

## **CORE TRAINING IN STOCKHOLM 2020-2021**

Starting in February 2020, certified AEDP-supervisors Anna Christina Sundgren and Annika Medbo will offer the first AEDP Core training in Swedish, in Stockholm, Sweden. This Core training will be designed particularly for Swedish therapists. There will be five meeting units on Fridays and Saturdays, from February 2020 until January 2021.

Core training offers participants who is in AEDP-training to deepen their understanding of the theory, to cultivate their practice of the model, and an opportunity to watch and experience experientially based therapeutic work together with other devoted AEDP-therapists.

The size of this group is limited to 10 participants in order to create a safe and sound supportive group for experiential and reflective learning. Participants will bring their own videos, which can be felt as a vulnerable disclosure. At the same time it's a precious source for every ones learning. The group safety should allow risk-taking for all. We see the group as a resource and a basis for learning and integrating AEDP.

### **Each two days training will include:**

1. Two hours of didactic teaching, including the teachers showing their own clinical videos to demonstrate, bringing live to, and integrate theory, each occasion on a special theme.
2. Clinical supervision segments where each group member will present their own videotaped sessions and receive individual supervision from the teachers in a group setting. This has the purpose of maximizing learning by offering all group members an experience of learning, both individually from the teachers, and from each other in a supporting and accepting atmosphere, where all members contribute.
3. Development and training of the therapist's professional presence. Therapeutic presence and dyadic mindfulness means having the aim to fully mirror and embody your engagement with the client. We will also create a space for the participants to reflect how to adapt and integrate AEDP in a Swedish cultural context, and how to cultivate the participants own authentic style both verbally and para-verbally.

### **Prerequisites for joining this Core training:**

- Licensed Psychotherapist/Psychologist
- Completion of Immersion Course and/or ES1.
- Videotaping own client sessions is required, as bringing one's own video is an essential part of the training.
- Interviews will be required after application, as we will make every effort to put together a cohesive and well functioning group.

### **Learning goals:**

- Deepening and integrating participants' understanding of AEDP theory, grasp the AEDP-language and terminology. Understand and embody the ethos of AEDP, and learn from watching each participant's individual clinical practice.
- Developing and training the capacity to follow, lead and deepen experientially. Learning moment-to-moment tracking, and how to do it in a regulating, holding manner. Trauma and resilience exist side by side and we train to notice every marker, amplify every glimmer of

“transformance”(Fosha, 2009), the biologically, innate, motivating striving towards healing in every one of us.

– To discern those affects that transform an experience, from affects that need to be transformed.

To work with defenses and understand the phenomenology of pathogenic affect.

– Developing and training one’s own therapeutic presence and para-verbal capacity; how to use our own somatic tracking in our work with clients and how our bodies can be both an important source of information and a resource for healing in the therapeutic process.

– Stretching our own receptive affective capacity in the service of both ourselves and our clients.

### **Training structure:**

Five units, Fridays and Saturdays 9-18 from February 2020 to February 2021. (16 h per unit). 2020: Feb 14-15, May 8-9, Sept 11-12, Nov 20-21, 2021: Jan 22-23.

Both teachers will be present. Every day starts with two hours of didactics and theory integrated with one teacher showing her own video. Then each member will have at least one hour of individual supervision in group setting.

Working in pair will allow us teachers to be more mindful of everyone’s experience, being able to keep all group members in mind and heart through the unit. One of us will take notes and share a write-up with each member of the group after each unit, in order to stay connected with us and with their learning process, both with what is achieved and what are their growing edges\*.

(\*Thanks to Jeanne Newhouse.)

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Last date for application is December 15<sup>th</sup>, 2019.

### **About the teachers:**

We met when we both started our Psychotherapy Diploma training at the Stockholm Academy for Psychotherapy Training (SAPU) in 2002. We were in the same supervision group during 3 years of training, and then continued having peer supervision for many years thereafter. When licensed, we started supervising an Infant Observation project for therapists in training at SAPU. We formed a team, and inspired by Attachment Studies, AEDP and Diana’s book and videos, we developed the method further: “How does the encounter with a capable and vulnerable preverbal child affect the therapist’s own experience, capacity to be present, and the connection to his/her inner child and professional self?” This was our framing of the question that we explored with our students, while gathering in small groups after their individual infant observations. Both of us felt convinced of how important it is for the therapeutic relationship, to have an experience of the nonverbal level in each encounter and to make it explicit and integrated!

We presented our method at SEPI-conferences in Chicago and Barcelona. Then in 2013 we went to New York to join AEDP Immersion Course. This was the real start of our individual AEDP– journeys. We are now very much looking forward to this opportunity to work together, teach and learn, based on both our different and similar experiences of AEDP!