

1 day Workshop: AEDP - an overview from the ground up

Saturday 9 June, 2018 | Hotel Zurich, Lisbon

Price: 1 day 70 euros (60 euros till 26 May)

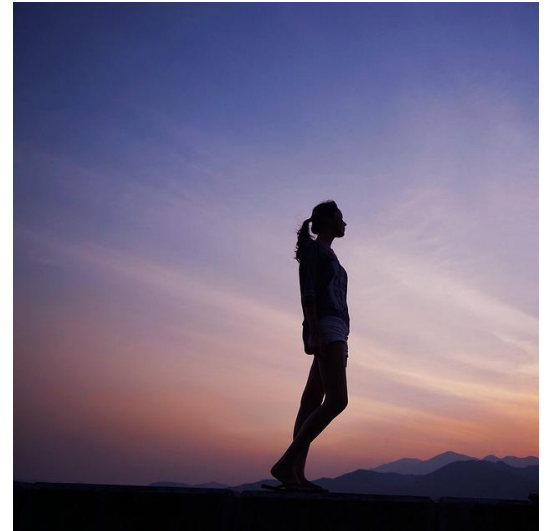
For more information: hanswelling@yahoo.com

9th June: AEDP from the ground up

This 1-day workshop is designed for clinicians who are new to AEDP (Accelerated Experiential Dynamic Psychotherapy), as well as people who have trained in the model and want to refresh and enhance their skills and understanding. Richard will distill and clarify key concepts and interventions at the heart of this intuitively appealing yet complex and powerful way of working. Together we will explore and discover how:

- dyadic regulation of affect
- experiential/somatic work
- processing core adaptive emotions to completion

all within the safety of the therapy relationship, unleash a transformational spiral of accelerated healing and quantum change. This deep process enhances our clients' sense of connection with self and others, heals attachment wounds, and empowers people to live more freely and fully.



The workshop incorporates:	<u>Learning Goals and Objectives</u>
<ul style="list-style-type: none">❖ Engaging lecture and interactive discussion❖ Video examples of AEDP therapy sessions with clients with different attachment presentations❖ Small group experiential activities	<p>Participants will:</p> <ol style="list-style-type: none">1 Gain a clear overview of the theory, maps, and therapist stance that undergird and guide AEDP practice and the transformational process2 Discover the healing power of explicit relational interventions3 Understand AEDP's Triangle of Experience and how it informs important clinical choice points4 Learn powerful new ways to facilitate, deepen, and strengthen change for the better through meta-therapeutic processing5 Practice key intervention skills

About Richard Harrison

Dr. Richard Harrison is a Registered Psychologist and Certified AEDP Therapist and Supervisor with over 20 years' experience as a clinician, educator, and group facilitator. He is known for his clarity, openness, and engaging style as a presenter. Richard teaches and supervises graduate students in the Counselling Psychology and Psychiatry departments at the University of British Columbia and maintains a full clinical caseload with individuals and couples at the Vancouver Couple & Family Institute. He has authored publications on psychotherapy, supervision, and therapist self-care in professional journals. Richard was trained and supervised in AEDP by Dr. Diana Fosha, founder of the model. He was honored to be invited to teach alongside Dr. Fosha at the 2017 AEDP Immersion Course in Vancouver. He genuinely delights in helping people grow and thrive in their personal and professional lives.



About AEDP

AEDP is a healing-oriented, experiential therapy that harnesses the power of emotion and attachment to accelerate change. This integrative treatment model is informed by affective neuroscience and interpersonal neurobiology, attachment theory, developmental studies, emotion theory, somatic therapies, and transformational studies. AEDP teaches us how to skillfully apply this knowledge in our clinical practice, through specific, effective interventions. AEDP provides a rich complement to EFT and is particularly helpful to therapists who want to slow down, deepen, and expand emotional experience within and between partners

Feedback from participants in this workshop in Vancouver February 2018

- Richard's clear and engaging manner of presenting and his authenticity were strengths in the workshop. The information was broken down into understandable and digestible pieces. The handouts are very helpful. I really appreciate Richard's expression and sharing of his emotions and experience.
- The material really came alive! I appreciated the level of sophistication—not too basic. Connections made between other models and theorists were super helpful. Richard responded to people's questions and comments as caring and conscientiously as he responds to his clients. Very inspiring.
- Thank you so much for your authenticity; it empowers me to lean into my authentic self in the counselling room.
- I loved how Richard really brought himself to the workshop. So congruent with the model! Thank you!
- Richard's presentation pulsed with his passion, commitment and knowledge which helps participants assimilate both AEDP's theory and how it translates into clinical practice.
- He gave a succinct and comprehensive explanation of the body of work from which the AEDP cloth is woven (attachment theory & research, developmental studies, emotion theory, contemporary neuroscience, experiential and body oriented therapies, and transformational studies).
- His videos demonstrated AEDP in action, especially in working with states 1 through 4, and recognizing signals from each state...and the experiential exercises gave us a chance to develop S.P.A.C.E (practice of slowing down, permission giving, allowing, co-responding, and exploring/embodying), and deepen taking in positive experience.

See more: <https://www.vcfj.ca/aboutus.php#richard>