The 'New Wave In Psychotherapy' Program at Baruch Ivcher School of Psychology in cooperation with the Executive Education at the Interdisciplinary Center (IDC) Herzliya, Israel

Cordially invites you to the

Accelerated Experiential Dynamic Psychotherapy (AEDP)
ADVANCED SKILLS (ES2) COURSE

With Karen Pando-Mars, MFT and SueAnne Piliero, PhD

1st session: May 12-16, 2019, 9:00-17:00
2nd session: November 3-7, 2019, 9:00-17:00

Neve Shalom Hotel

Registration fees for both sessions:

Early registration (until March 20th, 2019), - 5600 ILS (Students, Interns & Retired are eligible for a 4480 ILS registration fee)
Late registration (Starting March 21st, 2019, depending on availability), - 6800 ILS (Students, Interns & Retired are eligible for a 5440 ILS registration fee)
Eligible for registration are only practitioners with strong AEDP background:

1) practitioners who completed ES1, OR
2) graduates of the New Wave in psychotherapy program, OR
3) practitioners who have completed an immersion course, OR (starting March 10th, 2019 and depending on availability)
4) practitioners who completed 75 academic hours and 50 supervision hours (starting March 10th, 2019 and depending on availability)

We reserve the right to cancel the registration of any practitioner who’s background in AEDP is not sufficient or eligible

For registration, please click here

For questions or requests, please contact by e-mail: aedp.israel@gmail.com
This course is for Psychologists, Psychotherapists, Psychiatrists, Psychoanalysts, Social Workers, Counselors, MFTs, MD’s, Nurses, Creative Arts Therapists, Masters and Doctoral students and interns in mental health and the healing arts and sciences.

Prerequisites: ES2 is for practitioners who have completed both Immersion and ES1 (or ES1’s equivalent in supervision/core training). Though it is not required, to get the most out of ES2 we recommend that you have begun the practice of videotaping client sessions and that you have had some supervision from an AEDP supervisor (or participated in Core Training).

This course focuses on both helping you learn new, more advanced AEDP skills, while cultivating and fine-tuning the AEDP skills you already have.

Participants will emerge from ES2 with skills necessary to the in-depth practice of AEDP and strategies for doing AEDP with our more challenging clients.

About AEDP: Healing-oriented and attachment-based, AEDP’s practice translates current neuroscience and developmental research into moment-to-moment clinical practice. Simultaneously experiential and relational in its in-depth emotional explorations, AEDP’s interventions are deeply rooted in the dynamics of the transformational process that emerges in environments where the individual feels safe and known.

About Advanced Skills (ES2): AEDP Advanced Skills course will provide advanced, practical skills for the application of AEDP as well as a review and deepening of the theory underlying the practice. Our aim is to teach, in both left-brained and right-brained ways, different types of clinical interventions so that participants will emerge with both an understanding and a felt sense of how to “do” AEDP. Each day’s teaching will include didactic presentations of theory along with video of actual sessions conducted by AEDP Faculty followed by small group experiential exercises.
**Daily routine:** AEDP skills are introduced each morning first with their theoretical foundations and then with illustrations by way of clinical videotapes; skills are then practiced in group experiential exercises each afternoon.

**Faculty, Experiential Assistants and Clinical Video:** These are the hallmarks of all AEDP trainings. In AEDP, we pride ourselves in how thoroughly and deeply we seek to both undo professional aloneness and engage in rigorous clinical teaching. Our faculty are excellent as academics, clinicians and teachers. And they have skilled accompaniment from a large number of Experiential Assistants – up to and most often including one Experiential Assistant for every three participants. Participants rave about the excellent attention and support they receive in this unique learning environment; and faculty clinical video demonstrates “AEDP in action.

**Course Summary and Objectives:**

**Summary:**
AEDP Advanced Skills is for licensed practitioners who have completed both Immersion and Essential Skills (*or ES1’s equivalent in supervision/core training*).

Practical in its orientation, ES2 focuses on helping participants learn both new advanced AEDP skills, and cultivate and fine-tune the AEDP skills they already have. In both left-brained and right-brained ways we aim to teach you concrete and specific interventions and techniques that will help you with your more challenging clients. While reviewing and deepening your AEDP essential skills throughout, the Advanced Training will teach advanced skill sets necessary to the in-depth practice of AEDP, with theoretical foundations and clinical videotapes, as well as with group experiential exercises.
The goal is to help you really “work it,” AEDP style, while troubleshooting what stands in the way of your doing so. Participants can expect to develop more of a felt sense of how to entrain the quintessentially AEDP practice of “stay with it and stay with me” and how to keep the transformational process unfolding in all states.

**Course Objectives:**

At the end of this program, participants will be able to:

- Identify the specific clinical markers of each of the 4 states in the AEDP Model of Emotion Processing
- Utilize the skill of moment-to-moment tracking to facilitate processing core affects to completion
- Demonstrate two techniques for deepening a client’s access to adaptive core affects
- Distinguish adaptive from maladaptive core affects
- Define “portrayal” and identify different types of portrayals
- Demonstrate understanding of how to utilize portrayals in clinical work to process core affect
- Discover the central place of pathogenic affects (e.g. feelings of worthlessness, shame, unbearable aloneness, etc.) in trauma.
- Explain what therapeutic presence really means—being inside the patient’s world and our patients knowing it, feeling it, and viscerally registering it—and the integral part it plays in transforming pathogenic affects.
- Show what we really mean by “undoing aloneness”, how to regulate fear and shame, champion the patient’s self-at-best, and experiential work with relational experience—all key ingredients in transforming trauma and the self.
- Describe how to be more affectively engaged, relationally courageous (i.e. “fierce love”) and make more purposeful use of their own emotional experience in their work with clients.
- Identify three phobias associated with trauma work based on the Structural model of dissociation.
• Describe two AEDP-based therapeutic interventions that aid in the patient’s development of emotion regulation.
• Name two affective change processes in AEDP that can help stabilize patients in early trauma treatment.
• Define “Intra-relational AEDP” and identify two goals associated with its use.
• Explain how to reliably track patients’ position on the triangles and determine when the patient is functioning in the realm of feeling, defense or anxiety.
• Designate the different levels or subcategories of feeling, defense and anxiety.
• Demonstrate how to use knowledge about the patients position to guide therapeutic interventions.
• Explain concrete steps to restructure defenses and reduce barriers to connection in the therapy relationship.
• Establish ways to track and regulate anxiety so that it is in an optimal range.
• Demonstrate skills for accessing internal affective resources and unconscious material so they are available for therapeutic exploration.
• Differentiate between empathy and affirmation
• Explain the importance of metatherapeutic processing
• Integrate affirmation into their technical repertoire of interventions
Course Schedule:

WEEK ONE: May 12-16, 2019 Karen Pando-Mars, MFT, AEDP Institute Senior Faculty

May 12, 2019, Day 1: Fine-tuning the relational and experiential interventions of AEDP through the Four State model.


May 14, 2019, Day 3: Working with Dysregulated states and Trauma

May 15, 2019, Day 4: Just portrayals: an emotion processing option (Guest Presenter)

May 16, 2019, Day 5: Metaprocessing: Increasing receptive affective capacities aka “taking it in.”

WEEK TWO: November 3-7, 2019 SueAnne Piliero, Ph.D. AEDP Institute Senior Faculty

November 3, Day 1: Psycho-biologically attuning, Co-Regulating, and Moment-to-Moment Tracking: Three Essential Ingredients to Transforming Trauma and the Self

November 4, Day 2: Working with Entrenched Defenses & and Anxiety (Guest Presenter)

November 5, Day 3: Working with Maladaptive affects, Dissociation via Parts Work and Fierce Love

November 6, Day 4: Building the Self via actively using the therapeutic relationship

November 7, Day 5: Summing it up: What’s Required of Us Personally and Professionally to do AEDP?
Karen Pando-Mars, MFT is a psychotherapist and senior faculty member of the Accelerated Experiential Dynamic Psychotherapy (AEDP) Institute. She brings a passionate interest in the attachment dynamics that facilitate deep and lasting connection between Self and Other. Her depth of presence is grounded in a well-honed skill-base, combined with her ability to “feel into” the struggles, strengths, fears and victories of her clients, supervisees and training participants.

Karen met and began consultation with AEDP’s founder Diana Fosha in 2005. Her background includes Focusing, ProcessWork, EMDR, Sandtray and Authentic Movement. Since 2011, she leads AEDP Essential and Advanced Skills courses, Core Training and she is a co-faculty of AEDP for Couples courses, across the United States and internationally.

Karen’s presence, candor and warmth in her teaching are complimented by the organization and clarity with which she translates complex
theory into user-friendly interventions. Videotapes of her clinical work are deeply moving and stimulating to psychotherapists learning to cultivate the therapist use of self for transformational outcomes.

Her recent publication “Tailoring AEDP interventions to attachment style,” 2016 *Transformance Journal, 6* (2) is the basis for her upcoming book, which will be co-authored with Diana Fosha and published by Norton & Co..

SueAnne Piliero, PhD, is Senior Faculty and a founding member of the AEDP Institute in New York City.

Dr. Piliero provides AEDP training and consultation to clinicians and mental health professionals around the world. She is known for her warm, engaging teaching style and her ability to communicate complex topics with humor and clarity. Her clinical work, which you will see via videotape of actual sessions, powerfully demonstrates how even the most
traumatized patients can be transformed. She is a lead trainer in the AEDP Institute’s Essential Skills Courses, a lead supervisor of the AEDP Core Training Program, and a well-sought-after consultant in AEDP.

Dr. Piliero received her doctorate in clinical psychology from Adelphi University, and her master’s degree in human development and psychology from Harvard. Her clinical interests and specialties are in trauma, PTSD, dissociation, and the ways in which the mind, body, spirit is powerfully poised to transform them. In addition to AEDP, Dr. Piliero is trained in EMDR, Brainspotting, and Parts work, all of which she weaves into her clinical work. She teaches, consults, and maintains a private practice in New York City.

**Location:**

The course will take place at Neve Shalom hotel, Jerusalem