

ES1 EXPERIENTIAL EXERCISE

Healing from the Get-go in AEDP

PRACTICE SESSION TOPICS:

- ✓ AEDP Stance of Affirmation from the Get-Go
- ✓ Transference Detection
- ✓ Moment-to-Moment Tracking of the Process
- ✓ Staying with Emotional Experience/"Gluing the Glimmer"

Therapist: Ask client: **What draws you to AEDP?**

Try to practice some of these interventions:

- **Welcome/Affirm/Validate/Offer Encouragement:** "I appreciate your sharing this with me." "You're doing such a great job..." "Wow."
- **Invite & Stay With Emotional Experience:** "What you just said is really important." "Can we just SLOW it down here for a moment?" "What are you feeling right now?"
- **Somatic Interventions:** "What do you notice in your BODY right now?" "Can we check in with what you are feeling physically right now?" "What's that like inside?" "What is your fist/heartbeat/furrowed brow, etc. saying right now?"
- **Metaprocess:** Metaprocess at any given moment ("What does it feel like to acknowledge that?). Metaprocess at the end ("What was it like to do this with me/together?")

Witness: Look for and notice your internal response to...

- Therapist's attempt/s at affirming/appreciating/validating client
- Therapist's attempt/s to track non-verbal processes moment-to-moment

- Therapist's attempt/s to invite and stay with emotional experience of client as it emerges
- Therapist's attempts to metaprocess experience with the client

Alternate Group: Note the moments that were an AEDP learning for you. An "AEDP A-ha" moment, where you might have tried something new, and perhaps write these down."

PROCEDURE:

1) 15-minute session.

WITNESS/TIMEKEEPER: keep time, make a quiet reminder to therapist 5 minutes before the end of the exercise.

2) 15-minute group Metaprocessing.

ASSISTANT:

SUPPORTS GROUP MEMBERS TO REFLECT (NOT TO EVALUATE!):

*First, THERAPIST: What felt good? What felt new? What felt exciting?

*Second, CLIENT: What felt good? Where in session did you feel any shifts? If you felt your therapist BEING as well as DOING, reflect on how you sensed this.

*Third, WITNESS: Reflect on the internal experience of being with the dyad. What did you notice inside yourself: emotionally? physically? energetically?