

# AEDP'S 9+1 AFFECTIVE CHANGE PROCESSES

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|            | <b>HEALING ORIENTATION: HEALING from the GET-GO<br/>entraining the potential for Positive Neuroplasticity<br/>TRANSFORMANCE &amp; RECOGNITION of the SELF</b>   |
| <b>#1.</b> | <b>DETECTION of TRANSFORMANCE; RECOGNITION and AFFIRMATION of the Patient's SELF</b>  |
| <b>1a.</b> | <b>Detection of and focusing on <i>transformance glimmers</i></b><br><i>Glimmers of healing and motivation to heal from the get-go (the daisy through the concrete) -- in the midst of stress, distress, and psychopathology</i><br><i>Often State 1 Work</i>   |
|            | <b>EMERGENCE</b>  |
| <b>#2.</b> | <b>PRIVILEGING EMERGENCE (of the new &amp; good): Noticing &amp; Seizing the Moment of Change-for-the-Better</b><br><i>N.B.: The moment of change-for-the better can be big (e.g., a moment of quantum change) or small</i><br>Noticing and seizing a moment of change-for-the-better, and/or an emergent good and new experience, and making <i>that</i> moment the focus of the work; highlighting/celebrating and staying with what's new, good and different, esp. when side by side with the same-old, same-old<br><i>Especially important in State 1, can occur in 4 states</i> |
|            | <b>UNDOING ALONENESS,<br/>ATTACHMENT Sprinkled with INTERSUBJECTIVE DELIGHT,<br/>DYADIC COORDINATION</b>  |
| <b>#3.</b> | <b>UNDOING ALONENESS</b><br>(3 subcategories)<br><i>N.B.: To be differentiated from <u>Dyadic Affect Regulation (6d)</u> and <u>State 2 Relational Processing (7c)</u></i><br><i>Often State 1 Work; States 1-3 Work</i>  |
| <b>3a.</b> | <b>Undoing Aloneness Explicitly and Experientially</b><br>Explicit expressions of connection, accompaniment, being with and wanting to be with, "We" statements. Explicit empathy, validation<br><i>e.g., "I feel so connected with you," "You have been so alone with this," "You don't have to be alone with this," "That's a lot"</i>  |
| <b>3b.</b> | <b>Undoing Aloneness with Respect to Social Location &amp; Differences of Social Location in the Therapeutic Dyad</b><br>Naming, inviting to name and making room for discussions of social location and differences of social location in the therapeutic dyad with respect to race, ethnicity, religion, gender, sexual orientation, able-ism, otherness (atypicality), size, age, etc., as well as power, privilege, marginalization oppression etc.   |
| <b>3c.</b> | <b>Dyadic attunement &amp; coordination in the service of undoing aloneness</b><br>Verbal, paraverbal and non-verbal interventions using right-brain to right-brain communication and psychobiological state attunement to establish connection, undo aloneness; work with gaze, synching rhythms, tone, matching language, slowing down together, etc., is included here.  |

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|                           | <b>THE PRIMACY of BODILY-BASED SOMATIC EXPERIENCING</b>  |
| <b>#4.</b>                | <p><b>FACILITATING SOMATIC, i.e., BODILY-BASED, EXPERIENCE &amp; its FELT SENSE</b></p> <ul style="list-style-type: none"> <li>▪ Explicit interventions for shifting the focus away from in-the-head cognition and toward moment-to-moment in-the-body sensing and feeling through <i>active explicit somatic interventions exploring somatic correlates of experience</i> and <i>inviting patients into experiencing</i></li> <li>▪ Encouraging patients to s-l-o-w down, attend to the body etc.</li> <li>▪ Encouraging embodiment and somatic experiencing; helping patient get the <i>felt sense</i> of their experience; get access to, stay with, and deepen bodily-based experiencing</li> </ul> <p>In all 4 states</p> |
| <b>DISARMING DEFENSES</b> |  |
| <b>#5.</b>                | <p><b>DISARMING DEFENSES – UNDOING EXPERIENTIAL AVOIDANCE</b><br/>(5 subcategories)</p>  |
| <b>5a.</b>                | <p><b>Affirmative work with defenses; Working toward melting and/or bypassing defenses</b></p> <ul style="list-style-type: none"> <li>▪ Melting defenses by empathizing with patient</li> <li>▪ Validating defenses prescribing them, lauding their importance</li> <li>▪ Bypassing defenses by focusing on the affect they block</li> <li>▪ Bypassing defenses by pressuring with empathy</li> </ul> <p>Mostly State 1 Work</p>   |
| <b>5b.</b>                | <p><b>Restructuring defenses: Top-down (i.e., more cognitive) work with defenses</b></p> <ul style="list-style-type: none"> <li>▪ Naming defenses, identifying their function</li> <li>▪ Cost-benefit analysis: Validating the value of the defense for survival <i>there-and-then</i>, while identifying its costs in the <i>here-and-now</i></li> <li>▪ Using psycho-ed about the Triangle of Experience with aim of restructuring defenses</li> </ul> <p>Mostly State 1 Work</p>  |
| <b>5c.</b>                | <p><b>Relational work with defenses: Undoing aloneness to diminish need for defense</b></p> <ul style="list-style-type: none"> <li>▪ Undoing aloneness in the service of diminishing the need for the defense</li> <li>▪ Emphasizing the patient's choice in when, or even whether to, relinquish the defense</li> <li>▪ Giving the patient permission to hold on to defense for as long as they need to</li> </ul> <p>Mostly State 1 Work; can also be defense work in State 2 or 3 when intensity of emotional or relational experience brings forth a defense</p>   |
| <b>5d.</b>                | <p><b>Intra-relational work with defenses</b></p> <ul style="list-style-type: none"> <li>▪ Parts work with the aim of seeing if the part that has the defense function can step way</li> <li>▪ Experiential work to understand the motivation of the part carrying the defense so as to address the part's concerns</li> </ul> <p>Mostly State 1 Work; can also be defense work in State 2 or 3 when intensity of emotional experience or relational experience brings forth a defense</p>   |
| <b>5e.</b>                | <p><b>Championing the patient to transform entrenched self-negating beliefs and pathogenic self-states through the therapist's advocacy on behalf of patient's SELF</b></p> <ul style="list-style-type: none"> <li>▪ Using the therapist's championing of the patient's SELF to counter the impact of pathogenic internalization of attacks against the self, e.g., "<i>I am no good, worthless,</i>" "<i>There's no point, it's hopeless,</i>" "<i>I'm such a loser</i>" etc.</li> </ul> <p>Mostly State 1 Work: can shade into State 2, maladaptive</p>  |

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| <b>REGULATION; DYADIC REGULATION</b> |  |
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| <b>#6.</b>                           | <b>REGULATING DYSREGULATED EXPERIENCE</b><br>(5 subcategories)   |
| <b>6a.</b>                           | <p><b>Anxiety regulation through validation, empathy, and “me too” self-disclosure</b><br/><i>N.B. Anxiety is within the patient’s window of tolerance</i></p> <ul style="list-style-type: none"> <li>▪ Using validation and/or empathy and/or normalizing to regulate anxiety</li> <li>▪ Using validation and/or “me too” self-disclosure to regulate anxiety</li> </ul> <p>Often State 1 Work</p>  |
| <b>6b.</b>                           | <p><b>Anxiety regulation through cognitive means: Top-down work with anxiety</b><br/><i>N.B. Anxiety is within the patient’s window of tolerance</i></p> <ul style="list-style-type: none"> <li>▪ Using psycho-ed about anxiety and/or the Triangle of Experience categories with the goal to regulate anxiety</li> <li>▪ Asking patient to describe sensations associated with anxiety with the goal to regulate anxiety</li> </ul> <p>Often State 1 Work</p>   |
| <b>6c.</b>                           | <p><b>Anxiety regulation through somatic means: Bottom-up work with anxiety:</b></p> <ul style="list-style-type: none"> <li>▪ Using somatic means of regulating anxiety, e.g., breathing, grounding etc.</li> </ul> <p>Often State 1 Work</p>  |
| <b>6d.</b>                           | <p><b>Dyadic affect regulation of dysregulated experience</b><br/><i>N.B. Patient is still connected to therapist but overwhelmed by the intensity of the experience/emotion; The dyadic work is in the service of supporting and facilitating the experiential work</i><br/><i>N.B.: To be differentiated from <u>Dyadic Affect Regulation in the Service of Undoing Aloneness (3b)</u> and <u>State 2 Relational Processing (7c)</u>; also from <u>Regulation of maladaptive affective experiences (6e)</u></i></p> <ul style="list-style-type: none"> <li>▪ Explicitly and experientially <i>accompanying</i> patient in dealing with difficult, potentially overwhelming emotional experiences</li> <li>▪ <i>The dyadic work is in the service of supporting the experiential work</i></li> <li>▪ Using the therapist’s affect to help regulate the patient; offering self and/or another attachment figure (actual or imaginary) for accompaniment, help, support, help while doing the experiential work, <i>be it the processing of core affective experience (State 2) or metaprocessing transformational experience (State 3)</i></li> </ul> <p>Often State 2 Work; Also State 3 Work</p> |
| <b>6e.</b>                           | <p><b>Regulation of maladaptive affective experiences (through all means)</b><br/><i>N.B.: Patient is usually outside their window of tolerance and/or the relational connection is shaky or broken</i></p> <ul style="list-style-type: none"> <li>▪ This involves mostly State 2 work with <i>pathogenic affects</i> (e.g., toxic shame, overwhelming fear) and <i>unbearable states of traumatic aloneness</i> with the goal of helping patients get back within their window of tolerance, and/or back in relational connection, and/or back in connection with Self</li> </ul> <p>Usually work with State 2/Maladaptive affective experience</p>   |

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| <b>PROCESSING involving<br/>EMOTION, ATTACHMENT/RELATEDNESS/INTERSUBJECTIVITY,<br/>INTRA-RELATIONAL ATTACHMENT, SELF</b> |  |
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| <b>#7.</b>   | <b>PROCESSING CORE AFFECTIVE EXPERIENCE to a CORRECTIVE EMOTIONAL EXPERIENCE (CEE) (6 subcategories)</b>   |
| <b>7a.</b>   | <b>Emotion processing: Experiential work with adaptive emotion</b> <ul style="list-style-type: none"> <li>▪ Experiential work processing core emotions to completion, i.e., a corrective emotional experience, or to a state shift from negative to positive</li> </ul> <i>State 2 Work</i>  |
| <b>7b.</b>   | <b>Intra-relational processing: Experiential work with intra-relational experience, i.e., parts work</b><br><i>Usually State 2 Work, though it can occur in States 1-3</i>   |
| <b>7c.</b>   | <b>Relational processing &amp; work with receptive affective experience: Experiential Work with relational experience in the here-and-now of the patient-therapist relationship.</b><br><i>N.B.: To be differentiated from <u>Undoing Aloneness (3)</u> and also from <u>Dyadic regulation of dysregulated experiences (6d)</u></i><br>Includes <ul style="list-style-type: none"> <li>▪ dyadic coordination in the service of deepening relational experience,</li> <li>▪ attachment work,</li> <li>▪ intersubjective work with shared states of resonance and intersubjective delight,</li> <li>▪ processing receptive affective experience in the context of work with relational experience</li> </ul> <i>Usually State 2 Work, though it can occur in States 1-3.</i> |
| <b>7d.</b>   | <b>Relational work to repair a relational rupture &amp; working to restore coordination, connection</b><br><i>N.B.: Here, the patient's aloneness is due to a disruption and /or rupture in the therapeutic relationship</i><br><i>Usually State 1 work that was preceded by State 2 or State 3 work.</i>  |
| <b>7e.</b>   | <b>Experiential processing of Self experience</b><br>Includes <ul style="list-style-type: none"> <li>▪ Work with self-experience</li> <li>▪ Work with emergent experiences of agency, will and desire</li> <li>▪ Work with vulnerable self-experience</li> <li>▪ Work with expressions of core needs</li> </ul> <i>Usually State 2 Work, though it can occur in States 1-3.</i>  |
| <b>7f.</b>   | <b>Experiential processing of core affective experiences NOS (not otherwise specified)</b> <ul style="list-style-type: none"> <li>▪ Psychodynamic narrative work, i.e., making meaning of the patient's story, through an AEDP lens (not yet the new meaning of core state)</li> <li>▪ Work with patient telling their story in an authentic &amp; embodied way</li> <li>▪ Processing the meaning of old unprocessed and unrecognized experience</li> <li>▪ Working with unformed experience</li> </ul> <i>Usually State 2 Work</i>  |

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| <b>METATHERAPEUTIC PROCESSING entraining<br/>TRANSFORMATION; BROADENING &amp; BUILDING; MEMORY RECONSOLIDATION;<br/>FLOURISHING</b> |   |
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| <b>#8.</b>  | <p><b>METATHERAPEUTIC PROCESSING of TRANSFORMATIONAL EXPERIENCE: Setting Flourishing in Motion: Broadening &amp; Building the Positive Transformational Affects</b></p> <ul style="list-style-type: none"> <li>▪ Metaprocessing the affective, relational and /or somatic aspects of transformational experiences and the transformational affects that accompany them (e.g., joy, pride, the emotional pain of mourning the self, the enlivening affects, the healing affects of gratitude and/or feeling emotional, the realization affects) that accompany metatherapeutic processes and transformational experiences</li> <li>▪ Broadening and building the positive affects of transformational experiences</li> <li>▪ The upward spiral of energy and vitality</li> </ul> <p><a href="#">State 3 Work</a></p>   |
| <b>INTEGRATION &amp; the EXPANSION of TRANSFORMATION</b>  |   |
| <b>#9.</b>  | <p><b>The INTEGRATION of TRANSFORMATION into Core SELF &amp; the EXPANSION of TRANSFORMATION</b></p> <p>Marked by the <i>truth sense</i></p> <ul style="list-style-type: none"> <li>▪ Process and expand core state phenomena (e.g., calm, wisdom, clarity, expansion, compassion for self, compassion and others, I/Thou experiences of connection, embodiment)</li> <li>▪ Process and expand the experience of “this is me”</li> <li>▪ Process and expand the experience of core SELF phenomena</li> <li>▪ Process and expand the experience of transpersonal phenomena</li> <li>▪ Process and expand I/Thou relating</li> <li>▪ Promote the integration of new meaning/truth into SELF</li> <li>▪ Support the emergence of new meaning/new truth and a new coherent and cohesive autobiographical narrative</li> </ul> <p><a href="#">State 4 Work</a></p> |
| <b>The +1</b>   | <p><b>The SPIRIT of AEDP</b></p> <ul style="list-style-type: none"> <li>▪ How <i>AEDP-ish</i> was this session? How quintessentially AEDP was this session? How much was this session done in/informed by the spirit of AEDP?</li> </ul>  |