clinical psychotherapy examples I have ever encountered. In fact, her running commentary (pithy and informal) on video transcripts from her own treatment is the perfect voice to accompany her chapter-long (and very helpful) illustrations of how the theoretical material on attachment and emotion-affect apply in real-life psychotherapy consultations and treatment. There are also some marvelous literary quotations sprinkled around, and solid recognition of the pathfinders ahead of her, from Darwin to Davenloo.

Initially this was very hard to read. I found that once I took a week long course with Diana Fosha on AEDP that this book became significantly more easy to read. After taking a year long course this book became something of a clinical bible(along with David Wallins book "Attachment In Psychotherapy). It would be wonderful if she did a second book on couples therapy from an AEDP perspective.

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