

Bollettino Newsletter AIAMC

ASSOCIAZIONE ITALIANA DI ANALISI E MODIFICAZIONE DEL COMPORTAMENTO E TERAPIA COMPORTAMENTALE E COGNITIVA

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Questo numero speciale della newsletter avrebbe voluto essere soltanto un modo per fare a tutti, a nome di tutti, i più caldi e festosi auguri di Buona Pasqua.

Purtroppo i recenti drammatici eventi d'Abruzzo, con il loro carico di dolore e di distruzione, non consentono altro che costernazione e desiderio di esprimere partecipazione e solidarietà. Nel pensiero di tutti è la città dell'Aquila, bellissima e tragicamente ferita, le persone morte, quanti hanno subito perdite e lutti, i colleghi ed amici coinvolti nel disastro e già impegnati sul campo nel dare le prime risposte. A loro il Consiglio direttivo AIAMC si rivolgerà per trovare il modo più adatto ed utile perchè l'Associazione possa esprimere, anche tangibilmente, e non solo nell'immediato, il segno della propria vicinanza e della propria volontà di aiuto. L'emozione profonda di questi giorni si manterrà, ispirando generosità e scelte.

(A.M.)

I colleghi che si occupano di Psicologia dell'Emergenza possono segnalare le loro eventuali disponibilità, proposte e iniziative, così che di esse si possa dare notizia e diffusione.

Nei giorni scorsi si è svolta a Cervia la convention AIAMC, con un workshop di Mary Welford dal titolo "Compassion Focused Therapy and the Therapeutic Alliance". Resoconti e commenti verranno presentati nel prossimo numero, in un momento speriamo più sereno.

Con lo stesso spirito di curiosità culturale e di interesse terapeutico che ha animato questa iniziativa, si consiglia, su segnalazione di Claudio Sica, di leggere il discorso di investitura a presidente dell'ABCT (American Association for Behavioural and Cognitive Therapy) di Robert L. Leahy, che sarà anche un invited speaker al Congresso EABCT 2010. Se mai ce ne fosse bisogno, in questo documento "ecumenico" troviamo conferma della ricchezza, apertura, plasticità del sistema CBT, albero con profonde radici e con rami frondosi.

Buona lettura e buona Pasqua.



*President's
Message*

The Confessions of a Cognitive Therapist

Robert L. Leahy, *American Institute for Cognitive Therapy, New York*

Amid the turf wars that help dramatize debates at ABCT and on various listserves, there is the reality of what clinicians actually do in their daily practice. I am one of those clinicians who actually see patients every week. Many people who don't really know me will easily identify me as a "cognitive therapist" who has written and edited a number of books. They will conclude that I am doing "cognitive therapy" all the time, following a canonized version of how to help people change.

Well, they don't know me. Yes, I am proud to say that I was trained by Aaron Beck, the founder of cognitive therapy, and I continued with individual supervision with David Burns, the master of techniques. I use cognitive therapy every day. I do help patients examine the advantages and disadvantages of their thoughts, consider the evidence and set up behavioral experiments to test out their negative predictions. If you stopped there you would think, "See, I told you so. Cognitive therapist through and through."

But, wait. Here's a patient concerned about the lack of discipline in his daughter. Well, I guess I am going to use some child behavior management. Try to catch her being "good," label and reward the positive, try ignoring. Let's consider some contingency management, maybe a star system. Hmm, thank you Bob McMahon and Rex Forehand. Or, with another couple I notice that I am using some of John Gotman's emotion interventions, suggesting validation, tolerating and accepting emotion, and using emotion to get closer. While I'm at it, I notice that I am using ideas from Neil Jacobson and Andrew Christensen—helping this couple accept their own differences and find resources in each other's uniqueness rather than friction in their styles. I also noticed that Les Greenberg's emotion focused therapy was helpful with this couple—as well as in encouraging a woman to come to terms with her ambivalence after a breakup.

Several of my patients this week have benefited from the innovative ideas in meta cognitive therapy for which I have my friend Adrian Wells to thank. Yes, Adrian's ideas have informed my use of standing back and examining thought-control strategies that don't work and setting up experiments to modify the nature of worry. But I also want to say that it wouldn't be complete without acknowledging that Tom Borkovec, Rick Heimberg, and Doug Mennin have influenced how I have helped another woman cope with her worry as a way of avoiding painful emotions. In fact, I also used some of my own ideas about emotional schemas to help this woman realize that her worry about anxiety seems to be a way that she is invalidating her own anger toward her husband. So, immodestly, I briefly thanked myself.

But I also recognized that I owed some gratitude to Steve Hayes and the ACT community for helping me use acceptance and mindfulness with a man who seemed consumed with anger and jealousy. As I was working with him, I could hear the wisdom of my old friend and colleague, Marsha Linehan, when I used terms like "radical acceptance" and "improve the moment" with this angry and somewhat perplexed man. Indeed, I even used some radical acceptance on myself when I noticed that I was feeling frustrated with his anger and I decided to stand back, observe mindfully, while recognizing that Zindel Segal, Mark Williams, and John Teasdale had helped me at this moment. And, then, like all good moments, it passed.

But as I was reflecting on all of these different people in the CBT community, I also realized that before there was cognitive therapy, there was existentialism, there was Victor Frankl's logotherapy, and there was the literature of civilization. With names dropping out of my lexicon of gratitude, I realized that what I was doing with my patients this week also incorporated what we today call "positive psychology" but which Aristotle and others knew as "the good life." As I spoke with a patient about "pursuing his virtue"—the values and discipline of a good life (such as integrity, kindness, generosity, self-discipline)—I realized that I was no longer testing out the truth of "biased thinking" but rather was helping someone find the meaning of what a life worth living would look like.

And I realized that as I helped a man recognize that losing money provided an opportunity to learn what was really valuable, to embrace humility and simplicity as tools for appreciation and gratitude, I knew—at this moment—that I would never be able to remember all the people who have written about wisdom over the last 2,500 years. I began to remember a course on Tragedy that I took my freshman year in college, I recalled the vast corpus of literature that was my preoccupation for many years, and I knew that cognitive therapy—and CBT—are a very small component of a larger picture.

So, as I shuffled off at the end of the day, reminding myself with reassurance that I "really am" a cognitive therapist, I also took joy in recognizing that I am part of something much larger and more wonderful. There is a larger community "out there." There are many teachers, many sources of wisdom, continual growth. It is possible to believe in this freedom without being a "true believer."

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Se hai segnalazioni su

1. Convegni di particolare interesse in divenire e in essere
2. Partecipazioni a congressi importanti (autore e titoli lavori, eventuali abstracts)
3. Restituzione della partecipazione ad un congresso e/o evento con breve descrizione dello stesso e dell'eventuale lavoro
4. Pubblicazioni (libri, articoli...)
5. Segnalazioni articoli che parlano dell'approccio cognitivo-comportamentale
6. Proposte di lavoro (concorsi, posti di ricerca)
7. Iniziative
8. Condivisione studi



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