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## From Stuckness and Reactivity to the Felt Experience

**By David Mars**

This paper offers a highly condensed description of the theory and practice of Accelerated Experiential Dynamic Psychotherapy (AEDP) for Couples. It describes a somatically focused orientation of tracking the intersubjective field of the couple. The paper further describes how AEDP for Couples facilitates the experience of love between the couple members beginning in the container for the transformative work to follow. It describes an "edges", the paradoxical and initially non-conscious embodied experience against the very changes the couple members want and need to undergo. The theory and practice of catalyzing in couples: a.) being more attuned and responsive to the needs of the other partner within sessions b.) capacities of perceiving and receiving the other partner's differentiated affect expressing not only "affect" per se, but also in a whole range of embodied experience providing a secure "harbor" of safety and support when the other partner experiences affect or a transient dissociation d.) creating sufficient safety in the presence of antecedents of trauma and deprivation in the company of and with the physical holding of the marital partner. AEDP for Couples stands in contrast to Accelerated Experiential Dynamic Psychotherapy (Fosha, 2000) which on a one-to-one basis, the therapist accompanies the patient somatically.