

HEALING & NEUROPLASTICITY IN CLINICAL ACTION

Transformational Theory and the Transformational Practice of AEDP

DIANA FOSHA, PH.D.

Date: November 18 - 19, 2011

Location: RA Centre, Ottawa

Learning Objectives

In this workshop, therapists will learn how to:

- Rapidly promote the development of a secure attachment relationship
- Balance therapist authenticity and technical specificity
- Facilitate and regulate a client's body-based experiencing of emotion
- Target and repair relational pathology
- Identify the phenomenology of transformational experience

FRIDAY AFTERNOON

12:30 - 1:00 Registration

1:00 - 2:45 AEDP: Transformational Theory and Practice

This introduction to Accelerated Experiential Dynamic Psychotherapy (AEDP) will be organized around the concept of transference, the wired in motivational drive toward healing and self-repair present in all of us. The phenomenology of transformational experience of the arc seamlessly linking suffering with flourishing will be presented as the mechanism by which neuroplasticity operates in clinical work.

2:45 - 3:00 Break

3:00 - 5:00 Beyond Mirroring: Therapeutic Affective Engagement and Explicit Experiential Work with the Experience of Attachment

Videotaped material from psychotherapy sessions will be used to illustrate affective phenomena, therapeutic affective engagement, and clinical techniques for facilitating and working with experiences of emotion and relatedness. In addition, working with defenses against receiving empathy, exploring positive emotions and the experience of mastery and accomplishment, and subsequent mourning of the self will be highlighted.

SATURDAY

8:30 - 9:00 Coffee and breakfast muffins

9:00 -10:45 The Transformation of Emotional Suffering

Making ample use of videotaped material, we'll explore the usefulness of "resourcing" healthy adaptive strivings and positive aspects of the self as a foundation for and precursor to in depth work on shame and trauma. We will see experiential and relational interventions that lead to increasing the capacity to experience adaptive emotion, transform shame and work through early childhood trauma. Clinical videotapes.

10:45 - 11:00 Break

11:00 - 12:30 Processing Emotional Experience to completion. And then, ...

Completion of case presentation: the processing of emotional experience to completion and the processing of transformational experience in the working through of early childhood trauma. Clinical videotapes.

12:30 -1:45 Lunch

1:45 -3:00 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. Case material will focus on the experience of recognition, and the importance of working with receptive affective experiences. Clinical videotapes.

3:00 - 3:15 Break

3:15 - 4:30 Traversing the Crisis of Healing Change

Fervently as transformation may be wished for, extensive change, particularly when it occurs by leaps and bounds, can create its own crisis. We will explore what allows patients to make use of novel experiences for growth, learning, and expansion, rather than shrink away from them in fear and constriction. Clinical videotapes illustrate the powerful healing that is unleashed as patients process the experience of their healing

4:30 - 5:00 Q & A, Discussion, and the Processing of the Workshop Experience

ABOUT DIANA FOSHA

DIANA FOSHA, Ph.D., is the developer of Accelerated Experiential Dynamic Psychotherapy (AEDP), and founder and director of the AEDP Institute. With an interest in the phenomenology of experience, Diana is on the cutting edge of transformational theory and practice. Changing how we think about change, she is opening up exciting possibilities for what can happen in psychotherapy.

Diana is the author of [The Transforming Power of Affect: A Model for Accelerated Change](#) (Basic Books, 2000), and first editor, along with Marion Solomon and Dan Siegel, of [The Healing Power of Emotion: Affective Neuroscience, Development, & Clinical Practice](#) (Norton, 2009), and of papers and chapters on healing transformational processes in experiential psychotherapy and trauma treatment. A DVD of her AEDP work with a patient has been released by APA, as part of their Systems of Psychotherapy Video Series (APA, 2006), and another one is in the works. She has done workshops, telecourses, and trainings nationally and internationally. She teaches and is in private practice in New York City. Many of her papers are available through the AEDP website at www.aedpinstitute.com

ABOUT AEDP

AEDP is a transformation-based, healing oriented model of treatment. Unlike traditional models of therapy that are psychopathology-based, AEDP as a clinical practice roots itself in transformational theory, a change-based theory of therapeutic action. Transformance is a construct introduced by Diana Fosha. It is at the core of this work, and identifies and names the wired in motivational drive toward healing and self-repair present in all of us.

By studying naturally occurring transformational processes—in babies and their caregivers, in moments of meeting, in Tibetan monks, in intense emotional situations, in resilient individuals, in people in love—AEDP seeks to apply their lessons to a clinical process where change can, and does, emerge by leaps and bounds. The methodology of AEDP has patient and therapist deeply and emotionally engaged: closely following the edge of emergent transformational experience, both are involved in the moment-to-moment tracking of subtle and not so subtle fluctuations in experience, energy, and connection. AEDP emphasizes the *co-creation of safety*: with accompaniment, patients can risk revisiting past trauma and suffering. Healing and neuroplasticity are set in motion through fully experiencing previously feared emotions in a secure relationship, and through gentle, yet focused, explicit attention to the *experience* of healing within the patient-therapist relationship. Processing both traumatic and restorative emotional experiences to completion, the AEDP process culminates in vitality, energy, and the non-finite spirals of positive emotion, resilience, well-being and creativity that are so highly correlated with health. The phenomenology of transformational experience thus describes an elegant arc, the transformational work of AEDP seamlessly linking suffering with flourishing.

To read more about AEDP, go to www.aedpinstitute.com

SELECTED AEDP REFERENCES

DVD

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