A flock of birds is silhouetted against a dramatic sky at sunset. The sun is a large, bright, glowing orb in the upper right quadrant, casting a warm, golden light across the scene. The sky is filled with soft, wispy clouds, and the overall color palette is dominated by warm tones of orange, yellow, and brown. The birds are scattered throughout the frame, some in flight with wings spread, others in various stages of flight, creating a sense of movement and freedom.

CHAMPIONING & CELEBRATING THE TRUE SELF:
AN AEDP “TRUE OTHER” IS AN AGENT FOR
LESBIAN LIBERATION

Kate Halliday & Andrea Northwood

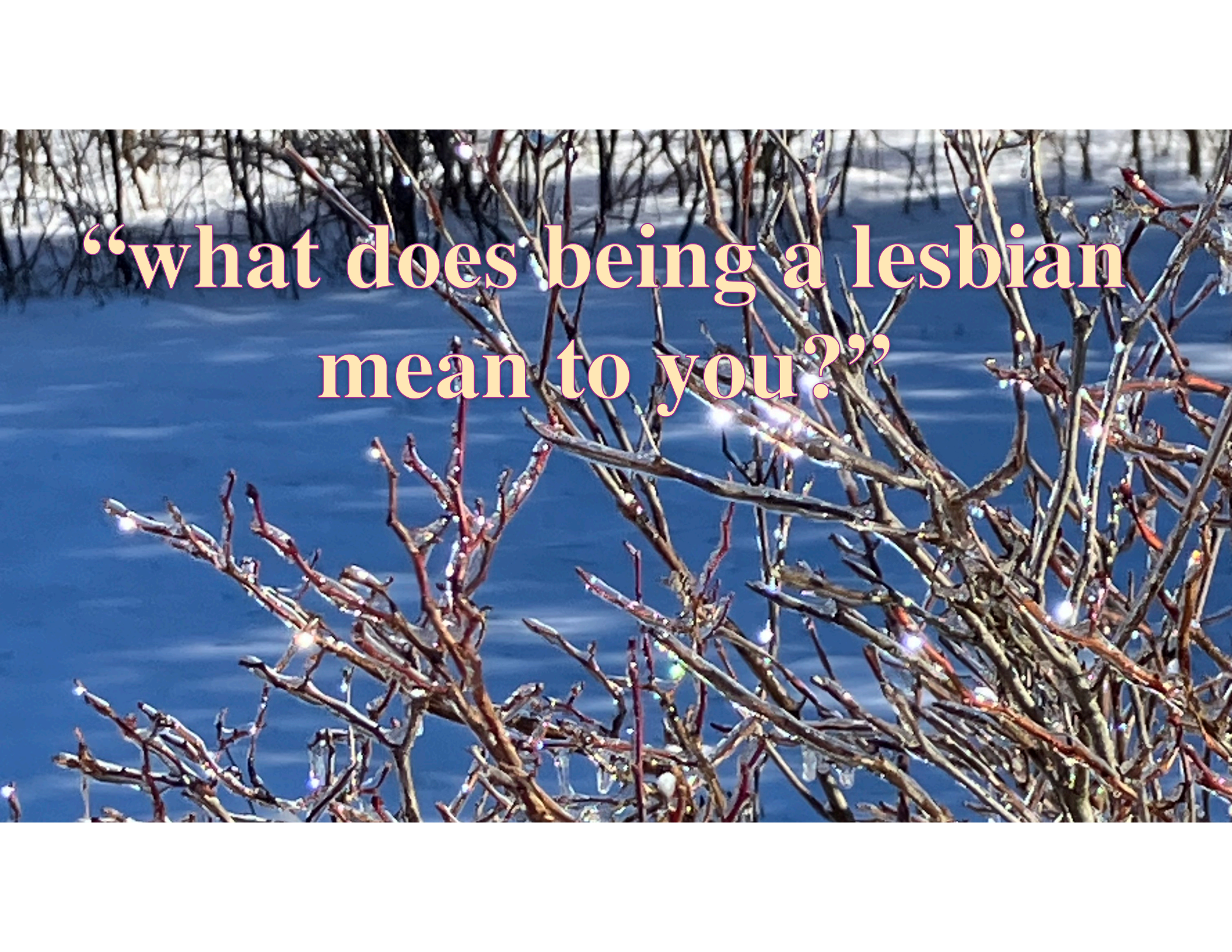
WHAT IS A LESBIAN?







AEDP is
a liberation model



“what does being a lesbian
mean to you?”



lesbians
go to therapy.....

A decorative wreath is centered on a large, grey, textured stone. The wreath is composed of several autumn leaves in shades of red, orange, and yellow, arranged in a circular pattern. In the center of the wreath is a smooth, light-colored heart-shaped stone. Small purple flowers are interspersed among the leaves. The wreath is surrounded by a ring of pine needles and small grey stones.

AEDP's stance, skills,
& theoretical schema.....

supply the "medicine"

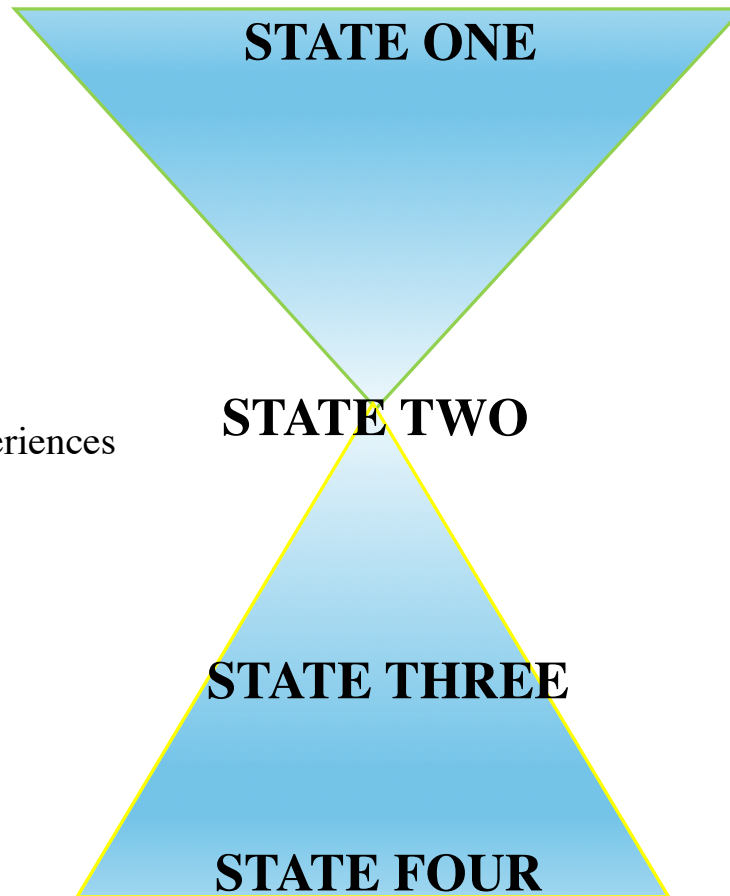
DYADIC INTERPLAY BETWEEN THERAPIST & LESBIAN CLIENT

THERAPIST "INTERVENTIONS":

- Makes no Assumptions
- Being Curious and Open
- Self Discloses vulnerability
- Radical honesty

- "Feeling Felt"; Stays present for Affective Inter-relational experiences

- Holds self and client in shared Transformational Experiences



CLIENT EXPERIENCES:

- Being MET
- Being SEEN
- Being BELIEVED
- Being ACCEPTED/
LIKED

Adaptive Experiences of:

- WILL & DESIRE
- AGENTIC SELF
- FEELING FELT

Transformational Experiences of: PRIDE

RECOGNITION of (True) Self
DELIGHT at unbrokenness of Self
The "CLICK" of "yes, this is me!"

SHARED CELEBRATION of client's new narrative of True Self



Reflecting on our work together,
& two videos

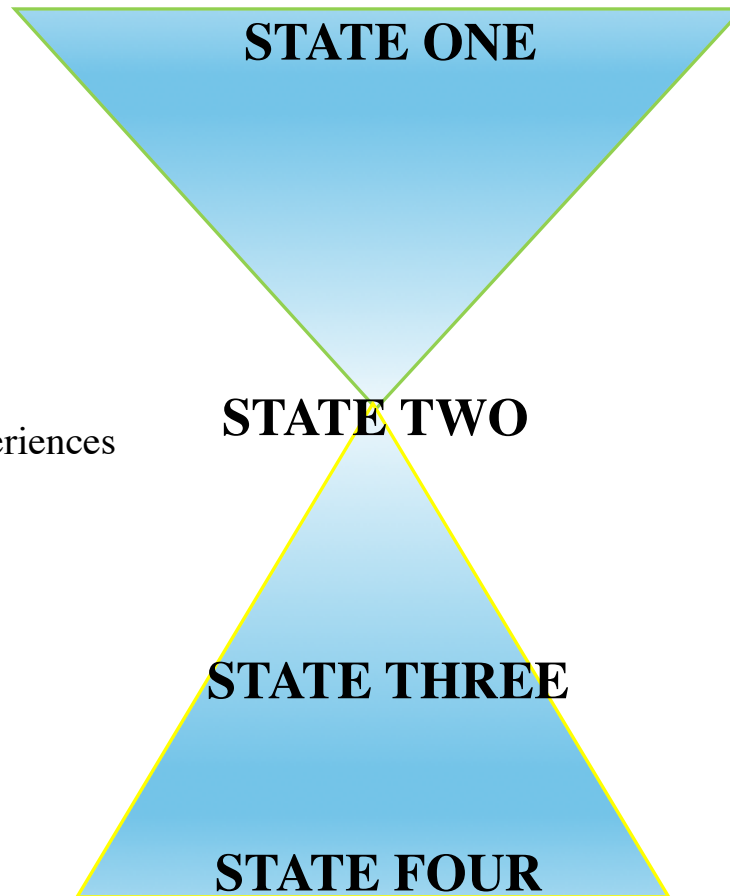
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Common State 3 Lesbian Experiences

MOURNING THE SELF: grieving years lost

MASTERY: pride

HEALING: affirmation; tenderness to Self

TREMULOUSNESS: accessing the forbidden

ENLIVENING: delight of unbroken SELF

REALIZATION: click of recognition of Self
& recognition of Self in the world

Non-lesbian
Therapist...



...Lesbian client



An invitation....



AEDP lesbian salon:

**Please join Andrea Northwood and Kate Halliday
Sunday April 27th from 1:00 to 2:30 EST.**

**We look forward to seeing as many of you as can
attend,
whether you call yourself gay, queer, or lesbian!**

Zoom room number: 628 699 2175