

**Pressing One's Edges From Safety:
working in Core State
to expand relational receptive affective capacity**

Presented by Sigal Bahat

Why might it be a good idea to choose to press the Pt's edges and expand their experiential capacity, particularly in Core State?



Aspects of AEDP work we can track watching the tape:

- Defense work
- Relational work
- The therapist's leading and leaning towards the new experience
- Using the Somatic Portal to deepen the patient's experiential capacity
- Arriving at Core State - deepening and expanding it experientially
- Working in Core State: rounds of deliberate work of stretching the patient's relational receptive affective capacity.
- The emergence of realization affect
- M/m meta-processing

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William James:

**“The great thing, then, in all education,
is to make our nervous system
our ally as opposed to our enemy.”**

(1914, in Habit)