

The Mental Health Association of Hong Kong

The 10th AEDP Advanced Immersion Course (2018)

Title

Cruising Freely Between Science and Art (逍遙科學藝術間): Self-in-Transformation in the Theory and Practice of Accelerated Experiential Dynamic Psychotherapy

Objective

Aiming as an introduction to Accelerated Experiential Dynamic Psychotherapy (AEDP) for colleagues in the mental health field (social work, counselling, clinical psychology, psychiatry), this three-day Immersion Course will focus on the phenomenology of relational attachment, emotional transformation and transcendence.

At the end of the workshop, participants are expected to:

1. Understand Transformance: Foundational to AEDP. Being a change based therapy model, AEDP champions healing from the get-go.
2. Understand Undoing Aloneness: The emotional experience of being alone in facing trauma in the there-and-then is being corrected in the here-and-now of the therapeutic relationship.
3. Understand Privileging the Positive and the New: Meaning right and true, 'positive' may include but not exclusively referred to positive emotion.
4. Understand the Phenomenology of 4 States and 3 State Transformational Process: Universal and implicit in all psychotherapeutic models, AEDP explicitly describes this map/compass of transformation.
5. Understand Processing of Emotions: A bottom up embodied experience, emotions are through to completion.
6. Understand Metaprocessing and Core State: Unique to AEDP, these states seamlessly integrate with positive psychology and contemplative traditions.
7. Understand How The Above Fits Together: Integrating AEDP theory with the art of practice in treatment.

Format

The format of the seminar presentation will be conducted with three pedagogical styles, didactic lecture (33%), experiential exercises (33%) and video discussions (33%):

Didactic Lectures: Focusing on the phenomena of psychological trauma, assessment and treatment interventions, the clinical material will be presented in English and supplemented by Chinese (Cantonese and/or Mandarin). A handout containing power-points of the lecture and reading material will be given to each participant.

Experiential Exercises and Micro-Skills Development: The presenter will lead the audience in a series of experiential exercises designed for self-help use and also for clinicians to teach clients/patients in psychological resource development, as such accelerating the healing of the traumatic experience. Each participant is encouraged to practice during the session with guidance from the presenter.

Video Demonstration and Case Discussion: Video demonstrations of live patients in various phases of trauma treatment will be shown, with a play-by-play, and moment-to-moment commentary from the presenter.

All efforts will be made to so that the clinical material as practical as possible to facilitate immediate use by the Mental Health Clinician (Social Worker, Psychologist, Physician) with his/her client. During any part of the presentation, interactive questions and discussions from the audience are welcomed and encouraged.

Lecture Themes

Centering on the assessment and treatment interventions of trauma through the lens of Accelerated Experiential Dynamic Psychotherapy (AEDP), the three-day immersion course will focus on three inter-related strands:

En-Train Safety and Security: An AEDP therapist seeks to co-create a safe and secure base from which a patient's painful and previously overwhelming relational experiences can be explored and cognitively and emotionally integrated into a coherent narrative. Guided by interventions that are affirming, explicitly empathic, affect regulating, and emotionally engaged, the discussion will focus on the ability to facilitate and co-construct a secure patient therapist relationship from the get go.

En-Courage the Experience and Expression of Core Affect: AEDP is fundamentally an *experiential* model of psychotherapy that fosters the provision and facilitation of new healing experiences involving state transformations of both mind and body. At the core of AEDP is a theoretical model of "The Four States and Three State Transformations" outlining a process of therapeutic movement from Defense to Core Affect to Core State. This discussion will concentrate on these phenomena and clinical proficiency in facilitating the process of state transformation through stage-appropriate strategies of intervention.

En-Trance of Core State: In both theory and practice, AEDP is a synthetic, integrative model of change for the better. AEDP therapists seek to facilitate positive transformation and to process emotional experiences to completion as indicated by 1) the release of adaptive action tendencies in the wake of deep emotional experiencing and 2) a patient's integration of these actions with coherent cognitions about her/his autobiographical narrative and current state. Effective AEDP treatment fosters a patient's emergent and deep understanding of his/her own dynamics, tendencies and processes of healing. Moreover, the process of transformation of the self in the context of a healing relationship is, in itself, a positive affective change process.

Experiential Exercises and Micro-Skills Development

Aiming to equip mental health clinicians with self-help therapeutic tools for use with their patients/clients, a series of experiential practices designed to enhance and nurturing the development of psychological resources will be demonstrated throughout the workshop. Attendants are expected to participate followed by guided self-practices:

Self Healing AEDP Practice: Resource tool created and developed from the AEDP tradition, designed to emulate the language and the flow of treatment within a session

Butterfly Meditation Practice: Resource tool created with guided imagery to augment the transformative process during treatment.

Cloud Meditation Practice: Resource tool created with guided imagery to augment contemplative presence of the therapist.

Video Demonstration and Case Discussion

There will be five to six video real client video demonstrations, at least three of which will be Chinese clients. Choice of videos to be decided collaboratively with Course participants live.

The trainer

Dr. Danny Yeung (MD) is the first trainer who brought AEDP to Hong Kong. Dr. Yeung, Head of International Development and Senior Faculty of the AEDP Institute, is a trainer and supervisor of AEDP for post-graduate mental health professionals in Hong Kong, China and Canada. Dr. Yeung is the lead author of *Rainbow After: Psychological Trauma and Accelerated Experiential Dynamic Psychotherapy*, arguably one of the original trauma treatment manual published in Chinese. Dr. Yeung has trained and supervised, since 2005, over 200 mental health clinicians, including social workers, counselors, psychologists and psychiatrists in Hong Kong in AEDP. He founded the AEDP Training Program in Hong Kong, fostered the birth of the AEDP Supervisors in Hong Kong.

參與者的分享

從課程中，我感受到各講者分享的技巧似乎很抽象，但我覺得你們的共通點是有一個憐憫的心腸，體會對方的感受，從受助者的角度尊重他們的需要，提供安全感及同理心的支持。這些技巧實在經過多次的操練和經歷，用你們淚水和韌力得來的，以致內化在你們的生活上，成為你們待人處世的態度，所以你們才表現得自然及舒服。最重要是你們在現實環境的挑戰下，仍然持守這憐憫和謙卑的心至今，不至於變成麻木，這是我對你們的敬佩。

我認為無論在工作上與同事合作或家人的相處時，都需要運用感動治療的技巧來建立良好的人際關係。尤其在家庭，這個以愛為基礎的地方，往往卻成為被傷害最深和最痛的。

在課堂上的個案分享中，受害人都是在成長中被家人傷害，只是他們的經歷比較嚴重，因此，我盼望在這個課程中的參與者包括我自己可以身體力行，由自己身體的感覺、家人及身邊的朋友的反應來建立互相尊重、從他們的角度和感受去相處體諒。

--- Elsa (「感動治療」證書課程畢業生)

自己本性是適合學習 AEDP 的，緣因是個有情人。多年來沿用理性情緒治療法，人變得冷靜理智抽離，對別人的感同身受，停留在頭腦認知。感同身受，必須呈現在身體上，這種呈現，需要緩慢與靜觀心態，方能與當事人進入流淚谷。年多以來，與當事人同悲同喜同淚，超越過往幾十年輔導的總和！自己的感受曲目豐富起來，實在是意外的收獲！在輔導室以外，人也變得包容，謙卑、靜觀看萬物，憐憫與仁愛心漸見成長，體驗 Martin Buber 的 I-Thou relation 可以呈現在日常生活。AEDP 幫助我，不單作為輔導者，也作為一個人的成長與圓潤！

--- Bob Yip (「感動治療」第三階段督導畢業生)

不是一個冰冷抽離、機械式的知識傳遞過程，而是滿有溫情的親切同行。
不是事件的敘述，而是不同感覺的細味，壓抑或解離已久情感的充分表露。
不是資料收集的探問，而是無限的接納，溫婉的語氣，愛和關懷的鼓勵。
不是左腦分析的運作，而是右腦感覺與會通的發揮，深藏情感的體驗。
不是豐厚經驗的指導，而是尊重、接納、重視的真摯的內心碰觸。
它是防衛機制的解拆、焦慮的減低、心境的放鬆、真情的流露、真我的呈現！

這一切一切，是我渴慕經歷的，也立志要在將來的日子，陪同當事人去經驗的。

---小萍 (「感動治療」第三階段督導畢業生)

In AEDP practice, the therapeutic relationship is the heart of therapy and required more attention and skills. I need to be more attentive to each moment of interchange with my clients. Their breath, affect, face, tone of voice, body movement and sensation all required detailed attention. Many times when I reviewed the taped counselling sessions, I found myself talking too much, making too much interpretation, trying too hard to make connections in what clients said with their emotions. Now I am learning to be less busy in my head, using less of my left brain to ‘understand’ my client or helping her to ‘understand’ herself. Instead, by moment-to-moment tracking and timely responding and attuning to client’s emotions, I am learning to make room for securing client’s attachment experience. Then client will be less anxious, more able to loosen up defenses and have more courage to go deeper into emotions. The corrective emotional experience will then lead to healing and transformation. I am glad that in some episodes of therapy session, I witnessed changes in my clients, shared their deep emotional experience and accompanied them in enduring painful moment as well as enjoying the peaceful moment after the stormy moment.

To me, AEDP is not a totally new set of theory and practice. It is more like an advance level of practice that I can build on. It opens up a new pathway for my practice where I often feel stuck in emotional engagement with clients and handicapped in mood regulation. It provides a solid roadmap to follow and to orientate the direction where therapy should be going.

--- Heidi Tam (AEDP Level III Core Supervision Group graduate)

The development of AEDP in Hong Kong

- 2005: First Seminar in HK (conducted by Dr. Danny Yeung)
- 2006: First 3-day Advanced Immersion Course (Level I)
- 2007: First Core Supervision Group (level III)
First provision of a center-based supervised AEDP Service
- 2008: First volume of AEDP HK Newsletter
- 2010: First visit and teaching from Dr. Diana Fosha (the developer of AEDP)
First group of Level III graduates
- 2011: First 3 Certified AEDP Therapists
- 2012: First 3 Certified AEDP Supervisors
- 2013: First series of AEDP Core Skills Training (Level II)
First one day workshop of AEDP (conducted by Mr. K.W. Wu)
- 2014: First series of AEDP HK Alumni gatherings
- 2016: First advanced integrative workshop on AEDP
- 2017: First series of AEDP Thursday Case Sharing Sessions

AEDP Training

History and background

The Mental Health Association of Hong Kong has been providing different levels of AEDP trainings in Hong Kong since 2005. Danny Yeung (MD) is the first trainer to bring AEDP to Hong Kong. AEDP training in Hong Kong basically adopts the course structure and path of certification used in the AEDP Institute. The course organized and certificate issued by the MHAHK is accredited by the AEDP Institute.

The three levels AEDP training in Hong Kong:

Level I: A 3-day AEDP Immersion Course

- The course is intended for clinicians interested in AEDP as a healing-oriented, transformation-based therapeutic model, in its transformational theory and phenomenology, and in exploring AEDP's unique contributions to the treatment of attachment trauma. We also seek to undo the clinician's aloneness by working to foster a vibrant community of like-minded and like-hearted others.
- The main theme is:
 - Establishing and engendering of security in therapeutic dyad
 - Experience and expression of bodily rooted core affects
 - Emergence and embrace of core state and true self
- The presentation consists of three parts: didactic lecture, experiential exercises, and video demonstration.
- Since 2012 local Chinese case video-taping materials are presented for clinical illustration.

Level II: Core Skills Training and Group Supervision

- Different core skill sets of AEDP are taught in a practical, concrete and specific manner in this training. It is held over five weekends over a year of time. It covers the basic theoretical foundation, model of intervention, specific techniques and skills in AEDP. We emphasize not only on how to do effectively in AEDP but also how to become a

reflective AEDP therapist. So, experiential group exercises and practice of mindfulness, role playing experience and case demonstration are essential elements in the course of training. Also, local Chinese cases and scenarios are edited for video presentation. Interactive questions and discussion are welcomed and encouraged.

- The major topics covered include:
 - What are the states and markers of transformations in therapeutic process
 - How to conceptualize moment-by-moment clinical materials in a psychodynamic framework
 - How to differentiate adaptive and maladaptive affective experiences
 - How to do deep trauma work without re-traumatizing the client
 - How to adjust and express appropriate dose of empathy at different phases of treatment
 - How to establish a sensation of safety and connectedness with client
 - How to actively use imagery, memory, fantasy and metaphor for healing
 - How to work with client's defenses and resistance
 - How to engage and attune emotionally without words
 - How to get yourself ready to repair misattunement, ruptures and imperfection
 - How to regulate anxiety and shame through dyadic affect regulation
 - How to stabilize client's dys-regulated emotions and bodily sensations
 - How to inquire, process and deepen somatic sensation and resource
 - How to become self-attuned and affectively reflective as a therapist
 - How to track, process and deepen positive affect and positive sense of self
 - How to use therapist's self-disclosure and authentic affect in a therapeutic manner
 - How to work with intense and overwhelming emotions in the therapy
 - How to process core affect to completion and activate its adaptive action tendency
 - How to process the transformation through meta-processing
 - How to experience affective change through attachment-based intervention
 - How to foster attachment experience in client through dyadic affect regulation
- In order to facilitate core skills learning and practice in clinical setting, trainees are expected to accumulate certain supervision experience in a group or an individual format over the whole level II training.

Level III: Core Supervision Group

- We usually have a group of eight members in which trainees spend concentrated time together immersed themselves in regular individual and group supervision over two years time of training.
- In group supervision, each trainee receives individual supervision by presenting his/her videotaped clinical sessions, with the other trainees of the group watching and participating in a group process. In this interactive format, trainees can learn both from their own supervision and the supervision of others via exposure to many other clinician-supervisor dyads.
- In individual supervision, each trainee is assigned a responsible supervisor for his/her professional integration and personal growth in the learning process of AEDP.
- In fieldwork practice, each trainee is required to practice AEDP in clinical setting, either in his/her workplaces or in our agency, during the training. Client's consent for videotaping of session is required for case presentation and professional consultation.

AEDP Service

History and background

We have been providing a community-based AEDP services since 2007. At the present, more than two hundred people from different sectors of the community had received our services. At the end of 2017, we had four Certified AEDP Supervisors and three Certified AEDP Therapists in Hong Kong. They all had been accredited by the AEDP Institute in the United States. Also, we had more than forty graduates who had completed AEDP Level III training and had another twenty therapists-in-training in our program.

All of us, coming from a wide variety of professional backgrounds, are trained to a high standard of practice. Among us, we have psychiatrists, clinical psychologists, counseling psychologists, university professors, psychotherapists, senior counselors, family therapists and social workers etc.

Services description

Basically, AEDP service is provided on one-on-one basis. The sessions are usually one hour in length. All sessions are confidential. In some situations we need to have client's consent for video-taping the process of the session for professional consultation. Prior to the first appointment, an initial assessment on client's concern and situation is needed which is usually conducted over phone at client's convenience.

Time:

- Besides daytime office hours, we can offer evening sessions on weekdays and day sessions on Saturday. Sunday and public holidays are closed.

Fees:

- We are a voluntary agency without any financial support from the government to AEDP service, we need to charge counseling fees as follows:
 - \$200 (1 hour / session): provided by therapist-in-training
 - \$650 (1 hour / session): provided by Certified AEDP Therapist

Venue:

- T. N. Foo Centre for Positive Mental Health, The Mental Health Association of Hong Kong
 - (Office F, 9/F, Harvest Moon House, 337-339 Nathan Road, Kowloon, HK)

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Enquiries and referrals are always welcome!