

## ESSENTIAL SKILLS (ES1) Course ONLINE WEEK 2

*(Formerly Denver)*

December 5th - 9th, 2020

### EXPERIENTIAL ASSISTANTS BIOS

#### LEAD EXPERIENTIAL ASSISTANT

**Lia Jones, LMFT** is a certified Therapist and Supervisor in both AEDP and EFT in Denver, Colorado. She has worked with homeless children and families in non-profit mental health services and has been in private practice since 1998. Lia has served as both an assistant and Lead Assistant at multiple Immersion and Essential Skills trainings and helms multi-faculty core training groups in Denver. She teaches core training modules, introductions to and specific topics on AEDP to professional and student communities. Lia is the founder of AEDP Rocky Mountains, a community group that sponsors AEDP workshops and community lunch and learns for practitioners learning the AEDP model. In addition to her practice, community work, and teaching, she offers group and individual supervision live and online. Lia has been delighting in AEDP since the 2003 Immersion followed by three years of core training, two of which were with Diana Fosha in New York and one year with Ben Lipton and Ron Frederick. Discovering AEDP brought what was a felt sense of “right” into a cohesive, validating practice. She’s honored to work with clients in this way and to support the growing, learning AEDP community.

#### EXPERIENTIAL ASSISTANTS

**Carolina Castaños, PhD, LMFT.** I started learning AEDP in 2011 during an immersion course with Diana. I continued learning throughout the years being part of the creators of AEDP southeast. Had the wonderful opportunity to receive training in a small group setting (we are 7) from Diana Fosha, Steve Shapiro, David Mars, and Jerry Lamagna. Aedp has changed how I do therapy and am always learning more.

**Sandra Gaskill, LPC,** is a Level 3 AEDP therapist in private practice in Boulder, CO. She started her studies in sport psychology and transitioned quickly into counseling psychology with an emphasis in somatic (Hakomi) and energy-based work. Her personal and professional lives have transformed since her introduction to AEDP at the 2017 Denver Immersion. Sandra jumped in with both feet and particularly loved her experiences in ES1 and ES2. She is currently participating in Core Training and delighted to be assisting.

**Jody Kemmerer, LCSW** has a passion for helping clients develop greater emotional awareness and resiliency. Her experience working with adolescents and young adults has given her a

light-hearted, experiential style. Drawing on a wide array of training and experience, Jody integrates complementary methodologies focusing on developing secure attachment, mindfulness and greater somatic awareness within her clients. As meditator for over 20 years, Jody was drawn to, and trained initially in Dialectical Behavioral Therapy. In Fall 2020, she will be teaching DBT at her alma mater Columbia University's School of Social work. Jody is a level 3 AEDP practitioner and is currently working towards AEDP certification while in private practice in New York City.

**Elisabeth LaCaze, LCSW** is in private practice in Santa Barbara, CA where she works with individuals and couples. She is a Somatic Experiencing practitioner and an EFT Couples therapist as well as a student of Eastern meditation. Passion for her own journey of growth and transformation led her to AEDP, where she finds a beneficial interface between the best in psychological understanding and timeless spiritual wisdom.

**Lee LeGrice, PhD, LCSW** is a psychotherapist in private practice with offices in Fort Worth, Texas and Denver, Colorado. She first experienced AEDP in 2016 in New York City completing the Immersion Course and has so much gratitude for learning and living in this model. She is currently working towards certification.

**Cristina Mendonca** is an AEDP certified clinical psychologist. She has a private practice in Rio de Janeiro and is currently setting one up in Rome, where she has recently moved. After completing the Immersion course in 2013, she was absolutely taken by the AEDP model and since then has gone to New York every year for Essential Skills 1 and 2. Cristina has also assisted in trainings held in Rio, London, and again New York. AEDP has "undone her therapist's self aloneness" and changed her professional life's trajectory for good. Cristina is happy and honored to be part of the assistants' team.

**Tiana Mile, LCSW** is in private practice in Denver, CO. Tiana has been in the mental health field since 2001, and has worked in various roles and settings including as a guide in wilderness therapy programs for high risk adolescents, school counselor, therapist in eating disorder unit in hospital, and as an adolescent and family therapist in a community mental health agency. Tiana has a deep love for working relationally, experientially, and supporting clients in connecting with the deep, inner realm of self. AEDP has become a therapeutic home for Tiana, and she deeply appreciates how AEDP gives permission to therapists to be authentic and genuinely touched by their clients. Tiana's particular areas of interest are healing through reparative attachment experiences in therapy, and the spiritual, transcendent experience that can often accompany core state.

**Carline Napolitano, LCSW, BCD** is a clinical social worker for close to 30 years. Her career spans agency and hospital based practice as well as private practice. She has an extensive background in dealing with the impact of neurological impairments on behavior and anxiety disorders. Intrigued

by the AEDP model after hearing Diana Fosha speak at a conference in 2009, Carline began AEDP training in 2013. In addition to Immersion, ES I, II, she began supervision with Natasha Prenn and finally core training with Jeanne Newhouse. Carline is a certified AEDP therapist, holds a Post Masters in Clinical Social Work Practice, certified in hypnosis and trained in EMDR. She has assisted at Essential Skills I. Her practice is located in Syosset and Plainview, NY, where she works with individuals and couples and provides supervision to clinicians. She is on the board of the Nassau Chapter of NYSSCSW and is clinical editor of the chapter's newsletter. She may be reached at cncsw90@msn.com or (516) 641-455

**Meghann Case Platt, PsyD** is a psychologist in private practice in Portland, Oregon. With an extensive background in experiential therapy, Meghann came to Immersion in 2017 and continued from there with steady focus on her AEDP path. In her clinical practice, she specializes in working with clients who present with cultural, sexual, or gender identity development concerns and experiences of surviving power-based personal violence. Accordingly, she approaches her research and clinical work with an attachment-based developmental framework and multicultural and social justice lens. Meghann also has a strong interest in advancing research on humanistic, dynamic, and other non- manualized therapies.

**Lisa Rosen,** a licensed professional counselor (LPC), is currently working with individuals and couples at a group practice in Denver, Colorado. She has over 10 years of experience working at non-profit organizations for at risk teenagers, as an individual therapist, family therapist and in supervisor roles. Lisa found Emotionally Focused Therapy (EFT) and engaged in multiple trainings, including Core Skills. Lisa attended a training with Diana Fosha and was inspired to participate in Immersion in 2017. Lisa realized that the natural, yet complex nature of undoing aloneness and understanding feelings of depression and anxiety, opens up space for a clients true self that had a profound impact on her style of therapy. And delight in the positive! Lisa has participated in ES1, group supervision and is currently participating in Core Skills. She is a member of the Rocky Mountain AEDP community, grateful to always be continuing to learn and grow in the model.

**Gail Schumann, LCSW-C.** I am a clinical social worker in private practice with offices in Silver Spring and Bethesda, Maryland. In addition to my masters from the University of Maryland I have completed a two-year clinical psychodynamic program at the Washington School of Psychiatry, and have done extensive training in Emotionally Focused Therapy for Couples (EFT) and families (EFFT). My AEDP journey began several years ago with the Immersion in Vancouver, and since then I've participated in essential skills, core skills and both individual and group supervision in addition to other AEDP workshops. In the past two years I have been part of the steering committee which is working to develop the regional AEDP Metro DC community. Previously I enjoyed a twenty-year career in documentary film. I work with adults and adolescents, and

particularly enjoy the diversity of backgrounds and life experiences of people in the Washington, D.C. area. I have raised two sons and several dogs and live in Silver Spring.

**Jessica Slatius, LCSW** is a Certified AEDP Therapist and Supervisor in Colorado. She is an integral part of the AEDP Rocky Mountains community, and has presented locally on a number of topics within AEDP. More recently, she has focused on writing and teaching about working with eating disorders using AEDP, and has authored two publications on the topic: an article in *Transformance*, the AEDP journal, and a book chapter co-authored with Natasha Prenn in the book *Trauma-Informed Approaches to Eating Disorders*. Jessica received her Bachelor of Arts from Vassar College, her Masters in Social Work from New York University, and her post-graduate training in eating disorders at the Center for the Study of Anorexia & Bulimia (CSAB). Jessica was a participant in the inaugural AEDP Essential Skills course in 2010 and has not looked back since! A native New Yorker, Jessica has had the privilege of training with, and being mentored by, a number of AEDP Senior Faculty, including Natasha Prenn, Ben Lipton, Eileen Russell, and (last but not least) Diana Fosha. She has served as an experiential assistant at many Immersion, ES 1 and ES 2 courses over the years, and loves helping others learn and apply the model.

**Lisa Sydow, PhD, LPC** is a licensed psychotherapist in Boulder Colorado where she has been in practice for more than 30 years. Lisa incorporates diverse methods in her practice and considers effective psychotherapy to occur at the intersection of art, science and of course relationship. Lisa has advanced training in Ericksonian Hypnosis, EMDR, Family Systems, group and conflict facilitation, Accelerated Experiential Dynamic Psychotherapy (AEDP) and is certified both in Brainspotting (BSP) and Emotionally Focused Couples Therapy (EFT) and currently is an EFT supervisor in training. Lisa discovered AEDP 3 years ago and with much delight has engaged in a rich learning experience by participating in ES1, ES2 and core training. She has discovered that AEDP serves as a home base and overarching theory from which she can integrate and utilize her already existing toolbox.

**Scott Van Note, LMHC** is a Licensed Mental Health Counselor in private practice in Santa Fe, New Mexico. Scott previously worked for several years in an intensive outpatient program in Albuquerque, treating substance issues, and employing AEDP in healing complex PTSD and working with personality disorders. Additionally, Scott facilitated weekly anger management and relapse prevention groups. Scott is a Level 2 AEDP Therapist, having trained for five years in AEDP and has assisted in prior Essential Skills trainings. He also serves on the Board of AEDP Southwest and enjoys bringing these richly immersive workshops to New Mexico. Scott has a Master's of Arts in Counseling from Southwestern College in Santa Fe, as well as a Master's of Eastern Classics from St. John's College. Scott's therapeutic practice emphasizes mindfulness and somatic practices, incorporating AEDP alongside the parts work of IFS, engaging with the

inner-child of clients, as well as dissociated parts, on a path towards catharsis, reunion, and integration.