

Candyce Ossefort-Russell, LPC, LPC-S, PLLC

Psychotherapy

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Austin AEDP Core Training

As AEDP so powerfully demonstrates, deep and positive transformations occur in the context of safe, supportive and positive relationships. The Core Training Program offers a quintessential opportunity to learn the theory and practice of AEDP in the inspiring company of other motivated colleagues. These groups integrate a primary focus on supervision from videotape with didactic presentations and demonstrations from AEDP Faculty.

This AEDP Core Training group embodies the idea of “receiving AEDP while learning AEDP.” That is, Candyce Ossefort-Russell (AEDP Faculty member & certified AEDP therapist) provides a safe and relationally grounded group context in which each group member receives individual supervision from videotapes of their clinical sessions, with the other members of the group watching and participating in a group supervision process. This way, supervisees can learn both from their own supervision and the supervision of others via exposure to many other patient-clinician and clinician-supervisor dyads. Candyce also provides didactic and process opportunities within this deep, rich, bonded group format.

Core Training groups meet intensively for 5 weekends over the course of a calendar year or an academic year (September to June) and usually consist of 8-10 members. The concentrated time that members spend together immersed in learning AEDP tends to foster a culture of trust and generosity which allows the risk-taking of exposing one’s own videotaped work, many opportunities to learn from the work of others, and a supportive environment that is uniquely suited for optimal experiential and reflective learning.

AEDP Core Training offers an intensive, synergistic, three-pronged approach to learning AEDP:

- 1) The development of an explicitly supportive and expansive collegial environment that can nurture the professional and community development of individual group members both in their local areas and within the greater AEDP community;
- 2) The opportunity to learn AEDP theory and its clinical applications through didactic seminars by AEDP Faculty making extensive use of videotaped material; and
- 3) Extensive clinical supervision segments during which each individual group member will have the opportunity to present their videotaped sessions and receive individual supervision from AEDP Faculty in a group setting. The leader is committed to maximizing learning by creating an individualized and accepting experience for all members within the context of the overall group process.

Group Make-Up: The group(s) will consist of eight to ten licensed professionals who have had some exposure to AEDP, who are dedicated to learning AEDP, and who are committed to the group process.

Schedule: The group requires a year-long commitment. Meetings are held all day Saturday and all day Sunday, 5 weekends per year (see below). The specific weekends will be selected with input from the group so that all group members can attend all meetings, if possible.

Location: Candyce's office, 2124 Bluebonnet Lane, Austin, TX 78704
(Click on "Location" at www.candycecounseling.com for a map.)

Cost: \$650 per weekend of training

CEUs: Candyce is an approved CEU provider for LPCs and social workers. LMFT CEUs can be negotiated. CEU certificates will be provided at no additional charge on a semester basis.

About Candyce: Candyce is a psychotherapist in full-time private practice. Her therapeutic perspective has emerged out of intensive life experience and rigorous training. She has actively lived and studied psychological and spiritual perspectives of suffering and transformation for nineteen years. She is a member of the AEDP Institute Faculty, and a certified AEDP therapist. She has trained with Diana Fosha, founder of AEDP, in New York City, and with Ron Frederick, AEDP Senior Faculty, in San Francisco. She has extensive experience working from an AEDP perspective with individual patients and groups in the areas of trauma, grief, life transition, depression, and parenting; as well as in teaching, leading groups, and supervising interns. Her emotionally engaged style provides a safe and connected atmosphere for growth and learning.

For More Info or To Apply: Contact Candyce at 512-789-6244 or candyce@candycecounseling.com.

Structure and format of the Core Training program:

Each weekend, we will begin on Saturday and Sunday mornings at 9am and end each evening at 6pm. We will take an hour break for lunch and schedule briefer morning and afternoon breaks as well.

Saturday mornings begin with the Senior Faculty member's didactic presentation. The subject matter for the didactic portion will include the following topics:

- Attachment theory (creating a secure attachment bond)
- Intersubjectivity, affirmation, and delight (as a stance)
- Moment-to-Moment dyadic regulation of affective experiencing
- Moment-to-Moment tracking of somatic experiencing
- Working with defenses
- Working with trauma/traumatic relational histories
- Working with the pathogenic affects of fear and shame
- Working with different ego states
- Working with deep, intense, previously overwhelming emotions
- The three states and two state transformations of AEDP
- Bringing emotion work to completion
- Working with positive affect
- Focusing on the experience of transformation
- Fostering of True Self experiences
- Promoting Core State

The bulk of the weekend will then be dedicated to individual clinical supervision sessions for each member of the Core Training. At the end of each weekend, we will take time to process our experience together, address any concerns, and deal with "housekeeping" matters.

At least one weekend out of the five yearly Core Training weekends will be facilitated by a guest supervisor from the Institute's Senior Faculty. This ensures that trainees will receive exposure to different ways of thinking and practicing AEDP, as well as to the work and personal style of leaders in the field of this model of treatment.