

The Transforming Power of Affect

A MODEL FOR ACCELERATED CHANGE

Diana Fosha

BASIC BEHAVIORAL SCIENCE

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A groundbreaking study of the transformational power of affect and a technique for harnessing it in the psychotherapeutic setting. The 1st model of accelerated psychodynamic therapy to make the theoretical as important as the formula for how, Fosha's original way of catalyzing switch mandates explicit empathy and radical engagement by the therapist to elicit and harness the patient's personal healing affects. This is a rich fusion of intellectual rigor, clinical passion, and useful moment-by-moment interventions. Its wide-open screen on contemporary relational and attachment theory ushers in a secure, emotionally intense, experience-based pathway for digesting previously unbearable feelings.



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Outstanding, the best! Diane Fosha provides thorough discussion of theory and explains how so when to apply. This is a wonderful book. This one is one of the best books I've read about doing psychotherapy. To get the most out of this book, I would recommend you have some prior knowledge of psychology or Attachment Theory. Still AN ADVISABLE Read For Therapists! It also covers an area that's not addressed very often, at least in my experience. The author gives outstanding guidance concerning how people can have main breakthroughs in therapy, and shows how certain therapeutic classes have worked in using the techniques. Theory is provided in an apparent accessible manner free from fluff and is improved by her lyrical narrative design. Brilliant, best illustration of romantic relationship building and essence of therapy work. As a psychologist, I experience this book as ground-breaking. Five Stars I really enjoyed this publication and consider it a very important resource. Reading was completely enjoyable. This book, despite the fact that written 13 years ago, continues to keep its strength in informing people, who counsel others, with the in-depth knowledge that it offers. Fosha describes why monitoring people's moment-to-moment emotional knowledge in therapy is essential, and gives numerous ideas about how to track this emotional experience. The publication has changed the way I really do therapy and I am very pleased I read it. An important contribution. In this most important function Dr Fosha describes in clear prose and with engaging case materials a trend in the practice of effective short term psychotherapy. Her understanding and honoring of the inner landscape of the patients subjective experience and affect regulation will be an inspiration to new clinicians and a source of wisdom to seasoned veterans. The in-depth knowledge that she provides with why people respond to past-life traumas are leading edge today and even more relevant when the most recent neuro-science is included in the combine! Peter A. Levine Ph.D. I would recommend reading this and discussing it with colleagues - it will assist in the integration procedure. Every web page condensed of brilliant suggestions, at the same time easy to comprehend and relevant. Fosha has provided us the present of a significant book, which combines easy access (fine writing), leading edge concepts in relational psychology and Intensive Psychotherapy, and the most helpful texts of medical psychotherapy examples I have ever encountered. Actually, her running commentary (pithy and informal) on video transcripts from her very own treatment is the perfect voice to accompany her chapter-long (and incredibly helpful) illustrations of how the theoretical material on attachment and emotion have an effect on apply in real-lifestyle psychotherapy consultations and treatment. After going for a year long training course this book became something of a medical bible (along with David Wallins publication "Attachment In Psychotherapy"). It fills the gaps for me personally after years of learning person-centered, psychodynamic and family systems therapy, and offered me answers with breath-taking clarity. D. A must read for each clinical therapist! Author of "Waking the Tiger, Healing Trauma" Rich In Ideas, Passionate, and Clinically Innovative Dr. Essential: Ideal when discussed with colleagues. My Group Guidance group has been reading this going back year and our dialogue is consistently dynamic and informative and assists integrate this very wealthy material. In my opinion, every psychotherapist, beginner or old-timer, should browse this book, particularly those people who are interested in relationship building and the use of attachment theory in specific therapy. I'm also able to see the modesty and devotion of the writer, that was very touching. Hard to read at first, fantastic clinical material. Initially this was very difficult to read. I found that once I required a week long course with Diana Fosha on AEDP that book became a lot more easy to browse. Additionally, there are some marvelous literary quotations sprinkled around, and solid reputation of the pathfinders before her, from Darwin to Davenloo. It will be wonderful if she did another book on couples therapy from an AEDP perspective. Outstanding book. This book presents an excellent theoretical rationale for a relational emotion focused therapy. Integrating findings from neuroscience, influence theory, and the interpersonal school, Fosha offers a beautifully written launch to a style of therapy that helps sufferers transform through facing feelings they previously avoided. The last three chapters are particularly interesting since they offer much clinical transcript materials along with her analysis of the process by

which she shows how to understand the affected individual and offer interventions based on that understanding. Of particular be aware is her emphasis on the experience of positive emotions and feelings that patients have during transformational moments, feelings, that if attended to, can amplify and accelerate the amount of change. Jon Frederickson, MSW, Writer of "Co-Creating Change: Effective Dynamic Therapy Methods"



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