

Experiential Exercise Day 1

Topic: *Building receptive affective capacity*

Purpose: The goal of this exercise is to explicitly have the patient name and “take in” their own **innate skills/capacities** that resonate with the AEDP Therapeutic Stance. A seemingly simple task but as you will see, saying good things about oneself is (often) very difficult to do. The role of the therapist is to help patients be able to say/take in positive things about themselves, and to encourage, validate, and regulate as your patients journey through this with you.

Patient: Think about what drew you to AEDP, what in AEDP resonates within you and your therapeutic style. What are the gifts and inherent skills that you bring that will make you a good AEDP therapist?

Therapist: Ask patient to name 3 positive qualities about him/her/themselves that already make them a good AEDP therapist.

Try to practice some of the following AEDP interventions:

State one interventions: (building dyadic safety)

- Identify and choose entry points: “I notice some feelings are coming up”. Can we make room for them?”
- S-L-O-W things down
- Acknowledge/appreciate vulnerability
- Self disclose when and if you feel moved to do so

State two Interventions: (“stop, drop and stay”)

- Orient patient to Internal Experience: “What are you noticing in your body?”
- Facilitate and deepen the emotional experience: “Let the feelings come”, “that comes from a deep place”
- Self disclose: “I’m feeling moved/touched/saddened by....”
- Emphasize we-ness: “Stay with it and stay with me as you “take in” this truth about yourself...”

Metaprocess and expand, install (“glue the glimmer”)

- (m)etaprocess at any given moment (what’s it feel like to acknowledge that?)

- (M)etaprocess at the end (what was it like to do this with me?)

Witnesses: What to look for during practice round:

- Notice your shifting felt sense as you witness the process.
- Notice Therapist's attempts to help the patient "stop, drop and stay" with an experience.
- Notice any shifts in the process, even the smallest, when the patient takes in the therapist's empathy or supported by the therapist's intervention takes in something good about themselves.