

Introduction to Summer Reading Issue

Gil Tunnell, Ph.D

Welcome to our issue for “light” Summer Reading! I say “light” only because there are three articles and each one is short. Yet each article captures the essence of AEDP.

Two articles are reviews of recently published self-help books written by Hilary Jacobs Hendel (2018) and Senior Faculty member Ron Frederick (2019). As their reviewers, Stephen McDonnell and Carrie Ruggieri, write, each book can be recommended to (a) lay people, (b) clients who want to know more about AEDP, (c) colleagues new to AEDP, and (d) AEDP clinicians who want a refresher course. Both Hendel and Frederick take the reader into the actual lived experience of AEDP with clients, with the added benefits of (a) revealing narratives of their own personal struggles, and (b) offering exercises for emotional mindfulness for all of us.

These articles are joined by a concise summary of the Essentials of AEDP by Portuguese therapist Hans Welling. Hans’s piece is geared to a more professional audience and can help each of us hone our skills. Altogether, the articles offer a great introduction to AEDP.

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And, now with great fanfare (cue the drum roll!):

I welcome Carrie Ruggieri, our long-time AEDP listserv discussant, as Associate Editor to the *Journal*. Carrie will be helping edit our Special Issue on Therapeutic Presence to be published in early Fall. That issue includes articles by Shari Geller, Ben Lipton, Danny Yeung, Marc Cecil, and Wendy Summers.

Stay tuned.

Gil & Carrie