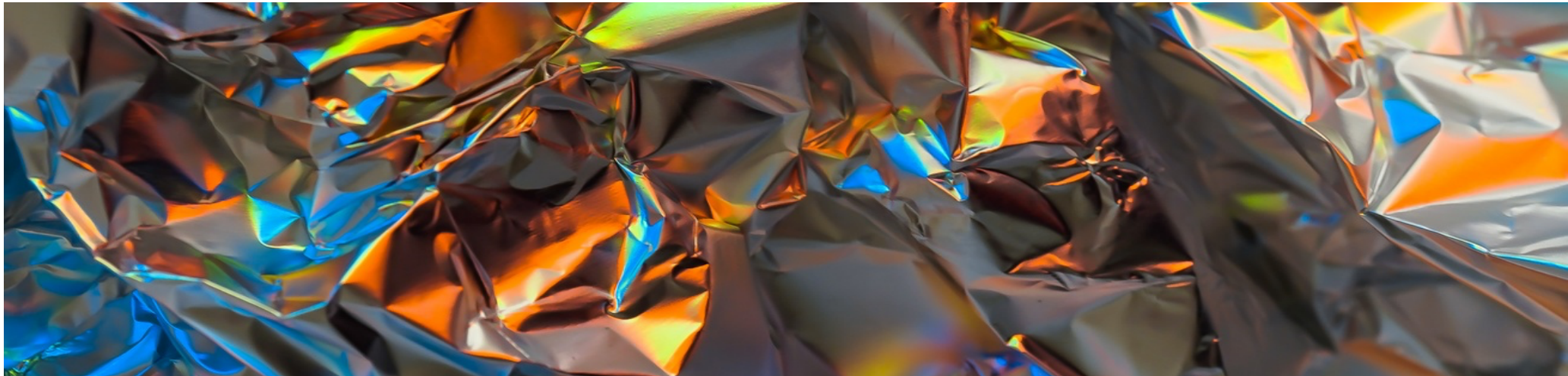
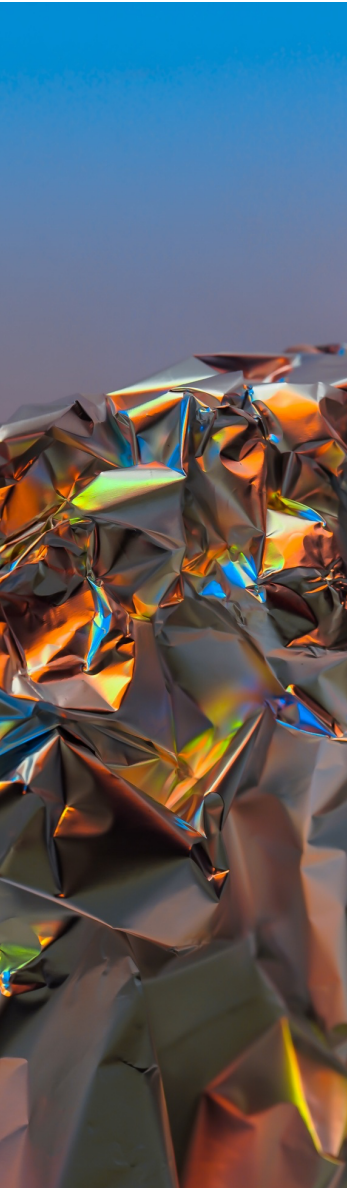


The ABC's of AEDP:

Acronyms to get you started or
keep you on track with the practice of AEDP

Benjamin Lipton, LCSW
Senior Faculty, AEDP Institute





Core Principles of AEDP

- We are innately wired for healing and growth and we call this Transformance.
- Psychological healing takes place within the context of a safe, trusting, and affirming relationship.
- The therapist is an active, explicitly empathic and emotionally engaged collaborator.
- Emotions are the key to psychological healing and transformation.
- Moment-to-moment tracking of embodied experience is the key to accessing core emotions.
- Metatherapeutic Processing (Metaprocessing) transforms implicit knowing into explicit understanding.

Key Clinical Techniques in AEDP



Transformance Tracking

Highlighting innate capacities for growth and resilience fosters a sense of agency and hope.



Experiential Focusing

Guiding clients to mindfully attend to their moment-to-moment embodied experience fosters self-awareness and integration.



Dyadic Attunement

The therapist's attuned presence and empathy help the client to recognize their emotions and feel safe enough to experience them.



Affect Exposure and Regulation

Moment-to-moment exploration and processing of somatic experience and core emotions leads to relief and resolution of trauma.



Metatherapeutic Processing (Metaprocessing)

Reflecting on the experience of positive change fosters new understanding and catalyzes further healing and transformation.

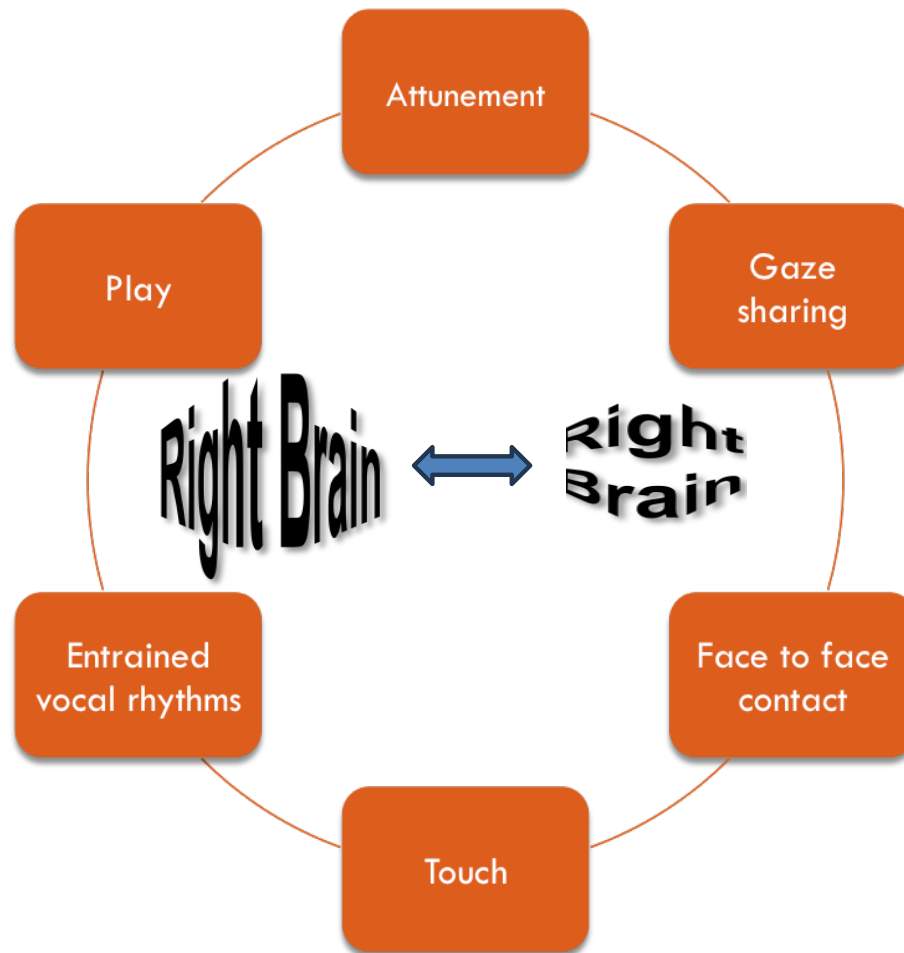
These key AEDP techniques work together to support clients in experiencing, expressing, and transforming their painful emotional states, ultimately leading to lasting healing and growth.

AEDP is rooted in Attachment

- Therapeutic stance of explicit affirmation, encouragement and delight
- Going beyond mirroring and actively helping
- Promoting client's felt sense of existing in therapist's heart and mind
- Focusing on the "Me" of the client and the "We" of the dyad
- Receptivity to being impacted by the client



Presence → Attunement → Co-regulation





PRESENCE:

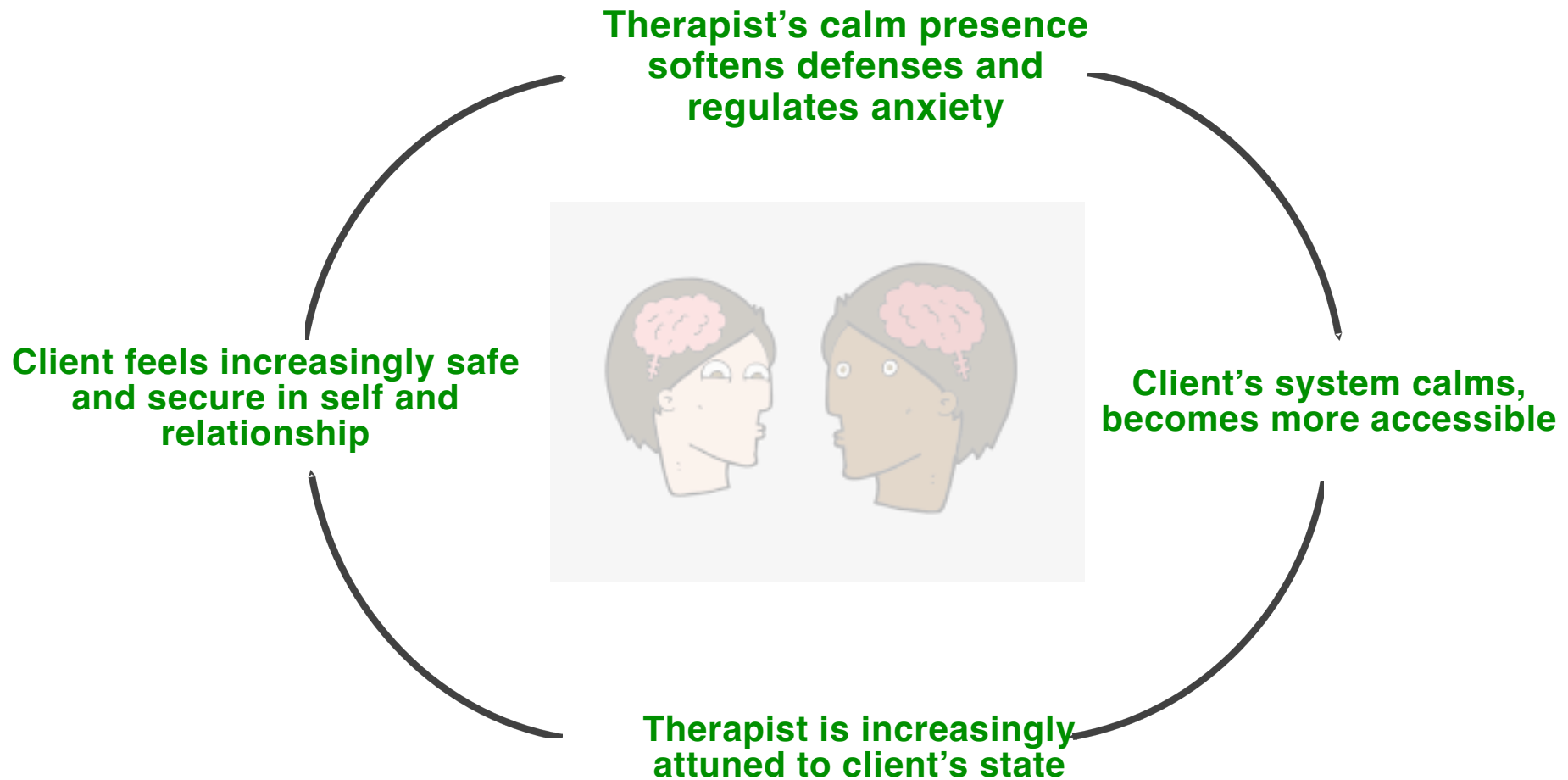
“Being open to what’s happening
as it’s happening.”

(Siegel, 2014)

BEING IS THE DOING



Co-Regulation in Action





THERAPEUTIC PRESENCE

- 🤝 A precondition for effective experiential therapy
- 🌱 A method for therapist attunement
- 🙏 A change process in itself

ACTIVE EMPATHY: A MODEL FOR CULTIVATING THERAPEUTIC PRESENCE IN AEDP

P

PRESENCE: Grounded and mindful in the present moment

"Am I aware of my body and open to my physical and emotional experience?"

A

ATTUNEMENT: Tracking R and L brain processes moment to moment

"Am I tracking my own and my client's verbal and nonverbal communications?"

I

INTENTION: Actively caring and wanting to help: positive vulnerability

"Am I explicitly conveying my care, concern and openness to helping?"

R

RESONANCE: Moments of Meeting

"Am I slowing down, being impacted by my client, and sharing this when helpful?"

R

REFLECTION: Metaprocessing

"Am I reflecting with my client on their experience with me?"

P

A

I

R

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PRESENCE: Grounded and mindful in the present moment

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"Am I explicitly conveying my care, concern and openness to helping?"

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ATTUNEMENT: Tracking R and L brain processes moment to moment

"Am I tracking my own and my client's verbal and nonverbal, moment-to-moment communications?"

INTENTION: Actively caring and wanting to help: positive vulnerability

"Am I explicitly conveying my care, concern and openness to deep engagement?"

RESONANCE: Moments of Meeting

"Am I slowing down, being impacted by my client, and sharing this when helpful?"

ACTIVE EMPATHY: A MODEL FOR CULTIVATING THERAPEUTIC PRESENCE IN AEDP

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REFLECTION: Metaprocessing

"Am I reflecting with my client on their experience with me?"



Say half



SANER Protocol

Putting it all together...



Invite your client to pause and slow down.

This orients your client toward their present moment experience.

S

SLOW DOWN

"Could we slow down for just a moment...?"

Affirm your client.

This reassures the nervous system, softens defenses, regulates anxiety and provides a solid foundation for experiential exploration.

A

AFFIRM

"What is happening right now is really important."

Make the implicit explicit.

This draws your client's attention to something specific that you are noticing.

N

NOTICE

“What are you noticing right now?”

"I'm noticing that...."

Invite your client to take time to "feel into" what is happening here and now.

This helps the client to "drop down" into their body and emotions.

E

EXPLORE

"Can we be with that feeling and see what comes up?"
"What are you aware of inside as we're noticing this together?"

Invite your client to reflect on what just happened.

This helps to "wire in" the new experience.

R

REFLECT

"What was that like to experience?"

"What was that like to experience with me?"



SANER Protocol

Putting it all together...

Slow
Down

- "Could we slow down for just a moment?"
- "Is it ok to slow down for a moment here?"
- "Can we pause and make some room for this?"

Affirm

- "What you're sharing with me is so important."
- "What you're landing on here is important."
- "This is really important."

Notice

- "What are you noticing inside right now?"
- "What's happening inside right now?"
- "I just noticed X happening, did you notice that too?"

Explore

- "Can we stay with that for just a moment."
- "Is it ok to be curious about this experience together?"
- "What happens as you notice that right now?"

Reflect

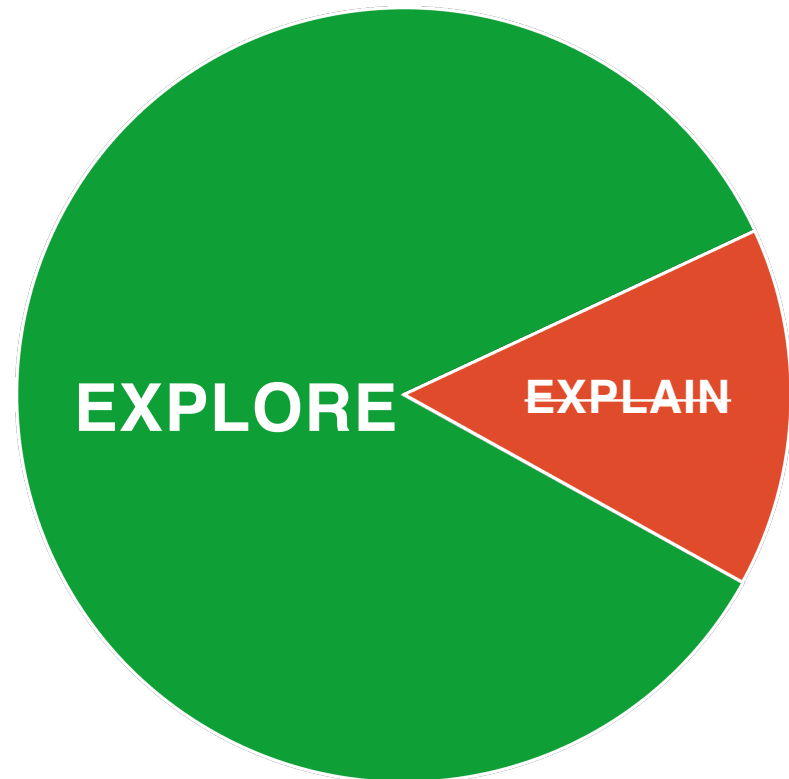
- "What was that like?"
- "How is it to do this together right now?"
- "What is it like to share this with me?"

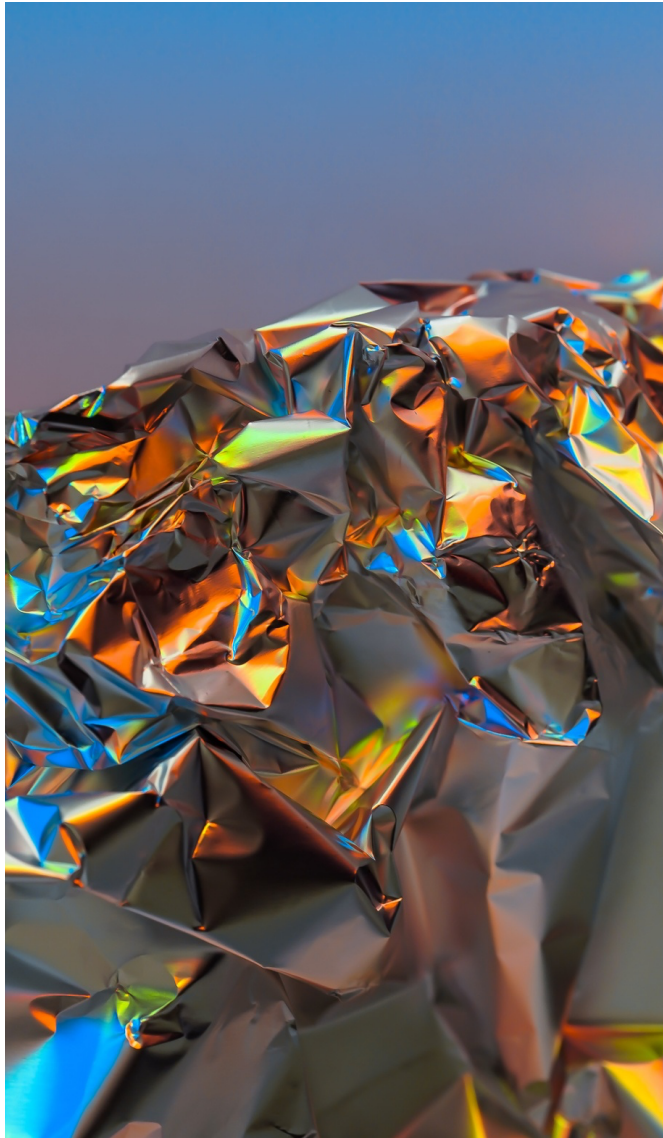
Don't Explain...

EXPLOR

- E "What are you aware of inside?"
- "Where are you feeling this?"
- "What's coming up right now?"
- "Just notice that feeling..."
- "Not from your head, but from your heart/
gut..."
- "Do you feel me with you right now?"
- "What's it like to let yourself have these
feelings?"
- "How are you doing right now?"
- "What shifted for you today?"
- "What would you like to take with you from
today?"

SESSION





Demo