



AEDP Essentials and More;
A monthly study group for psychotherapists

Third Friday of each month

12:30pm – 3:30pm

\$110/meeting

At Candyce's office: 2124 Bluebonnet Lane, Austin, TX 78704

Bring lunch if you want to

Accelerated Experiential Dynamic Psychotherapy (AEDP), is a transformation-based, healing-oriented, emotionally-engaged model of therapy. Developed by Diana Fosha, AEDP is a cutting-edge way of working with patients, built on attachment theory, affective neuroscience, body-focused approaches, and transformational studies. (See www.aedpinstitute.com for more info.)

As AEDP so powerfully demonstrates, deep and positive transformations occur in the context of safe, supportive, and positive relationships. This study group harnesses that ethos by providing an opportunity to learn about the essential elements of AEDP and its foundational material in an explicitly supportive and expansive collegial environment. This group is for therapists of all experience levels, and will be attuned to its members as people, clinicians, and learners.

Learning will take place via in-depth discussion of readings, video demonstrations of AEDP in action, and engagement in clinician support such as case consultation, therapist self-care, practice building, and more. CEUs will be provided at no additional charge.

*For more information or to schedule a pre-group interview, contact:
Candyce Ossefort-Russell, LPC, 789-6244, candyce@candycecounseling.com
www.candycecounseling.com*

About the group leader: I am a clinician, supervisor, trainer, and writer in private practice. My therapeutic perspective has emerged out of intensive life experience and rigorous training, and I have actively lived and studied psychological and spiritual perspectives of suffering and transformation for 20 years. I am the only certified AEDP therapist in the state of Texas, and I served on the AEDP Institute Faculty for 3 years. I trained for more than 5 years with Diana Fosha, AEDP Founder, and with Ron Frederick, AEDP Senior Faculty. I have extensive experience working from an AEDP perspective with individuals and groups in the areas of trauma, grief, life transition, depression, and parenting; as well as in teaching, leading groups, and supervising interns. I continue to study body-based therapies and updates in interpersonal neurobiology and attachment theory on an ongoing basis. My warm and emotionally engaged style provides a safe and connected atmosphere for growth and learning.