



AEDP

Accelerated Experiential Dynamic Psychotherapy

UNDOING ALONENESS & THE TRANSFORMATION OF EMOTIONAL SUFFERING

Diana Fosha, Ph.D.

› 4-Day Immersion
Course ‹



LONDON

JUNE 23rd-26th
2018

AEDP

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We are wired for growth, healing, and self-righting, and for resuming impeded growth. Until recently, focused on pathology, our field lacked concepts to capture the thrust toward health residing within us all. *Transformance*, Diana Fosha's powerful construct, changes all that: supported by cutting edge research in neuroplasticity, transformance defines the innate motivation toward healing and self-repair, and is at the core of Accelerated Experiential Dynamic Psychotherapy (AEDP), a transformational and healing-oriented – rather than psychopathology based – model of therapy. Drawing on emergent research in neuroscience, development, and neuroplasticity, and with transformance as its cornerstone, AEDP rectifies the bias towards pathology: building on our natural resilience, AEDP's therapeutics is based in our innate healing capacities, including our innate capacities for deep connection.

One of the fastest-growing approaches to working with attachment trauma, AEDP emphasizes the importance of *undoing aloneness* and the co-creation of safety: with accompaniment, patients can risk revisiting past trauma and suffering. AEDP is unique in its intimate yet rigorous way of working with relational experience moment-to-moment. Healing and neuroplasticity are set in motion through fully experiencing previously feared emotions in a secure rela-



tionship, and through gentle, yet focused, explicit attention to the *experience of healing* within the patient-therapist relationship. Specific AEDP intervention strategies, rooted in the phenomenology of the transformational process, are designed to work *explicitly, dyadically, and experientially* with intense traumatic emotions in a way that brings resilience to the fore, and fosters patients' feeling deeply seen, recognized, cared about and understood. Processing both traumatic and restorative emotional experiences, the transformational process AEDP unleashes culminates in vitality, energy, and the non-finite positive emotion-fueled spirals of resilience, well-being and creativity that are so highly correlated with health. As suffering is transformed, and there is a deepening of receptive affective experiences of feeling seen, felt, loved and understood. Patients' internal working models of attachment are also transformed.

AEDP works at the emergent edge of the human spirit where recognition, integration, and non-finite transformational spirals activate resources and generate well-being, love, play, connection, resilience, immune health, creativity and compassion.

Through extensive audio-visually recorded actual therapy sessions, this immersion course will provide ample exposure to AEDP's hallmark techniques that: (1) actively and explicitly work with the *experience* of the attachment, here-and-now, in the therapeutic dyad; (2) use dyadic affect regulation to undo aloneness and process intense overwhelming emotions; and (3) actively, explicitly and experientially work to process intense emotional experiences until adaptive healing resources are released. The clinical videotapes will also demonstrate the technique of *metatherapeutic processing*, AEDP's unique and systematic set of interventions for processing transformational experience, which expands healing, fuels upward spirals of positive affect, vitality, and energy and which can consolidate therapeutic gains, foster resilience, and expand relational capacity.

LEARNING OBJECTIVES

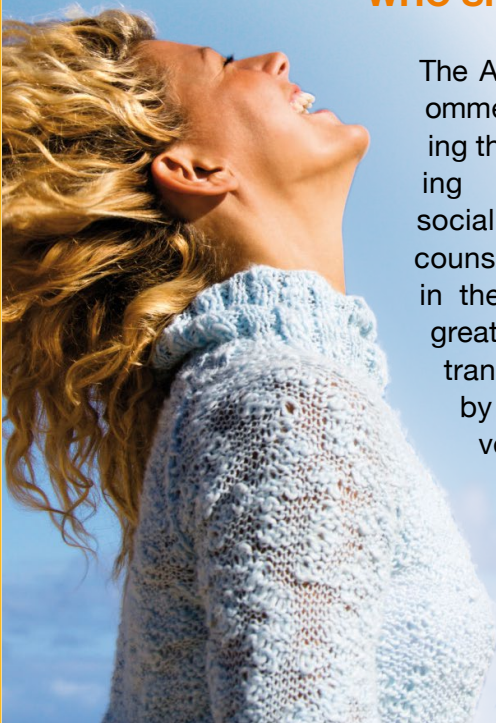
In this intensive 4-day AEDP Immersion course, participants will learn

- A.** How to recognize transference and put it into clinical action.
- B.** The map of AEDP, i.e., the phenomenology of the transformational process to guide moment-to-moment tracking and choice of interventions.
- C.** How to work experientially with relational experience in a way that is both safe and effective.
- D.** How to facilitate the dyadic affect regulation of previously feared-to-be-unbearable emotions.
- E.** Work with intense emotional experience, so as to be able to transform suffering into resilience.
- F.** How to work to increase patients' receptive capacity, i.e., capacity to "take in" aspects of the attachment experience.
- G.** Metatherapeutic processing techniques, i.e., how to use the patients' experience of transformation to activate further healing and greater consolidation of gains already made.



WHO SHOULD ATTEND

The AEDP Immersion course is recommended to all professionals doing therapy with individuals, including psychiatrists, psychologists, social workers, psychiatric nurses, counselors, and students training in these professions. It will be of great interests to those wishing to transform their clinical practices by translating cutting edge developments in attachment and neuroscience research into systematic teachable and learnable interventions.



ABOUT DR. DIANA FOSHA



Is the developer of A E D P (**A**ccelerated **E**xperiential **D**ynamic **P**sychotherapy), and Founder and Director of the AEDP Institute. A leader in the field of transformational studies in trauma treatment, Fosha's work focuses on integrating neuroplasticity, recognition science and developmental dyadic research into experiential clinical process work with patients. With AEDP as an internationally recognized approach that specializes in training therapists in a healing-oriented transformational model, Dr Fosha is on the cutting edge of innovation in the treatment of attachment trauma. Changing how we think about change, she is opening up exciting possibilities for what can happen in psychotherapy.

She is the author of *The transforming power of affect: A model for accelerated change* (Basic Books, 2000) and senior editor, with Daniel Siegel and Marion Solomon, of *The healing power of emotion: Affective neuroscience, development & clinical practice* (Norton, 2009). Two DVDs of her live AEDP clinical work have been issued by the American Psychological Association (APA), with AEDP featured as one of APA's Systems of Psychotherapy. A sought after presenter nationally and internationally, Diana lives and practices in New York City. Many of her papers are available through the AEDP website at www.aedpinstitute.com.

TIMETABLE

June 23rd

TRANSFORMANCE

- **The Neurobiology of Healing: Neuroplasticity, Transformance, Emergence.**
- **The Phenomenology of the Transformational Process: What happens in each of the 4 States and 3 state Transformations.**
- **Metatherapeutic Processing & The States Transformational Affects.**

08:00-9:00	Registration and Check-in.
09:00-15:00	Introductions, Orientation to the 4-Day Immersion Course.
09:15-11:00	Intro to AEDP, Part 1: The Neurobiology of Healing in Clinical Action; The Birth of Transformance, Neuroplasticity; Transformational Theory and AEDP's Healing-Based Clinical Practice.
11:00-11:30	Coffee break
11:30-12:30	Intro to AEDP, Part 2: Essential Aspects of AEDP. Affective Change Processes. The Phenomenology of Transformational Experience. Metatherapeutic processing.
12:30-13:30	<i>Experiential exercise:</i> Undoing the aloneness of the course participants.
13:30-15:00	Lunch
15:00-16:30	<i>Clinical Videotape:</i> Becoming a Transformance Detective: Healing from the Get-Go.
16:30-17:00	Coffee break
17:00-18:00	<i>Clinical Videotape:</i> Energy for Life: Recognition, Vitality, Delight, Truth, and the Emergent Phenomenology of Transformational Experience.
18:00-18:45	<i>Experiential Exercise:</i> Affirmation, receptivity, metaprocessing.
18:45-19:00	Discussion and metaprocessing workshop experience of Day 1.

ATTACHMENT

- Undoing Aloneness: Attachment as a Transformative Process.
- The Neuroception of Safety in The Polyvagal Theory (Porges) & AEDP's Therapeutic Stance.
- Intersubjectivity in Rigorous Clinical Experiential Action: Right Brain-to-Right-Brain Communication and the Dyadic Repair of Attachment Trauma.
- Dyadic Affect Regulation of Intense Emotion.
- The Transformation of the Internal Working Model with AEDP.

09:00-09:30 Questions, Reflections on Day 1.

09:30-10:45 Undoing Aloneness, Part 1: How AEDP Heals Attachment Trauma: The Transformation of the Internal Working Model. The Co-creation of Safety & The Dyadic Affect Regulation of Intense Emotions.

10:45-11:15 Coffee break

11:15-13:00 Undoing Aloneness, Part 2: The Intimacy of Moment-to-Moment Relational Work in AEDP. Making the Implicit Explicit and the Explicit Experiential: Work with Receptive Affective Experience. One of the central places attachment trauma shows up is in difficulties "taking in" positive experiences. The focus will be on how to overcome the barrier to the taking in the therapist's empathy, care, and concern, and thus enlarge patients' capacity for receptive affective experience.

13:00-14:30 Lunch

14:30-16:00 *Clinical Videotape* Explicit/Experiential Work with the Experience of Attachment in the Here-and-Now of the Patient/Therapist Dyad.

16:00-16:30 Coffee break

16:30-18:00 *Clinical Videotape* Healing Affects and Healing Interactions: Dyadic Affect Regulation and the Processing of Intense Emotional Experiences.

18:00-18:45 *Experiential Exercise*: Being a transference detective.

18:45-19:00 Discussion and metaprocessing workshop experience of Day 2.

June 25th

EMOTION

- The Neurobiology of Emotion (Damasio, Panksepp).
- The Insula and its Role in the Felt Sense, and in Moment-to-Moment Tracking (Craig).
- AEDP's Model of Psychopathology; Representational Schemas.
- State 1 Work with Defenses and Anxiety.
- State 2 Work: The Processing of Emotions and Other Affective Change Processes.

09:00-09:30 Questions, Reflections on Day 2.

09:30-10:45 The Experiential Method in AEDP: The Neurobiology of Emotions, Emotion Processing and the Felt Sense of Emotional Experience. Techniques for Processing Emotions and Other Affective Change Processes: Portrayals, etc (State 2 work). *Clinical Videotape*.

10:45-11:15 Coffee break

11:15-13:00 The Representational Schemas of AEDP; Techniques for Working with Defenses and Anxiety (State 1 work). *Clinical Videotape*.

13:00-14:30 Lunch

14:30-15:30 *Clinical Videotape* Processing Intense Emotional Experience to Completion: The Rise of Resilience and Adaptive Action Tendencies.

15:30-16:00 Coffee break

16:00-18:30 Immersion in Experiential Exercises with Assistants.

18:30-19:00 Discussion and metaprocessing workshop experience of Day 3.

June 26th

TRANSFORMATION

- The Neurobiological Core Self (Damasio, Panksepp) & Recognition Processes.
- The Processing of Transformational Experience: Metatherapeutic Processing and the Transformational Affects (State 3 work).
- Truth, Love, Compassion and New Meaning – in Connection (Core State: State 4 work).
- “Stay with It and Stay with Me:” The Healing of Attachment Trauma and the Transformation of the Self.
- Neuroplasticity in Action: From Suffering to Flourishing.

09:00-09:30 Questions, Reflections on Day 3.

09:30-10:45 The Neurobiological Core Self & Recognition Processes: The Click of Recognition and the Emergence of the Radiant Self.

10:45-11:15 Coffee break

11:15-13:00 Metatherapeutic Processing and the Transformational Affects - The transformational spiral unleashed. The experiential exploration of the experience of transformation unleashes a transformational process, a non-finite process that, when nurtured, engages the depths of the human spirit. Using AEDP's technique of experientially processing transformational experience, deep experiential work with trauma and emotional suffering naturally culminate in the release of energy and vitality.

13:00-14:30 Lunch

14:30-15:45 *Clinical Videotape* From Suffering to Flourishing, From Trauma to Transcendence.

15:45-16:15 *Experiential Exercise*: Small group work practice activating the transformational spiral.

16:15-16:45 Coffee break

16:45-17:45 *Clinical Videotape* The Healing of Attachment Trauma completion of case.

17:45-18:30 Research in AEDP.

18:30-19:00 Discussion and metaprocessing of workshop experience; Future Training; Saying goodbye or rather *arrividerci*.

LANGUAGE

English

LOCATION

London

FEE

£ 709

REGISTRATION

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