

Working creatively with portrayals

*Workshop by Neta Ofer & Hans Welling
April 21 & 22 2018 9:30-13 & 14:30-18
Av Rovisco Pais 16-1º Dtº, Lisbon
20 participants
Language: English*



Neta Ofer from Israel and Hans Welling from Portugal, will present a 2 day workshop on working with Portrayals in AEDP.

Neta is an AEDP certified Therapist. She Teaches AEDP in the “New School for Psychotherapy” of the IDC and in various universities in Israel for the past 5 years. Neta supervises many therapists in individual and group settings. Besides AEDP Neta specializes in treating trauma in infancy and in parent therapy. She has contributed chapters to books in Israel on the subjects of AEDP, trauma, loss and parent therapy. Neta also works in supervising and writing programs for marginalized populations which struggle with poverty, trauma and mal treatment.

Hans is finishing his AEDP certification. He has been a therapist, supervisor & trainer for over 20 years. He is the author of various integrative articles on experiential therapies and on AEDP. His previous training and specializations include Focusing, EFT with Leslie Greenberg, and Interpersonal Therapy with Jeremy Safran.

Portrayal (originally from Davanloo (1990) and further developed by Diana Fosha (2000)) is a type of enactments that are commonly used in AEDP. In essence a portrayal is an imaginary experience in which parts of the self interact with each other or with significant others. This interaction provides the opportunity to play out feared or wished for situations, thus having the potential to access new adaptive experience, representations and emotional states.

In this workshop we will understand the principles that make portrayals so powerful in healing emotional trauma and look at different types of portrayals such as anger, repair, rescue, redo and mini portrayals. We will present plenty of clinical examples as well as protocols for specific portrayals.

The understanding of the mechanism alongside the specific protocols and examples, will help the therapist be able to start working creatively with portrayals.

In addition, we will focus also on the various blocks we may encounter while doing AEDP work and especially portrayals such as anxiety, shame, hopelessness and the issues of underregulation and overregulation. We will also examine elements from other types of therapy (ISTDP portraits, EFT chair-work, Pesso structures and IFS part-work) which can be integrated into the AEDP portrayal work.

Apart from discussing the different uses and protocols of portrayals, a fair part of the workshop will be dedicated to showing and discussing videos of portrayal work in actual sessions conducted by both presenters. Neta will do a short demonstration portrayal with a volunteer and will discuss her decision moments while replaying a video recording of this portrayal.

We hope that you will join us and participate. For applications or more information: hanswelling@yahoo.com

Neta & Hans