



***Maximizing the Transformational  
Power of AEDP Using Groups in  
Community Mental Health  
Settings***

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## ***The Professional is Personal***

**Soft landing and curative curiosity**

**Then the New York Times and a little bit of hope**

**Internal pressure to shout it from the rooftops!**



The background image shows a multi-story brick building with a covered entrance. A sign above the entrance reads "TOMPKINS COUNTY MENTAL HEALTH SERVICES". The building has several windows and a glass-enclosed structure on the roof. There are green bushes in the foreground and trees in the background.

## ***The Setting: Personalized Recovery Orientated Services***

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**Who: People, mostly insured with Medicaid and Medicare, struggling with Severe Mental Illness. Many also deal with substance use barriers**

**Where: Tompkins County Mental Health- Ithaca, NY**

**What: Psychiatric rehabilitation program focused on helping people find or return to a satisfying life**



## *The Motivation*

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**Help people get “unstuck”**

**Create more accessibility for people to AEDP**

**Decrease painful aloneness**

**Treat trauma that interferes with progress in life goals**



## *In Practice*

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**Formal groups with set curriculum – open and closed  
12 week 45 minutes focused heavily on  
psychoeducation and building connection**

**8 module group focusing on a balance of experiential  
and psychoeducational elements**

**Processing groups – closed and only available for  
those who had completed the 12-week group already**



## ***Facilitation***

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**Healing from the get-go**

**Establishing safety and undoing aloneness**

**Moment to moment tracking**

**Holding the hope**

**Developing Glimmer Detectives**



***Simplifying, not Watering Down***

**Slowing Down**

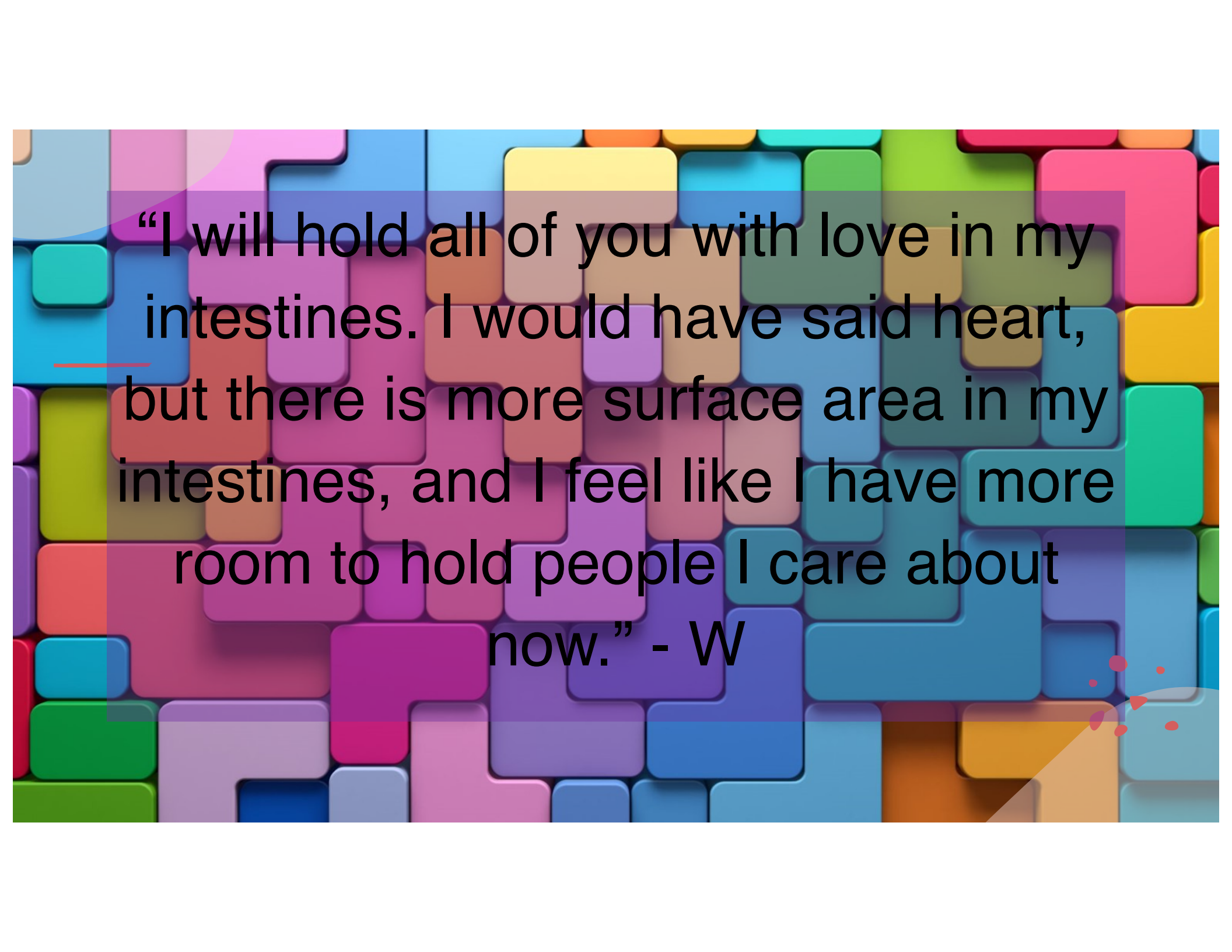
**Connection**

**Use of Self**

**Power of Psychoeducation**

**Incorporation of In the Moment Experiences**

**Accompaniment**



“I will hold all of you with love in my intestines. I would have said heart, but there is more surface area in my intestines, and I feel like I have more room to hold people I care about now.” - W



*Questions?*

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# Resources

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Jacobs Hendel, H. (2018). *It's Not Always Depression*. Random House.

Fosha, D. (2000). *The transforming power of affect: A model for accelerated change*. Basic Books.

Fosha, D (2021) *Undoing Aloneness and the transformation from suffering into flourishing*. American Psychological Association.