

**Healing Attachment Wounds:  
Accelerated Experiential Dynamic Psychotherapy (AEDP)**

*2-day Workshop, 1 & 2 October 2016 by Dale Trimble*

Through extensive use of videotape therapy sessions Dale Trimble will demonstrate how Accelerated Experiential Dynamic Psychotherapy (AEDP) engages clients in the process of their healing from the first moment of therapy. AEDP focuses on somatic experience, emotion and the therapy relationship to melt defenses, process emotion that is frozen and awaken innate healing forces. Dale will present the four-stage model of change and the very unique elements that AEDP brings that accelerate healing. Participants can expect to leave with specific interventions that assist clients to identify, appreciate and set aside defenses, undo the "unbearable aloneness" of trauma and make use of the dyadic regulation of the therapy relationship.

**In the videos special attention will be paid to the following topics:**

- Listening to the heart's of men & applying AEDP with gender in mind
- Understanding defenses and defense restructuring
- Compassionate confrontation: challenging and melting defenses from the heart
- Self disclosure and self-regulation for the AEDP therapist
- Knowing the state of the patient through tracking my experience as a therapist

Sunday morning will include some time to practice the skills in small groups.

Both those who are new to AEDP as well as those with previous experience should find this to be a rewarding workshop.

Information [hanswelling@yahoo.com](mailto:hanswelling@yahoo.com)

## About Dale Trimble



Dale Trimble received his M.A. in Humanistic Psychology from Antioch University in 1977. In 1981 Dale co-founded the first court ordered treatment program for men who assault their partners in the province of British Columbia. He was the lead author of the Canadian syllabus for CP 602 – The Psychology of Trauma and Interpersonal Violence for City University in Vancouver, where Dale has taught and supervised graduate students. Known as a Canadian expert on working with men, Dale has travelled throughout Canada providing training for therapists on compassionate ways of helping men change.

In 2003-04 Dale was the recipient of the BC Association of Clinical Counsellors, President's Award for Distinguished Contributions to the Profession. Dale has a private practice in Vancouver, BC where he works with individuals and couples focusing on resolution of early childhood trauma, anxiety, interpersonal violence and depression. His background includes extensive training in Emotionally Focused Couples therapy, EMDR and the clinical application of meditation and mindfulness practices to healing. When Dale first connected with AEDP in 2009 he knew that he had found his therapeutic home. Since then he has trained extensively in AEDP with Diana Fosha and Ben Lipton. He became a member of the AEDP faculty in 2014 and currently serves of the Executive Committee of the AEDP Institute.