

The Mental Health Association of Hong Kong

One-day Seminar from Dr. Danny YEUNG on Accelerated Experiential Dynamic Psychotherapy (AEDP)

I-and-Dao in the Here-and-Now: The Art and Neuroscience of Heartfelt Listening, Dialogical Presencing and the Spirit of AEDP

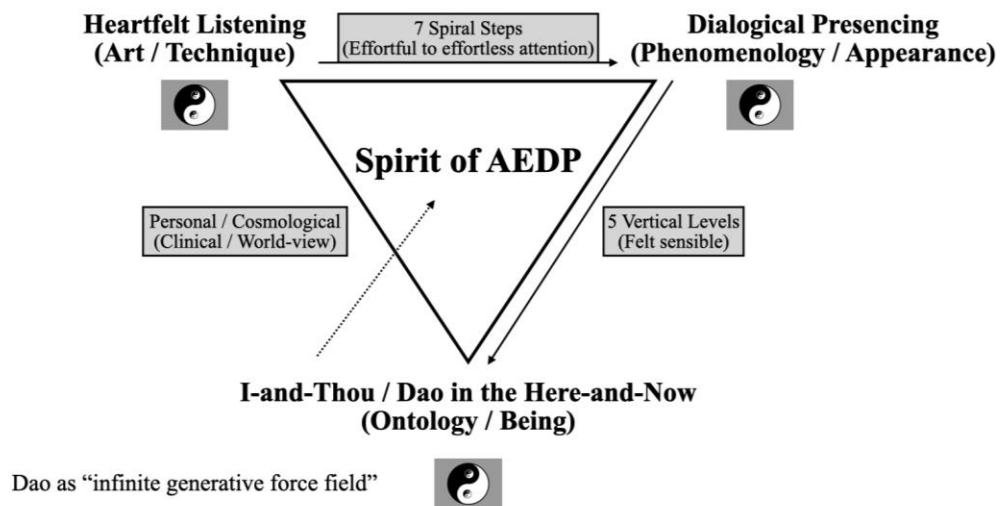
你我相遇在當下: 心道聆聽的神經科學與藝術和 AEDP 的精神

[A]rt is something which, although produced by human hands, is not created by these hands alone, but something which wells up from a deeper source in our souls.

Vincent Van Gogh

The spirit of AEDP is something that is greater than the sum of all of the parts. It is a felt sense, the way AEDP lives in the therapist's heart and mind and body and soul – something that informs their being with the patient in a way that is more fundamental than the application of specific interventions to the clinical situation...Danny, you take the spirit

The Triangle of AEDP Spirit



of the spirit of AEDP, and embody it, and give it life, seamlessly integrating and referencing concepts from Eastern contemplative practices of Daoism and Confucianism with Western humanistic writers and philosophers (Buber, Schweitzer, Levinas). Your work here is original and brilliant, and I am honored to have your contributions to the growth and emergent development of AEDP theory and practice.

Diana Fosha

SEMINAR AIM

Focusing at the *What, How and Why* of the Spirit of AEDP, this seminar series is oriented around three sets of inter-related questions: What is the spirit of AEDP? How do we cultivate the spirit of AEDP? Is it only for AEDP therapist? Or is it applicable for humanity at large? Why care about the spirit of AEDP? Is it specific only to AEDP treatment? Or could it be humanity's way of being in the world?

In response to the above problematic, the core aim of this seminar is to demonstrate the following proposal:

Through moment-to-moment praxis of I-and-Dao encounters, the embodying of the Spirit of AEDP is attained through the phenomenology of dialogical presencing, which in turn are achieved through the art of heartfelt listening.

SEMINAR DESCRIPTION

Going beyond therapeutic skills and stance, or the *doing* (術 / Shu) of AEDP, this *Spirit* (靈 / Ling) of AEDP is the *being* (心 / Xin) of the AEDP therapist, that which wells up from the therapist's innermost self or soulful place. This embodied *spirit* is that which fundamentally inspires the person's art of being-in-the-world and only secondarily informs the person's therapeutic way of being-with-the-other in the clinical context.

Why so passionate about the Spirit of AEDP? *I-and-Dao in the Here-and-Now*: exemplified by the intersubjective encounter emergent in each present continuous moment, through an AEDP therapist's soulful way of being-in-the-world, is the most powerful antidote against the objectifying, dehumanizing fragmentation and alienation of our contemporary narcissistic anthropocentric civilization.

Ultimately, *heartfelt listening* is the AEDP therapist's soulful cultivation of *I-and-Dao in the Here-and-Now*, an embodied art of being-in-clinical situation and being-in-the-world, exemplified as the spirit of AEDP in the therapeutic context and healing worldview.

LEARNING OBJECTIVES

At the end of this full day seminar, participants will be able to:

- Understand AEDP's moment of meeting is an experiential phenomenon of the *ontological I-and-Thou encounter*, which in turn, is enfolded in I-and-Dao encounter.
- Understand *Dao*, conceptualized as the "*infinite generative force field*", manifests at two levels of reality: the cosmic/transcendent/universal and the personal/immanent/existential. It is the personal level or the immanent/existential Dao that is convergent with AEDP's transformance.
- Understand *dialogical presencing*, referring to present moment-to-moment phenomena, is inspired by Buber's phenomenology of "dialogical attentiveness".
- Practice the *somatic felt sensing* of the *5 vertical levels* to *dialogical presencing*: Level of the *ears*, level of the *mind*, level of the *mind-in-heart*, level of the *heart* and level of *dialogical presencing unceasingly*.
- Understand *heartfelt listening*, a coined equivalent of AEDP's "drawing attention inwardly", is the way or how to cultivate contact with our innermost self. The phenomenology of heartfelt listening is a correlate of the interoceptive self, neuroanatomically situated on the heart wall and the gut wall. And it is this interoceptive self that is connected directly with the core self.
- Practice the *7 spiral steps of the art of heartfelt listening*, from the effortful to the effortless attention of: *Slowing down, dropping down, quieting down, staying down, listening out, listening up* and *listening in*.

LEVEL

Intermediate/Advanced: The seminar content will be most optimal for participants with a working knowledge and experience in AEDP theory and practice. Participants with prior experience in AEDP will realize that this seminar will go beyond the doing, into the being dimension of AEDP praxis.

Participants with no prior experience with AEDP are advised to register and complete the Immersion Course, or read up on AEDP background material provided by MHAHK. This seminar will *not* unpack AEDP theory.

FORMAT

This seminar will be conducted with interactive didactic lecture, experiential exercises and actual clinical presentation and analysis.

SELECTED REFERENCES

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HOST

Mental Health Association of Hong Kong

DATE

18 November 2023 (Saturday)

TIME

9:30 am to 5:00 pm

PRESENTER BIO

Danny Yeung MD CCFP MDPAC(C) FCFP, Head of International Development and Senior Faculty of the AEDP Institute, is a trainer and supervisor of Accelerated Experiential Dynamic Psychotherapy (AEDP) for post-graduate mental health professionals in Hong Kong, China, United States and Canada.

An Assistant Professor with the Department of Family and Community Medicine with cross appointment at Department of Psychiatry in the Faculty of Medicine at the University of Toronto, Danny also serves as a Consultant Physician / Psychotherapist of Assertive Community Treatment Team and Mental Health Court Support Program for the Department of Psychiatry of Mount Sinai Hospital. His unique contribution as a family doctor and a psychotherapist in the ACT Team, unparalleled globally, was instrumental in helping his team to win the American Psychiatric Foundation Advancing Minority Mental Health Award in 2007 and the Leading Practices Award presented by Ontario Hospital Association in 2007. He was also personally honored with the Joel Sadavoy Community Mental Health Award for 2011, Peter R. Newman Humanitarian Award for 2013, and a two time recipient of Award of Excellence from the College of Family Physicians of Canada for 2012 and 2022.

Danny is the author of *The Instinct to Heal: Practicing Accelerated Experiential Dynamic Psychotherapy*, the first original AEDP book to be published in China. He is a contributor of a chapter titled *What Went Right: What Happens in the Brain During AEDP's Metatherapeutic Processing*, in the award winning book *Undoing Aloneness and the Transformation of Suffering Into Flourishing: AEDP 2.0*. He is also the lead author of *The Rainbow After: Psychological Trauma and Accelerated Experiential Dynamic Psychotherapy*, arguably one of the original trauma treatment manual published in Chinese. He coauthored *Portrait of the Soul*, a study of

nine personality styles, currently in its 6th edition. Together with Dr. Diana Fosha, he also coauthored a chapter in the *Casebook of Psychotherapy Integration*, published by American Psychological Association.

Danny has trained and supervised, since 2005, mental health clinicians, including social workers, counselors, psychologists, family physicians and psychiatrists in Canada, United States, Hong Kong, Mainland China and South Korea in AEDP. He founded the AEDP Training Program in Hong Kong and Mainland China, and fostered the birth of the AEDP Supervisors in Hong Kong.