

# FIRST TIME EVER IN EUROPE AND SWEDEN AEDP FACULTY WORKSHOP SERIES

## AEDP Master Class

**With Ron Frederick, PhD  
Senior Faculty, AEDP Institute**

The work of AEDP requires that we, as clinicians, have a deep understanding of how our own early attachment experiences may play a role in our work with clients. In this AEDP Master Class with Dr. Ron Frederick, we will explore how we can more reliably identify and make use of our own felt experience to affect growth, healing, and change with our clients. Through lecture, videotape clinical material, and individual supervision in a group context, you will have the opportunity and space to sensitize yourself to and learn how to make optimal use of your feelings while increasing your capacity for emotional presence and relational work. We will pay special attention to identifying out attachment related experience, increasing our ability to manage emotional reactions and triggers, navigate and make sense of challenging moments in treatment, and maintain an open, grounded presence. In addition, we will explore ways in which we can bring our authentic selves more fully into the therapeutic encounter that can enliven, deepen, and accelerate the process. You will leave this master class with an expanded repertoire of tools to transform both your life and clinical work.

Participants should bring video of work with clients in which they are struggling, stuck, or feeling challenged in some way.

**Where: at the Swedish History Museum, Narvavägen 13-17 Thursday August 31, 2017. Time h. 9-17.**

**Price: SEK 2500 (excl. VAT),** Send your application by August 1<sup>th</sup> to [annika@medbo.se](mailto: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. The number of participants will be limited. The participants are required to be certified psychotherapists or the equivalent thereof.

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

**Very welcome!**

**Ronald J. Frederick, PhD**, is a licensed psychologist whose career has focused on the transforming power of emotional and relational experience. He is a Founding and Senior Faculty member of the AEDP Institute, co-founder of the Center for Courageous Living in Beverly Hills, CA, and author of the award-winning book *Living Like You Mean It* (Jossey-Bass, 2009). Extensively trained by Dr. Diana Fosha, the developer of AEDP, he has been practicing and teaching AEDP for over twenty years and is actively involved in the training and supervision of psychotherapists internationally. In addition, Dr. Frederick is a certified EMDR consultant. Noted for his warmth, humor, and engaging presentation style, Dr. Frederick regularly leads workshops at the Cape Cod Institute, the Kripalu Center, and the Esalen Institute, has provided professional trainings for the Lifespan Learning Institute, CA, Professional Psych Seminars (PPS), and Premier Education Solutions (PESI), and frequently speaks to national, state, and local organizations. He is currently working on his second book, *Loving Like You Mean It* (Central Recovery Press, 2018).