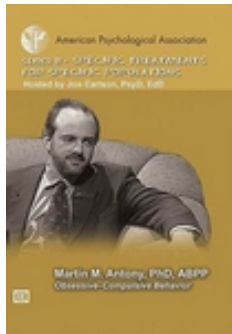


Five Out of Five: A Must See

A review of the video



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Obsessive-Compulsive Behavior

with Martin M. Antony

Washington, DC: American Psychological Association, 2007. American

Psychological Association Psychotherapy Video Series II, Specific Treatments for

Specific Populations, Item No. 4310785. \$99.95

Reviewed by

[Elaine L. Phillips](#)

Years ago, when serving as training director for the predoctoral training and practicum training programs at our university counseling center, I received permission and funding through our director to purchase a newly released set of 12 training videos from the American Psychological Association. Each video featured a well-known and highly respected psychologist who demonstrated the way in which his or her preferred theoretical orientation played out in a 45-minute therapy session with a client. The sessions were unscripted but used professional actors who were familiarized with real case materials,

including the types of feelings, thinking, and behaviors with which the client might be struggling. The therapist preselected the client problems that would be addressed.

Although rather uneven in quality, these videos were a useful beginning at visual documentation of the therapy process across different problem areas and theoretical orientations. They also served as fine tools for training graduate students, both those who were unsure of their preferred theoretical orientation and those more advanced students who felt well grounded in orientation and application. The films provided graduate students in remote locations the opportunity to observe therapists of national acclaim as they worked with clients. The opportunity to compare therapists' personal styles and psychological orientations was priceless.

The new series promises to be even better than the old, if *Obsessive-Compulsive Behavior* is representative of the quality of the DVDs. At this point, this is the only one from the new series that I have reviewed, but I am incredibly impressed and plan to view others. It appears that the series has improved by leaps and bounds.

Jon Carlson, the producer and host of Series II, has continued the documentation of psychologists engaging in therapy sessions, with noticeable improvements. In this DVD, a real client is presented engaged in an unscripted session with Martin M. Antony.

The camera and technology are used expertly. At times the viewer sees the client and the therapist at a distance as if watching behind a two-way mirror. At other points, the film is shot and spliced in a manner that places the therapist and the client side by side, facing the viewer. This allows for simultaneous viewing of what the therapist is seeing and what the client is seeing. Outstanding!

The program is well planned and well formatted. The DVD begins with a succinct overview and explanation regarding the material the viewer is about to see. The host initially asks the therapist a series of broad questions about cognitive behavior therapy (CBT) as a theoretical orientation and gradually works in specific questions regarding techniques that

will be viewed in the upcoming therapy session. Carlson's style as host is pleasing. He presents himself as a person who is eager to learn and understand CBT. Dr. Antony is professional, articulate, relaxed, and clear in his responses to all questions.

For demonstration purposes, the therapy session is actually a compressed version of what would occur over two or three sessions, with assessment, psychoeducation, exposure interventions, and homework assignments all being demonstrated within this therapy session. The demonstration is effectively presented, delightfully unscripted, and accurately representative of a behavioral approach to the treatment of subclinical obsessive-compulsive disorder. The techniques used would also apply if one were working with a client whose symptoms met the full *Diagnostic and Statistical Manual* (4th ed.; American Psychiatric Association, 1994) guidelines for obsessive-compulsive disorder.

Antony demonstrates not only the skills of a highly accomplished behavior therapist but also those of a true master therapist. Even though behavior therapy and cognitive behavior therapy require that the therapist be directive, Dr. Antony models how to accomplish this in a respectful manner. He demonstrates master therapist skills in collaboration, negotiation, flexibility, and joining with the client. He adjusts the treatment protocol to meet the client's needs and symptoms.

In an initial superficial read, CBT and behavior therapy (BT) can appear to be a "one size fits all" orientation to treatment. A more careful review of these orientations reveals that skilled clinicians adjust the treatment in sometimes subtle, sometimes significant ways to fit the client. One size does not fit all.

Although this video was planned as a visual demonstration of cognitive behavior therapy, it is more accurately a demonstration of behavior therapy techniques. In the assessment portion of this interview, this client presents with compulsive behaviors without concomitant obsessive thinking. Antony, a skilled, ethical clinician, individualizes and

adjusts for client needs by using only BT techniques. In the discussion portion of the video, he explains to the host how cognitive interventions would be added to address clients with obsessive thoughts.

I was thoroughly impressed with this film and with Martin Antony as an expert in the treatment of clients with obsessive-compulsive disorders. I would rate this a five-star, must-see video for graduate training.

References

- American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders* (4th ed.). Washington, DC: Author.