

Candyce Ossefort-Russell, LPC-S, PLLC

Psychotherapy

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ENRICHED AEDP SKILLS TRAINING – 2012-2013

- Beginning September 2012 -

Intensive private training in translating the theory of AEDP into practice: The course will teach concrete skills that help you to know “how to be” in your role as AEDP therapist, and “what to do” in the practice of AEDP. I will explain and illustrate, as well as help you practice, different aspects of AEDP work in each of five modules, so that you will emerge with both an understanding and an intuitive sense of how to apply AEDP to your work. You will receive a certificate of completion and a listing on my *DEEP* Training website as having completed the course.

These trainings will take place in small groups in order to explicitly create a safe container in which you will be able to “experience AEDP while you learn AEDP.” Each one of the five training modules will include multiple rounds of didactic instruction, illustrative videotapes of actual therapy sessions, experiential exercises, and group process.

Module 1 – Developing Experiential Therapist Qualities:

Creating Safety for Patient and Therapist

Module 2 - Foundational Skills: Application of AEDP Core Ideas

Module 3 – Working With Defenses: When It’s Hard to Connect

Module 4 – Working with Emotion: How to Stay-With/How to Regulate

Module 5 – Metaprocessing: Bringing the Therapeutic Relationship Into the Foreground

In addition to in-depth AEDP training, all modules are *enriched and expanded* to include:

- both theory and intensive self-building of the therapist so that the learned AEDP skills will emerge from a solid internal foundation in the therapist;
- existential ideas about the nature of suffering and our role as therapists in helping with suffering that provide a strong grounding for the therapist when the going is hard;
- detailed integration of Porges’ polyvagal theory and Shore’s research into AEDP practice;
- integration of specific body-based work into AEDP practice (Sensorimotor Psychotherapy and Developmental Somatic Psychotherapy);
- translation of the crucial regulation theory concept of enactments into experiential therapy’s theory and practice;
- linking of depth psychology to interpersonal neurobiology and attachment theory.

THERE ARE TWO OPTIONS FOR AEDP SKILLS TRAINING:

Weekday or weekend trainings available. See next page for details.

Enriched AEDP Skills Training Option 1

- 5 Weekends; All Day Saturday/All Day Sunday
 - o September 22-23, 2012
 - o November 3-4, 2012
 - o January 12-13, 2013
 - o March 2-3, 2013
 - o May 4-5, 2013
- Commitment to entire year required; CEUs at no additional cost
- Group size limited to 8 (as opposed to 35 in AEDP Institute)
- \$400 per weekend (as opposed to \$650 per weekend through AEDP Institute); \$200 deposit upon registration, deducted from tuition
- 5% discount if year's tuition is paid in lump sum on or before 8/31 (\$1900 rather than \$2000); OR 5 \$400 payments due on or before each class weekend

Enriched AEDP Skills Training Option 2

- 2 hours per week; Wednesdays 12:15-2:15pm; September 5, 2012 – June 26, 2013
- Commitment to entire year required; CEUs at no additional cost.
- Group size limited to 8
- \$50 per meeting; \$200 deposit upon registration, deducted from tuition
- 5% discount if year's tuition is paid in lump sum on or before 8/31 (\$1900 rather than \$2000); OR \$200 per month for 10 months, payable at first meeting of each month

About Candyce: 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.

***CONTACT CANDYCE at 512-789-6244 OR candyce@candycecounseling.com
to apply or for more information.***