

FIRST TIME EVER IN EUROPE AND SWEDEN AEDP FACULTY WORKSHOP SERIES

“Restoring Resilience: Discovering Our Clients’ Capacity for Healing Through AEDP”

**Eileen M. Russell, Ph.D.
Senior Faculty, AEDP Institute**

Workshop Description:

As clinicians, we can marvel at certain clients who bounce back from severe trauma and worry about others whose recovery seems glacial. Thinking about resilience as something one has or does not prevent clinicians from seeing the strength and adaptations that have helped many of our clients survive. So how can we think like clinicians about resilience? And how to we help restore and enhance it in our clients without denying symptoms, suffering, complexity, or the real impact of trauma?

This presentation will explore a way of understanding resilience that opens our minds and hearts to that resilient partner-in-healing that resides in each of our clients. Its goal is to orient clinicians to recognize and work with this inherent capacity that is already working on behalf of the people we work with all the time.

Through videotape and discussion, Dr. Eileen Russell will show how the work of AEDP (Accelerated Experiential Dynamic Psychotherapy), focuses on affect, the body, and the therapeutic relationship, to restore resilience. She will outline a theory of resilience that is detailed in her book, *Restoring Resilience: Discovering Your Clients’ Capacity for Healing* (W.W. Norton & Co.), and show how healing involves a movement from expressions of resilience as resistance to forms of resilience that help individuals transform, thrive, and flourish.

Where: at the Swedish History Museum, Narvavägen 13-17 Thursday January 19, 2017. Time h. 9-17.

Price: SEK 1500 (excl. VAT), Send your application by December 28 to annika@medbo.se. Enter the name and billing address. The invoice will be sent as soon as your application is received. Your place is not reserved until your payment has been made. We reserve the right to cancel the workshop if there are not enough participants.

Those of you who register before December 12th will receive a 20 % discount. We will also offer a 20 % discount to this workshop for those who have already signed up for the Sweden Core training program.

Any questions regarding this workshop please contact us at:
annika@medbo.se and/or bluhme@telia.com and/or animare@comhem.se

Very welcome!

Dates for further workshops; 18 May 2017 Benjamin Lipton, PhD, 31 August 2017 Ronald J. Frederick, PhD

Speaker Description:

Dr. Eileen Russell is a clinical psychologist in private practice in New York City and Montclair, NJ. She is Senior Faculty and founding member of the AEDP Institute and is a part-time Clinical Instructor in the Department of Psychiatry at NYU Medical Center/ Bellevue Hospital where she worked with people with addictions and serious mental illness for 5 years. She is also on the Faculty of the National Institute for the Psychotherapies' (NIP) Integrative Trauma Studies Program.

Dr. Russell is author of new book on resilience called, Restoring Resilience: Discovering Your Clients' Capacity for Healing, published by W.W. Norton & Co. in June 2015. In it she integrates AEDP with other experiential approaches and modern psychodynamic thinking, expands our understanding of resilience to include clinical populations, and argues for the power of a resilience-oriented approach to depth-oriented therapy.

Dr. Russell has lectured and trained people in AEDP nationally and internationally for many years. In addition to training, she is interested in expanding and elaborating AEDP theory and in learning from what works in other approaches. Her research and writing interests include the development of AEDP theory and practice, resilience, positive psychology and psychodynamic practice, and spirituality in psychotherapy.