

# Workshop: Accelerated Experiential Dynamic Psychotherapy (AEDP) –

## Moment by Moment Tracking and Clinical Choice Points in AEDP

Lisbon, June 24th and 25th 2017, Hotel Mundial  
by Karen Kranz, Ph.D., R. Psych.  
Faculty, AEDP Institute

**Karen Kranz, Ph.D., R. Psych.** Dr. Kranz has been a psychologist in private practice in Vancouver, British Columbia, since 2000. Throughout her career, Dr. Kranz has been drawn to using body-centered practices. She has extensive training in the Hakomi Method, and brings her passion for the experiential and relational to her work with both clients and fellow therapists.

Dr. Kranz is a faculty member of the AEDP Institute. She assists and teaches with AEDP Immersion Courses, Essentials Skills (ES1) and Advanced Skills (ES2) nationally and internationally. Her most recent paper is *“Making AEDP supervision relational and experiential: Cultivating receptive affective capacity in supervisee and client.”* With AEDP, Dr. Kranz says she “found a therapeutic home and a community of colleagues when I did not even know I was looking for one, or perhaps more aptly wasn’t looking for one because I did not believe such a home existed”.



**Accelerated Experiential Dynamic Psychotherapy (AEDP)**, developed by Diana Fosha, PhD., is one of the most innovative and fastest growing treatment models in contemporary psychotherapy. It is an emotion-focused, attachment-based, neurobiology-informed therapy model that fosters the emergence of new and healing experiences. A central ethos of AEDP is a deep faith in clients' innate capacities, hard-wired and always recoverable, to self-right and heal into their authentic True Self.

In this introductory workshop, Karen Kranz, Ph.D., will introduce the foundational concepts of AEDP, and explore the decision-making process behind effective client interventions. Making extensive use of videotaped material we will utilize moment-to-moment tracking to explore therapist choice points, and their effectiveness, for client interventions.

### What you will learn

- How to co-create a secure attachment and undo aloneness through the safety of the therapeutic relationship
- How to recognize and bypass anxiety and defenses
- How to recognize and harness transference strivings
- How to work in the here-and-now to facilitate access to core emotions
- How to facilitate “core state” experiences, such as calm, ease, clarity, and confidence
- How therapists can stay in their self-at-best

*In this workshop Karen will share video sessions with patients to demonstrate AEDP's hallmark techniques*

*All presentations will be in English.*

Schedule: 9h-13h/14h-17.30

Location: Hotel Mundial, Praça Martim Moniz 2 - Lisboa

Fee: 140€

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