

AEDP

UNDOING ALONENESS & THE TRANSFORMATION OF EMOTIONAL SUFFERING

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 transmanance 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.



