

## **AEDP Advanced Skills (ES2) Retreat-Style, Stockholm, Sweden. October 2019 and March 2020**



This course is for Psychologists, Psychotherapists, Psychiatrists, Psychoanalysts, Social Workers, Counselors, MFTs, MD's, Nurses, Creative Arts Therapists, Masters and Doctoral students and interns in mental health and the healing arts and sciences.

### **Course Location, Dates and Times:**

**Location:** Sjöfartshuset, Skeppsbron 10, 111 30 Stockholm, Sweden

### **Dates and Times:**

#### **Week 1: October 2019**

Thursday, October 3, 2019: evening orientation 5:30 - 7:30 pm

Friday, October 4, 2019 - Tuesday, October 8, 2019: daily from 9 am - 5 pm

- Morning Sessions: 9:00 am – 1:00 pm (4 hrs with one 15-min break)
- Afternoon Session: 2:00 pm – 5:00 pm (3 hrs with one 15-min break)

#### **Week 2: March 2020**

Thursday, March 26, 2020: evening orientation 5:30 - 7:30 pm

Friday, March 27, 2020 - Tuesday, Friday, March 31, 2020: daily from 9 am - 5 pm

- Morning Sessions: 9:00 am – 1:00 pm (4 hrs with one 15-min break)
- Afternoon Session: 2:00 pm – 5:00 pm (3 hrs with one 15-min break)

<https://aedpinstitute.org/aedp-advanced-skills-es2-retreat-style-stockholm-sweden/>

### **About AEDP:**

Healing-oriented and attachment-based, AEDP's practice translates current neuroscience and developmental research into moment-to-moment clinical practice. Simultaneously experiential and relational in its in-depth emotional explorations, AEDP's interventions are deeply rooted in the dynamics of the transformational process that emerges in environments where the individual feels safe and known.

**Prerequisites:** AEDP Advanced Skills is for licensed practitioners who have completed both AEDP Immersion and AEDP Essential Skills (ES1). If you have not completed ES1 but have completed Immersion and Core Training (or a significant number of AEDP Supervision hours) and would like to participate in ES2, please contact [admin@aedpinstitute.org](mailto:admin@aedpinstitute.org).

**About Advanced Skills (ES2):** Practical in its orientation, Advanced Skills (ES2) focuses on helping you both learn new, advanced AEDP skills, and cultivate and fine-tune the AEDP skills you already have. Each day's teaching will include didactic presentations of theory along with video of actual clinical

sessions conducted by AEDP Faculty followed by small group experiential exercises.

In both left-brained and right-brained ways, our Advanced Skills faculty will teach concrete, specific interventions and techniques that will help you with the in-depth practice of AEDP and help you with your more challenging clients.

**Daily routine:** AEDP skills are introduced each morning first with their theoretical foundations and then with illustrations by way of clinical videotapes; skills are then practiced in group experiential exercises each afternoon.

**Faculty, Experiential Assistants and Clinical Video:** These are the hallmarks of all AEDP trainings. In AEDP, we pride ourselves in how thoroughly and deeply we seek to both undo professional aloneness and engage in rigorous clinical teaching. Our faculty are excellent as academics, clinicians and teachers. Participants deeply appreciate how effectively faculty presenters' clinical video demonstrates "AEDP in action." And faculty have skilled accompaniment from a large number of Experiential Assistants – up to and often including one Experiential Assistant for every three participants (though in Stockholm the ratio may be somewhat different). Participants rave about the excellent attention and support they receive in this unique learning environment.

**To see a listing of AEDP therapists who act as Experiential Assistants, click [here](#).**

### **Course Helm and Guest Presenter: Ben Medley, LCSW-R**

As course helm, Ben will serve to ensure continuity across and between days and weeks of the course and as such be the de facto course lead. Ben will also guest teach in support of the course's Lead Presenters.

#### **Week One, October 2019:**

Evening orientation October 3 + full day training October 4 - 8

### **Lead Presenters Jerry Lamagna, LCSW & Kari Gleiser, PhD**

#### **Week Two, March 2020:**

Evening orientation March 26 + full day training March 27 - 31

### **Lead Presenters Steve Shapiro, PhD & Karen Pando-Mars, MFT**

#### **Daily Topics:**

- "Oh, won't you stay just a little bit longer." Scaffolding and fine-tuning the experiential interventions of interpersonal and intrapsychic work".
- "What feeling?" Working with patients who don't easily take to AEDP
  - Advanced defense work Part 1: Building self and self compassion.
  - Advanced Defense Work Part 2: When defenses don't melt and can't easily be bypassed.
- Pathogenic Affects: Working with shame and guilt in AEDP.
- "It feels good like I know it should." Increasing receptive affective capacities aka "taking it in."
- Attunement, Co-regulation, and "Fierce Love:" 3 Essential skills in healing attachment trauma and transforming the self.
- Just portrayals: An emotion processing option.
- When positive experiences trigger negative reactions: Trauma, dissociation, 'parts' work; AEDP-IR.
- Pathogenic/Maladaptive Affects: Extended state 1 work; use of self; top-down as well as bottom-up restructuring strategies.
- Advanced Metaprocessing: Memory reconsolidation at work.

## Course Objectives:

At the end of this program, participants will be able to:

- Identify the specific clinical markers of each of the 4 states in the AEDP Model of Emotion Processing
- Utilize the skill of moment-to-moment tracking to facilitate processing core affects to completion
- Demonstrate two techniques for deepening a client's access to adaptive core affects
- Distinguish adaptive from maladaptive core affects
- Define "portrayal" and identify different types of portrayals
- Demonstrate understanding of how to utilize portrayals in clinical work to process core affect
- Discover the central place of pathogenic affects (e.g. feelings of worthlessness, shame, unbearable aloneness, etc.) in trauma.
- Explain what therapeutic presence really means—being inside the patient's world and our patients knowing it, feeling it, and viscerally registering it—and the integral part it plays in transforming pathogenic affects.
- Show what we really mean by "undoing aloneness", how to regulate fear and shame, champion the patient's self-at-best, and experiential work with relational experience—all key ingredients in transforming trauma and the self.
- Describe how to be more affectively engaged, relationally courageous (i.e. "fierce love") and make more purposeful use of their own emotional experience in their work with clients.
- Identify three phobias associated with trauma work based on the Structural model of dissociation.
- Describe two AEDP-based therapeutic interventions that aid in the patient's development of emotion regulation.
- Name two affective change processes in AEDP that can help stabilize patients in early trauma treatment.
- Define "Intra-relational AEDP" and identify two goals associated with its use.
- Explain how to reliably track patients' position on the triangles and determine when the patient is functioning in the realm of feeling, defense or anxiety.
- Designate the different levels or subcategories of feeling, defense and anxiety.
- Demonstrate how to use knowledge about the patients position to guide therapeutic interventions.
- Explain concrete steps to restructure defenses and reduce barriers to connection in the therapy relationship.
- Establish ways to track and regulate anxiety so that it is in an optimal range.
- Demonstrate skills for accessing internal affective resources and unconscious material so they are available for therapeutic exploration.
- Differentiate between empathy and affirmation
- Explain the the importance of metatherapeutic processing
- Integrate affirmation into their technical repertoire of interventions

## Meet the Helm and Faculty Presenters:



**Ben Medley, LCSW** loves supervising clinicians learning AEDP!

He has a private practice in NYC where he works with individuals and couples and supervises both in-person and online. In addition to being a certified AEDP Supervisor, Ben is also a certified Emotionally Focused Therapy for couples (EFT) Supervisor. He has presented nationally and internationally, including co-presenting with AEDP faculty member Ben Lipton the workshop *Feeling Like a Man: Using AEDP to Overcome Shame and Heal Attachment Trauma* both with AEDP West in California and in New York City. He has also taught/presented with the Essential Skills course in Parma, Italy; taught/ presented in Ithaca with the Central New York AEDP community; has assisted with the NY Immersion Course with Diana Fosha; and has assisted in Essential Skills courses with Natasha Prenn, Ben Lipton and Eileen Russell. Ben also created and launched AEDP Jumpstart, a short-term AEDP supervision group for those beginning AEDP supervision and/or beginning to review video of clinical material. Before private practice, Ben began a mental health program for study abroad students with the Scuola Lorenzo di Medici in Florence, Italy; worked in the Jewish Board of Family Services LGBTQ Unit; and worked in Greenwich House's HIV Mental Health and Chemical Dependency programs. His paper "Recovering the True Self: Affirmative Therapy, Attachment and AEDP in Psychotherapy with Gay Men" is being published with the SEPI Journal: the Journal of Psychotherapy Integration and, in 2019, Ben will be helming the five-weekend ES2 training in New York City. Ben earned his degree in Clinical Social Work with the NYU Silver School of Social Work.



**Jerry Lamagna, LCSW**, is a psychotherapist in private practice in New York City and Westfield, New Jersey. After completing his graduate studies at Adelphi University in 1993, he participated in a six month residency at the Caron Foundation's Center for Self Development, and for six years thereafter his work focused on issues in chemical dependency/ACOA treatment. He currently works with individuals in AEDP psychotherapy, addressing problems related to trauma, dissociation, addiction, depression, low self worth and personality disorders. Throughout his career, Mr. Lamagna's interest in affect based, experiential treatment approaches has led to his extensive training in psychodrama, EMDR, ego state therapy, trauma/dissociative

disorder treatment, and most recently, AEDP. The study of these modalities has inspired his ongoing efforts to integrate relational, intra-psychic, and experiential elements into his clinical work. Mr. Lamagna, along with Dr. Kari Gleiser has developed a modified version of AEDP for the treatment of dissociative disorders. He has presented at national conferences sponsored by the International Society for the Study of Trauma and Dissociation (ISSTD), the Society for the Exploration of Psychotherapy Integration (SEPI), the International Experiential and Dynamic Therapy Association (IEDTA), the New Jersey chapter of NASW and the AEDP Institute. In January 2007, the Journal of Trauma and Dissociation published a paper written by Mr. Lamagna and Dr. Gleiser entitled "Building a secure internal attachment: An intra-relational approach to ego strengthening and emotional processing with chronically traumatized clients." A subsequent article, "Of the self, by the self and for the self: Internal Attachment, attunement and psychological change" was published in the Journal of Psychotherapy Integration in 2012.



**Steve Shapiro, PhD**, is a clinical psychologist who maintains a full-time private practice in suburban Philadelphia and has over twenty years clinical and teaching experience. He has been practicing various forms of Experiential Dynamic Therapy (EDT), such as Intensive Short-Term Dynamic Psychotherapy (ISTDP), since the mid-1990's. He is a Senior Faculty and founding member of the AEDP Institute and has been studying with Dr. Diana Fosha, the developer of AEDP, since 2003

Dr. Shapiro conducts lectures, workshops and ongoing training internationally. His presentations are often commended for translating complex clinical theory into clear, precise, and practical techniques which are easily understandable and readily applied immediately in clinical settings by therapists of all orientations.

For 16 years, Dr. Shapiro was the Director of Psychology and Education at Montgomery County Emergency Service (MCES), an emergency psychiatric hospital, where he worked with a range of severe disorders and those committed involuntarily to treatment. This intensive experience has helped inform Dr. Shapiro's specializations and approach to transforming resistance with those who are considered challenging due to a history of trauma, a high degree of resistance, or excessive anxiety and dysregulation.



**Kari Gleiser, PhD**, completed her doctoral work at Boston University and her internship through Dartmouth Medical School with a focus on trauma and PTSD. In her practice, she specializes in applying AEDP to the treatment of complex trauma, dissociative disorders and personality disorders. Dr. Gleiser is the co-founder and co-director of the Center for Integrative Health in Hanover, New Hampshire, a trauma center dedicated to multi-modal healing of mind, body and spirit. She has served a term on the board of directors of the New England Society for the Treatment of Trauma and Dissociation (NESTTD), where she chaired a committee on education and outreach. In collaboration with Jerry Lamagna, Dr. Gleiser has developed an "intra-relational" model of therapy, which imports AEDP's relational and experiential interventions to patients' internal systems of dissociated self-states. Dr. Gleiser has written several clinical papers and book chapters and has presented on applying AEDP to treat dissociative disorders at various international conferences.



**Karen Pando-Mars, MFT**, is a psychotherapist in San Rafael, California, and Senior Faculty of the AEDP Institute. She was irresistibly drawn to AEDP in 2005 and captivated by the depth and breadth of this transformational model. She immersed herself in training and consultation with Dr. Fosha and three years of core training with Dr. Frederick. Ms. Pando-Mars is one of the founders of AEDP West, Co-Director of the Center for Transformative Therapies, and chaired the AEDP Institute Education Committee from 2011-2018.

She presents trainings and workshops in AEDP, leads Essentials Skills courses, and is co-faculty of AEDP for Couples across the United States and internationally. She is known for her presence, candor and warmth, and the clarity with which she translates complex theory into user-friendly practices. Videotapes of her clinical work are deeply moving and inspiring to psychotherapists learning to be more effective in helping their clients to change and transform.

Ms. Pando-Mars' brings a passionate interest in how AEDP puts attachment theory and related neuroscience into explicit and experiential practice in helping patients to heal from relational trauma. Licensed since 1989, her background in somatic and experiential therapies includes Biofeedback, Focusing, Process-Oriented Psychotherapy, Sandtray-Worldplay, EMDR, and Authentic Movement. These influences are deeply woven throughout her work. She was a founder of The Sandtray Network and a contributing editor of its journal. As adjunct faculty at Dominican University, in San Rafael, California, she taught AEDP as the overarching theoretical model in the Alternative and Innovative Psychotherapies course.

Her most recent publication "Tailoring AEDP interventions to attachment style," 2016 *Transformance Journal*, 6 (2) is the basis for her upcoming book, which will be co-authored with Diana Fosha and published by Norton & Co.

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