

Undoing Aloneness in Intra-relational, Interpersonal, and Transpersonal Realms with AEDP and Psychedelics

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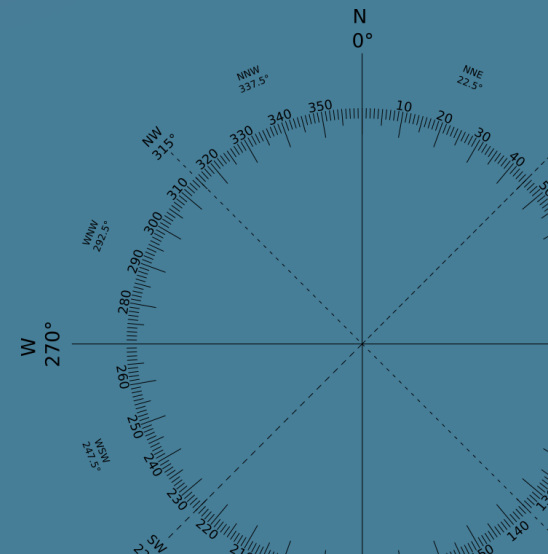
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AEDP as a psychedelic compass

LIZ PERKINS, LMFT.



QUESTION:

What does AEDP bring to
psychedelic assisted therapy that is
unique to the field?

MARK GREEN, M.D.

AEDP provides a clear experiential roadmap so we can navigate in the psychedelic space with direction and intentionality.



“Speak from the heart, get to the heart of the matter and we will listen from our heart.” - Ralph Metzner



**AEDP offers intrapersonal and interpersonal holding.
Psychedelics add transpersonal holding.**

MARK GREEN, M.D.

A* sees me every few months for brief psychopharmacology for bipolar I and sees someone else for therapy.

I've always assumed there was considerable trauma but only recently - as she's been struggling in every realm of life - has she decided to do some ketamine assisted therapy with me.

The ketamine session follows the same arc as an AEDP session.



The State 2 work (in KAP) often occurs silently and under eye shades.



AEDP therapists know how to direct the set and setting, hold the patient, and maximize lasting change.

QUESTION:

How do psychedelic medicines impact the relational field of therapy?



How can AEDP optimize any shifts in relating and connection during the integration phase of psychedelic-assisted therapy?

EMILY BILBAO, LCSW.

Psychedelics re-open critical windows in which we can re-pattern our attachment systems.



We can use Psychedelic medicines to amplify our relational capacities/undo aloneness of our clients.



We can use AEDP in Integration to Metaprocess this expansion - we help our clients, notice, explore, deepen, grieve, celebrate, and fully take in the experience of this change.

QUESTION:

W h a t d o e s p s y c h e d e l i c - a s s i s t e d
t h e r a p y o f f e r t o A E D P ?

KARI GLEISER, PH.D.

Psychedelic medicines regulate fear/anxiety, decrease experiential avoidance, and heighten emotional and somatic experiences.



Increase openness to connection and receptive affective capacity, and can even help people feel connected for the very first time, or in a brand new way.



Lower defenses in highly defended individuals.



Deliver people into State 3 and State 4 so they start out in self at best. They can then navigate- safely and held - into painful memories for healing.

THANK YOU

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