

AEDP Supervisor-in-Training

Application Checklist

Supervisor in Training – *Application Checklist*
last updated May 15, 2026

Phase 1: Become a Supervisor-in-Training

Are You Eligible?

Applicants must be AEDP Certified Therapists for at least one year and complete the following requirements within the year prior to applying.

Have You Been an Experiential Assistant?

Assist in:

- At least **1 Immersion**
- At least **3 ES1 Modules**

You will need 2 more ES1 Modules and an ASM to graduate to Certified Supervisor.

Non-English-Speaking Candidates or Those in Challenging Time Zones

Equivalent assisting hours may be completed through Institute-recognized trainings, supervision groups, or Core Training programs, online or in person, with positive feedback.

Contact the AEDP Certification Committee to discuss alternatives if needed.

Have You Met the Reading Requirement?

Read:

Supervision Essentials of AEDP

Natasha C. N. Prenn and Diana Fosha

Learn about:

- The seven steps of the Certification Rubric
- The AEDP Supervisory Stance

This text presents an AEDP model of clinical supervision using videotaped sessions and emphasizes here-and-now interactions, affective resonance, empathy, and transformational learning.

Have You Identified Supervisors of Supervision?

You must identify **two Supervisors of Supervision** who agree to supervise you through the certification process.

Supervisor Requirements

- At least **one supervisor must be AEDP Faculty**
- The second may be:
 - AEDP Faculty, or
 - A Certified Supervisor who has been certified for at least two years

You are encouraged to work with at least one supervisor you have not worked with previously. If not, please explain your reasons in your application.

Your Supervisors Will

- Provide a minimum of **10 hours of individual supervision** of your videotaped supervision sessions
- Complete and submit the joint application form to Carolyn Fitzgerald, AEDP Administrator
- Evaluate your progress using the AEDP Supervision Rubric
- Provide honest and supportive feedback
- Assist with preparation and review of your work

Complete the Application Submission Process

Submit your **Supervisor-in-Training Application** to:

Carolyn Fitzgerald

AEDP Administrator responsible for Certification

Your application will be reviewed to verify:

- Experiential assisting hours and participant feedback
- Lead EA letters
- Any required licensing or insurance documentation (if applicable)

Once approved by the Supervisor Certification Review Board, you will be formally welcomed as an AEDP Supervisor-in-Training.

Upon Approval

Upon approval, the following information will be added to the AEDP Supervisor and Supervisor-in-Training directories:

- Name
- Photo
- Location
- Website links
- Contact information
- Professional bio

We encourage you to create a personalized bio that highlights your professional background, areas of interest, and supervisory style. A thoughtful bio helps potential supervisees gain a meaningful sense of who you are and determine whether you may be a good fit for their learning and professional development needs.

Please send your materials to Carolyn Fitzgerald.

Your email will be added to the:

- Find a Supervisor Google Group
- Supervisor-in-Training Google Group

Important Notes

- Supervisors-in-Training may provide supervision to therapists at any level.
- Up to **10 supervision hours** with Supervisors-in-Training may count toward AEDP Level Three requirements. Additional supervision beyond these 10 hours is encouraged for learning and consultation but does not count toward Level Three requirements or Certification.
- Supervisors-in-Training may not serve as Certification Supervisors for Level Three certification candidates.