



What AEDP Therapist Certification Application Reviewers Look for:

Criteria to consider while reviewing videos:

(taken directly from AEDP Certification guidelines for reviewers to keep in mind while watching tapes and reading transcripts submitted for certification.)

Attachment:

Notice language, markers and interventions that demonstrate therapist's building a secure base, undoing aloneness, detecting and fostering glimmers of transference from the get-go:

- The use of "we" language
- Explicit affirmation and validation
- Explicit relational interventions
- Explicit empathy: going beyond mirroring
- Exploring receptive affective capacity
- Attuning to the patient and noticing markers of disruption, repairing disruptions, returning to a coordinated state.

Experience: Facilitate and Process Emotional Experience:

Notice therapist's focus on provision and facilitation of new healing experiences, picking up the phenomena of each state and intervening accordingly in order to foster state transformations:

- Notice and foster glimmers of transference
- Moment-to-moment tracking of bodily-rooted emotional experience and interpersonal relatedness.
- Dyadic regulation of affective states: working with anxiety, shame and pathogenic affects
- Developing receptive affective capacity, explicit undoing of aloneness
- Somatic focusing
- Defense work: melting, bypassing, and restructuring defenses
- Processing to completion, markers of state two transformation (relief, lightness, etc. release of adaptive action)

Transformation and Integration:

Therapist facilitates positive transformation and processes emotional experience to completion. Shows release of adaptive action tendencies, building self-reflective capacities, helping client's to understand his/her own dynamics, leading to coherent narrative, positive self-regard, and relational competence:

- Meta-therapeutic processing of experiences of transformation: of the Self, of receiving help, of phenomena of transformation
- Facilitating, affirming and processing the experience of healing effects
- Demonstrating emotional competency as the recipient of deep love and gratitude
- Being with the mourning of the self
- Recognizing the tremulous affects distinctly from anxiety, and helping the patient to be with the fear of what's new and unknown.

Reviewer Guidelines 2: What Reviewers Look For

- Deepening the experience by staying with it: the spiral of transformation
- Working with the experience of recognition

Core State, its truth sense and coherent, cohesive autobiographical narrative;
Demonstration of therapist's ability to support patient's integration, to recognize and draw upon their capacity to utilize their resources and make sense and meaning of their lives:

- Reflect on the past from the newly found strength, understanding, and compassion of the now.
- Experience true Self/true Other
- Integration: weave new autobiographical narrative (cohesive, coherent)
- Enhance positive valuation of Self
- Co-engendering secure attachment

In the micro-analysis of their work candidates should demonstrate theoretical and clinical integration in as many of the following areas as possible:

- Attachment theory and dyadic coordination of affective states
- Affective change processes and affective neuroscience
- Fostering glimmers of Transmance, recognition and positive affects
- Triangle of emotion, triangle of experience, and triangle of relational comparisons
- Deepening affect, processing to completion
- Four state and three state transformations of AEDP
- True self/True other phenomena
- Meta-therapeutic processes
- Core State work

Review Protocol:

In a case when two reviewers are unable to agree, a third person - a member of faculty - will be asked to review. If the third faculty person votes to **pass**, the application will be passed. If the third person votes to **not pass**, all three reviewers will submit comments and the Administrator will pass those comments on to the supervisor who will work with the candidate on submitting a revised application, including a new tape. The supervisor will submit a second letter of support (name redacted) addressing the changes. This new material will be reviewed by the initial reviewers to determine changes and growth in the work.

In the event that both initial reviewers concur on not passing, comments will be sent back to the supervisor through administration. The revised application and tape will be reviewed by a new faculty person.