

## AEDP's 9+1 AFFECTIVE CHANGE PROCESSES

#1.	<b>TRANSFORMANCE</b>
#2.	<b>EMERGENCE</b>
#3	<b>UNDOING ALONENESS, DYADIC COORDINATION, DYADIC AFFECT REGULATION</b>
#4	<b>BODILY-BASED EXPERIENCING</b>
#5.	<b>DISARMING DEFENSES</b>
# 6	<b>ATTACHMENT &amp; RECEPTIVE AFFECTIVE CAPACITY</b>
#7.	<b>EMOTION</b>
#8	<b>TRANSFORMATION: METATHERAPEUTIC PROCESSING. BROADEN &amp; BUILD; MEMORY RECONSOLIDATION; FLOURISHING</b>
#9	<b>INTEGRATION &amp; the EXPANSION of TRANSFORMATION</b>
The +1	<b>The SPIRIT of AEDP</b>