

The Mental Health Association of Hong Kong  
**Accelerated Experiential Dynamic Psychotherapy**  
Advanced Seminar (2025-26)

Aim: to deepen and expand our knowledge and practice in AEDP by exploring the interface with other specific theories or modalities related to AEDP

Content:

Module 1:

	Dates	Topics	Presenters
Part 1 (full day)	15/11/2025 9:30 am to 5:00 pm	The Truth (Sense) Will Set Us Free: The neuroscience, phenomenology and the liberating power of Accelerated Experiential Dynamic Psychotherapy (AEDP)	Yeung Shiu Chin Danny
Part 2 (half-day)	13/12/2025 2 to 6 pm	Fostering a Richer AEDP Therapy Experience Through Inner Relationship Focusing	Chan Ying Ching Jessie
Part 3 (half-day)	10/1/2026 2 to 6 pm	Integrating AEDP with Bodynamic (Somatic Developmental Psychology) in the clinical understanding of self, dissociation, and therapeutic process	Poon Wai Yee Esther

Module 2:

Part 1 (half-day)	25/7/2026 2 to 6 pm	Use of psychodramatic skills in AEDP	Mak Kei Man Lydia
Part 2 (half-day)	8/8/2026 2 to 6 pm	Unlocking Emotional Healing and Transformation: Integrating AEDP & ISP™ for Enhanced Mental Wellness	Wong Wing Wai Catherine
Part 3 (half-day)	19/9/2026 2 to 6 pm	Beyond Technique: The Spirit of AEDP through I–Thou	Lim Heok Seng Abraham
Part 4 (full day)	24/10/2026 9:30 am to 5:00 pm	Understanding shame from a relational-dynamic perspective: enriching our knowledge and intervention for shame healing in AEDP	Wu Kwok Wing

Target participants: AEDP level I or above graduates

Venue: Hub 8, 239 Temple Street, Jordan, Kowloon, Hong Kong  
(九龍佐敦廟街 239 號八福匯)

Format: face-to-face format

Fee:

\$5,600 (regular); \$5,200 (early birds before 15 October 2025);  
\$3,900 (for AEDP facilitators or helpers before 15 October 2025)

Course outline:

**Module 1:**

<b>Module 1: Part 1: 15.11.2025, from 9:30am to 5:00 pm (full day)</b>
<b>Topic: The Truth (Sense) Will Set Us Free: The neuroscience, phenomenology and the liberating power of Accelerated Experiential Dynamic Psychotherapy (AEDP)</b>
<b>Content:</b> Focusing on the advanced theory and practice of AEDP, this 4 hour advanced seminar will begin with Dr. Diana Fosha's introduction of the "liberation affects" as the 7th transformational affect, and its correlating State 3 and State 4 neurophenomenology. Going beyond the classical model, this advanced seminar will explore AEDP's empowering and liberating process implicit in AEDP work made explicit existentially in the intrapersonal-psychological, interpersonal-social and transpersonal-spiritual dimension.
<b>Reference:</b> Research oriented videos in the clinical cases of "Uncaged Yellow Bird" & "Soaring Eagle"
<b>Presenter: Yeung Shiu Chin, Danny,</b> Senior Faculty & Chair of International Development, AEDP Institute; Assistant Professor, Temerity Faculty of Medicine, University of Toronto; author of "The Rainbow After", "The Instinct to Heal" and "The Spirit of AEDP".

<b>Module 1: Part 2: 13.12.2025, from 2 to 6 pm (half-day)</b>
<b>Topic: Fostering a Richer AEDP Therapy Experience Through Inner Relationship Focusing</b>
<b>Content:</b> Enhancing the AEDP therapy experience by integrating Inner Relationship Focusing felt sense and techniques to deepen emotional awareness, facilitate self-compassion, and promote transformative healing through body engagement with internal parts and relational dynamics.
<b>Reference:</b> <i>FOCUSING – How to gain direct access to your body's knowledge by</i>

Eugene T. Gendlin

**Presenter: Chan Ying Ching, Jessie**, AEDP Therapist, Inner Relationship Focusing Trainer and Children Focusing Facilitator, A certified Counsellor with over 20 years of experience, specializing in working with youth and adolescents.

**Module 1: Part 3: 10.1.2026, from 2 to 6 pm (half-day)**

**Topic: Integrating AEDP with Bodydynamic (Somatic Developmental Psychology) in the clinical understanding of self, dissociation, and therapeutic process**

**Content:** To help clients moving away from dissociation to get in touch with the self, AEDP seeks to “focus on moments that possess qualities of integrative experience,... in the fragmented world of dissociative experience is important” (Fosha, 2013). While in Bodydynamic System, they contend that muscles tense up, i.e. hyper-responsive or become flaccid, hypo-responsive accompany emotions that they could not contain during childhood development. Working with muscles is to awaken resources deep within the self. This workshop intends to explore how to integrate this body work with AEDP during the therapeutic process to meet with the beauty of the self in clients.

**Reference:** *Body, Breath & Consciousness : A Somatics Anthology* by Ian Macnaughton.

**Presenter: Poon Wai Yee, Esther**, M.So.Sci., MFT, Certified AEDP Supervisor and Adjunct Faculty of AEDP Institute. She is also the Certified Clinical Supervisor both in HKPCA and HKMFTA. She is the founder of a trauma healing centre in Hong Kong, specialized in treating clients with relational trauma and emotional hurts.

**Module 2:**

**Module 2: part 1: 25.7.2026, 2 to 6 pm (half-day)**

**Topic: Use of psychodramatic skills in AEDP**

**Content:** Psychodrama developed by Moreno, is an action method, used as a psychotherapy. In AEDP, portrayal provides therapeutic experience through imaginary experience of enactments with the representations of significant others or with parts of the self. Integrating psychodramatic skills in AEDP enriches the therapeutic experience, and allows more flexibility for deeper emotional exploration and healing.

**Reference:** *One to one psychodrama psychotherapy: Application and techniques* by Anna Chesner

**Presenter: Mak Kei Man, Lydia**, a UK registered psychodrama psychotherapist. She is also an AEDP therapist and supervisor. In addition to AEDP, she is a certified

Somatic Experiencing Practitioner and a whole-body focusing therapist.

**Module 2: part 2: 8.8.2026, 2 to 6 pm (half-day)**

**Topic: Unlocking Emotional Healing and Transformation: Integrating AEDP & ISP™ for Enhanced Mental Wellness**

**Content:** Embark on a profound journey of healing and transformation through the synergistic integration of Accelerated Experiential Dynamic Psychotherapy (AEDP) and Integral Somatic Psychology™ (ISP™). This workshop offers a transformative deep dive into the powerful therapeutic techniques that connect embodied cognition, emotion, and behavior.

**Reference:** *The Practice of Embodying Emotions* by Raja Selvam

**Presenter: Wong Wing Wai, Catherine,** AEDP Certified Supervisor & Therapist, HKMAFTA, APCPA Supervisor, and ISP Practitioner. Guiding transformative journeys for individuals, couples, and families towards healing and growth

**Module 2: part 3: 19.9.2026, 2 to 6 pm (half-day)**

**Topic: Beyond Technique: The Spirit of AEDP through I–Thou**

**Content:** Dive into the heart of healing in *Beyond Technique: The Spirit of AEDP through I–Thou*. Grounded in Buber’s relational philosophy, this course reveals how attuned therapeutic presence transcends intervention—inviting emotional transformation, undoing aloneness, and awakening the client’s core self through deeply authentic encounter.

**Reference:**

- Yeung, D. (2023). *The instinct to heal: Practice awakening the power of transference* (Chinese ed.). Chinese Renmin University Press.
- Yeung, D. (2024, June). *The spirit of AEDP: I-and-Thou / Dao in the here-and-now*. *Transference: The AEDP Journal*, 12.

**Presenter: Lim Heok Seng, Abraham,** a Family Therapist and Spiritual Director, certified in AEDP, EFCT, and TCT, and an APCPA Clinical Supervisor. He is committed to guiding individuals toward emotional, psychological, and spiritual well-being through holistic growth and compassionate care.

**Module 2: part 4: 24.10.2026, 9:30 am to 5:00 pm (full day)**

**Topic: Understanding shame from a relational-dynamic perspective: enriching our knowledge and intervention for shame healing in AEDP**

**Content:** this workshop will cover the following aspects: 1. the concepts of “acute shame” and “chronic shame,” adaptive shame and maladaptive shame, shame and

guilt, and their relationships; 2. how shame develops in the process of objectification; 3. what are different faces of shame associated with various kinds of dissociation; 4. how unhealthy narcissism, as another aspect of shame, develops as a kind of defense for self-protection; 5. how to work with dissociation, self-blaming and invisible self by Right-Brain regulation and Left-Brain competence in shame healing.

**Reference:** *Understanding and treating chronic shame: healing right brain relational trauma* by Patricia A. DeYoung

**Presenter: Wu Kwok Wing**, Registered Clinical Psychologist, Adjunct Faculty of AEDP Institute

Make-up Sessions:

A series of make-up sessions will be arranged for those participants who are absent from the face-to face training and these sessions will be arranged on the following Saturday. No other make-up sessions will be further arranged. The details of the make-up sessions are as follows:

- Dates: 22 November 2025, 20 December 2025, 17 January 2026, 1 August 2026, 15 August 2026, 3 October 2026, 31 October 2026 (Saturday)
- Time: 9:30 am to 5:00 pm or 2 to 6 pm
- Venue: T. N. Foo Centre for Positive Mental Health (Office F, 10/F., Harvest Moon House, 337-339 Nathan Road, Kowloon, HK)

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