

Working creatively with portrayals

Workshop by Netta Ofer & Hans Welling
Language: English
São Miguel Azores, 5 & 6 October



Netta Ofer from Israel and Hans Welling from Portugal, present a 2-day workshop on working with Portrayals in AEDP.

Netta is an AEDP certified therapists. She has been practicing AEDP since 2007 and Teaches AEDP in the “New School for Psychotherapy” of the IDC and in various universities in Israel for the past 6 years. Netta supervises many therapists in individual and group settings. Besides AEDP Netta specializes in treating trauma in infancy and in parent therapy. She has contributed chapters to books in Israel on the subjects of AEDP, trauma, loss and parent therapy. Netta also works in supervising and writing programs for marginalized populations which struggle with poverty, trauma and mal treatment.

Hans is a certified AEDP therapist. He has been a therapist, supervisor & trainer for over 20 years. He is the author of various integrative articles on experiential therapies and AEDP. His previous training and specializations include Focusing, EFT with Leslie Greenberg, and Interpersonal Therapy with Jeremy Safran.

Portrayals (originally from Davanloo (1990) and further developed by Diana Fosha (2000)) are a type of enactments that are commonly used in AEDP as part of the transformational process (state 2 work). In essence a portrayal is an imaginary experience in which parts of the self interact with each other or with significant others. This interaction provides the opportunity to play out feared or wished for situations, thus having the potential to access new adaptive experience, representations and emotional states.

In this workshop you will not only learn how to set up a portrayal and use 4 key elements (Details, Perspective, Interaction and Novelty) to keep the portrayal moving towards transformation, but we will also present a conceptualization of the underlying principles of Memory Reconsolidation that make AEDP portrayals so powerful in healing emotional trauma. We will show how the different types of portrayals that appeared in the literature, such as redo, repair, reunion, anger, represent 3 mayor clusters of transformational processes (Expression, Reception and Integration) at work in portrayals. We will present plenty of clinical examples as well as some protocols for specific portrayals. This understanding of the mechanism alongside the specific techniques, protocols and examples, will help the therapist to be able to start working creatively with portrayals.

In addition, we will clarify some techniques to work with the various blocks we may encounter while doing AEDP work and like anxiety, shame, hopelessness and the issues of under regulation and overregulation. We will also examine elements from other types of therapy (ISTDP portraits, EFT chair-work, Pessó structures and IFS part-work) which can be integrated into the AEDP portrayal work.

Location:

Casa do Moinho do Passal, Rua a Avenida, nº 35
Faial da Terra, Island of São Miguel, Azores.

Dates & Times:

The workshop will be on 5-6 October from 9-17 with hour lunch

Course Fee & Reservation:

The course fee is 150 Euros.

You can make your reservation by transferring 150 Euros to

IBAN PT50 0010 0000 3320 9040 0017 0

Account holder Hans Welling

Please send email to hanswelling@yahoo.com to inform us about hour reservation

Receipts & Cancellations:

Upon request receipts are issued: 50% in Euros and 50% in Israeli Sheckels

Cancellations with full reimbursements can be made until 5 September 2019

More Information:

For information logistical issues please contact Ruben Santos - ruben.lima@gmail.com.

For information about reservations contact hanswelling@yahoo.com

We hope that you will join us and participate.

Ruben Santos

Hans Welling

Netta Ofer