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THE 9+1 AEDP AFFECTIVE CHANGE PROCESSES SCALE: SESSION RATING FORM

Date: Therapist Name: Patient Initials:

AEDP Affective Change Processes	How often you used this process in session					
	1	2	3	4	5	6
1. Detecting Transformance & Affirmation and/or Recognition of Self						
a) Detecting transformance glimmers	☐	☐	☐	☐	☐	☐
b) Affirmation of an/or recognition of Self	☐	☐	☐	☐	☐	☐
2. Privileging Emergence: Seizing a Moment of Change-for-the-Better	☐	☐	☐	☐	☐	☐
3. Undoing Aloneness						
a) Undoing aloneness explicitly and experientially	☐	☐	☐	☐	☐	☐
b) Dyadic coordination in the service of undoing aloneness	☐	☐	☐	☐	☐	☐
c) Repair of a relational rupture	☐	☐	☐	☐	☐	☐
4. Facilitating Somatic, Bodily-based Experience & Access to its Felt Sense	☐	☐	☐	☐	☐	☐
5. Disarming Defenses-Undoing Experiential Avoidance						
a) Affirmative defense work: melting, bypassing, pressuring with empathy	☐	☐	☐	☐	☐	☐
b) Restructuring: naming function, costs and benefits; psycho-ed	☐	☐	☐	☐	☐	☐
c) Intra-relational defense work: work with part carrying the defense	☐	☐	☐	☐	☐	☐
d) Championing the self: transforming self-negating & entrenched pathogenic self-states	☐	☐	☐	☐	☐	☐
6. Regulating Dysregulated Experience						
a) Validation, empathy, "me too" self-disclosure	☐	☐	☐	☐	☐	☐
b) Cognitive means – Top-down: engaging left brain to regulate	☐	☐	☐	☐	☐	☐
c) Somatic means – Bottom-up: breathing, grounding	☐	☐	☐	☐	☐	☐
d) Dyadic affect regulation to allow processing of core affective exp.	☐	☐	☐	☐	☐	☐
e) Regulation of maladaptive affect outside window of tolerance	☐	☐	☐	☐	☐	☐
7. Processing Core Affective Experience to a CEE (Corrective Emotional Experience)						
a) Emotion processing	☐	☐	☐	☐	☐	☐
b) Intra-relational processing	☐	☐	☐	☐	☐	☐
c) Relational processing & work with receptive affective experience	☐	☐	☐	☐	☐	☐
d) Experiential processing of Self experience	☐	☐	☐	☐	☐	☐
e) Experiential processing of Core Affective Experience NOS	☐	☐	☐	☐	☐	☐
8. Metatherapeutic Processing of Transformational Experience & Setting Flourishing into Motion	☐	☐	☐	☐	☐	☐
9. Expanding Integration & Core State Processing	☐	☐	☐	☐	☐	☐
+1. The Spirit of AEDP: How AEDP-ish was this session?	☐	☐	☐	☐	☐	☐

Scale: How often did you use this change process in today's session?

Not at all	Very little	A little	Moderately	A lot	Quite a lot
1	2	3	4	5	6

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Session-Organizing Question for Therapists (and the Research Team):

In order of importance, select the *3 most important change processes* you made use of in today's session. Feel free to use either a main category or a sub-category.

1.

2.

3.

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