

FIRST TIME EVER IN EUROPE AND SWEDEN AEDP FACULTY WORKSHOP SERIES

Walking the Talk: Specific Strategies to Foster Resilience, Cultivate Empathy, and Expand Relational Capacities through Accelerated Experiential Dynamic Psychotherapy (AEDP)

with Benjamin Lipton, LCSW
Senior Faculty, AEDP Institute
New York City, USA

Workshop Description:

Empathy, secure attachment, attunement and transformation are all buzzwords in the psychotherapy zeitgeist. Many models reference one or more of these concepts as their core therapeutic principles. Fewer models explicitly translate these broad concepts into specific and refined intervention strategies that operate moment-to-moment in the clinical process. In other words, understanding change processes intellectually is a very different skill set from working with them experientially in clinical work. AEDP, with its dual clinical focus on a) directly translating attachment research into the practice of fostering secure attachment and b) naming, tracking and experientially amplifying the specific, moment-to-moment markers of positive transformation, offers the possibility of identifying and naming precise intervention strategies that foster a client's feeling deeply recognized and understood, safe and secure, and as a result, curious and increasingly capable in relation to Self and others.

This workshop is designed to translate the AEDP theory we will be learning into a lived, embodied experience. We'll be watching clinical video of actual therapy sessions and participating in targeted experiential exercises that will help you to quicken your AEDP stride as together we walk the talk of therapeutic change.

What You'll Learn:

- How to track and utilize nonverbal, somatically focused "Right-Brain to Right-Brain" interventions in the service of facilitating secure attachment
- How to apply the AEDP technique of experiential meta-processing to guide your work moment-to-moment in a session
- How to share your own emotional experience in ways that deepen rather than divert from the healing process.
- How to stay "dropped down" and focused on *experiential* exploration of emotion when the urge to explain wants to take over

When: Thursday May 18, 2017. Time h. 9-17.

Where: Swedish History Museum, Narvavägen 13-17

Price: SEK 1500 (excl. VAT), Send your application by April 25th 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 April 5th 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

Speaker Description:



Benjamin Lipton, LCSW, is a founding faculty member of the AEDP Institute. He is based in New York City and travels nationally and internationally to teach and present AEDP to a broad range of professional audiences. Mr. Lipton pioneered the first AEDP Advanced Core Training programs (Bay Area and Seattle) and currently co-leads the AEDP Retreat Style Essential Skills course. His open and engaging teaching style and skill in translating complex ideas into clear and accessible learning points receives consistent praise from his audiences. Mr. Lipton is the editor of *From Crisis to Crossroads: Gay Men Living with Chronic Illnesses and Disabilities* (Haworth Press) and has published many clinical articles and book chapters in psychology and social service journals over the past two decades. His most recent article, co-authored with Diana Fosha, is on working with attachment in AEDP; [Attachment as a Transformative Process in AEDP: Operationalizing the Intersection of Attachment Theory and Affective Neuroscience](#).

Mr. Lipton has held adjunct faculty appointments at Columbia Presbyterian Department of Psychiatry and New York University School of Social Work and he serves on the Editorial Board of the Journal of Gay and Lesbian Social Services. Previously, he was the Director of Clinical Services at Gay Men's Health Crisis (GMHC), the world's first and largest HIV/AIDS service organization. In addition to his expertise in AEDP, Mr. Lipton has training in EMDR, Internal Family Systems, Somatic Experiencing, Solution-Focused therapy and psychodynamic psychotherapy. Mr. Lipton is committed to the foundational principle of human development that change for the better, at every level of civilization, flourishes when people feel safe enough to be curious and take necessary risks. He is passionately dedicated to bringing this alive in both his practice and teaching.

Dates for further workshops; 31 August 2017 Ronald J. Frederick, PhD