

# Candyce Ossefort-Russell, M.A., LPC

## Psychotherapy

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### *Austin AEDP Small Supervision Groups*

This AEDP small supervision group embodies the idea of “receiving AEDP while learning AEDP.” That is, Candyce Ossefort-Russell (AEDP Training 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. These groups tend to develop a culture of trust and generosity which allows the risk-taking of exposing one’s work and which is uniquely suited for optimal experiential and reflective learning.

An AEDP small supervision group offers an intensive, synergistic, three-pronged approach to learning AEDP, similar to the core-training program. However, rather than meeting during an intensive weekend 5 times per year, the small group meets more frequently for shorter duration (see below). The three training opportunities inherent in the small supervision group are:

- (1) The development of an explicitly supportive and expansive collegial environment that can nurture the professional and community development of individual group members;
- (2) The opportunity to learn AEDP theory and technique through didactic presentations making extensive use of videotaped material; and
- (3) Individual supervision in a group setting.

Candyce 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 four to six 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, Fall through Summer.

At this point, there are openings in each group:

- 1) Wednesdays 12:15-2:15pm, every week
- 2) Wednesdays, 2:45-4:45pm, every other week

**Location:** Candyce’s office, 2124 Bluebonnet Ln, 78704 (Click on “Location” at [www.candycounseling.com](http://www.candycounseling.com) for a map.)

**Cost:** \$50 per weekly two-hour meeting, payable weekly or monthly, OR  
\$80 per every other week meeting, payable weekly or monthly

**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 seventeen years. She is a member of the AEDP Training 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](mailto:candyce@candycecounseling.com).