



Accelerated Experiential Dynamic Psychotherapy (AEDP)

NI2C Research Team Intern

Rosemary Moya

Abstract

Accelerated Experimental Dynamic Psychotherapy (AEDP) is meant to bring positive change in enhancing overall-wellbeing in individuals going through internal issues by helping people process their emotions after traumatic experiences. This therapeutic method is applied by amplifying the importance of past experiences and emphasizes the importance of present ones. (AEDP) creates a secure attachment between the therapist and client to accomplish their therapeutic goals when overcome with anxiety, depression, and other psychological issues that are brought on from past experiences. When applying this therapeutic method, treatment should be accompanied by increased relaxation and transformational effect. Also focusing on (IFS) Internal Family Systems, helps us understand the origin of our emotions and where they are generated from. (AEDP) uses attachment theory to create a safe environment for clients to oblivate thoughts that are associated with stressful and emotional experiences. Positive effects have been shown in decrease of avoidance and anxiety levels in clients when therapists create a safe and secure environment for their client to express their emotions.

Literature Review

Accelerated Experiential Dynamic Psychotherapy (AEDP) main aim is to support healing from interpersonal trauma by creating a secure attachment stance so that the client doesn't feel entirely alone when processing overwhelming emotions. (Markin, R.D., et al.2018). Studies have shown that this therapeutic method is meant to create a safe environment which gives motivation for transformation change in emotional experience. Diving deep into (IFS) Internal Family Systems, helps us understand the sense of helping your inner being become enlightening love from deep wounds from the past, (Schwartz, R. C., & Morissette, A. 2021).

Application

(AEDP) is an applied moment-to-moment therapy with an emphasis on enhancing positivity through meta therapeutic processing in healing psychological distress in clients. (AEDP) works from a bottom-up process in healing from deep internal issues. By unlocking memories from past childhood experiences, it allows those past emotions to be brought up in a new current environment, meant to make others feel safe to focus on their maladaptive thoughts that they struggle with. Therapists aim in using (AEDP) vivid imagery to return to the scene in where the client experienced high levels of anxiety and provides the patient with transforming those past experiences into new in their present.

Research Goals

Treatment is focused on maladaptive thoughts, feelings, and reactions that the client shows to their therapist with a secure attachment. Research wants to see if the effects of this treatment, helps improve emotional-interpersonal change with avoidance and anxiety developed from past experiences. This therapeutic method is used to serve clients that have gone through high levels of loss, grief, fear, anxiety, and other painful emotions that have caused them distress.

Outcomes

After going through (AEDP) sessions, patients showed decline in attachment avoidance and anxiety levels dropped while also letting the patient drop defensive mechanisms when connecting with their emotions. (AEDP) is shown to be effective in reducing psychological symptoms of distress with high levels of positive functioning.

Discussion and Conclusions

Research has shown significant improvement in clients that suffer from depression and avoidance when going through emotions. Early attachment relationships could leave deep emotional wounds, with the help and practice of (AEDP), assists with healing interpersonal trauma.

Having reliable decrease and decrease in avoidance in how clients respond to (AEDP), they develop more secure attachment styles.

Practical Applications

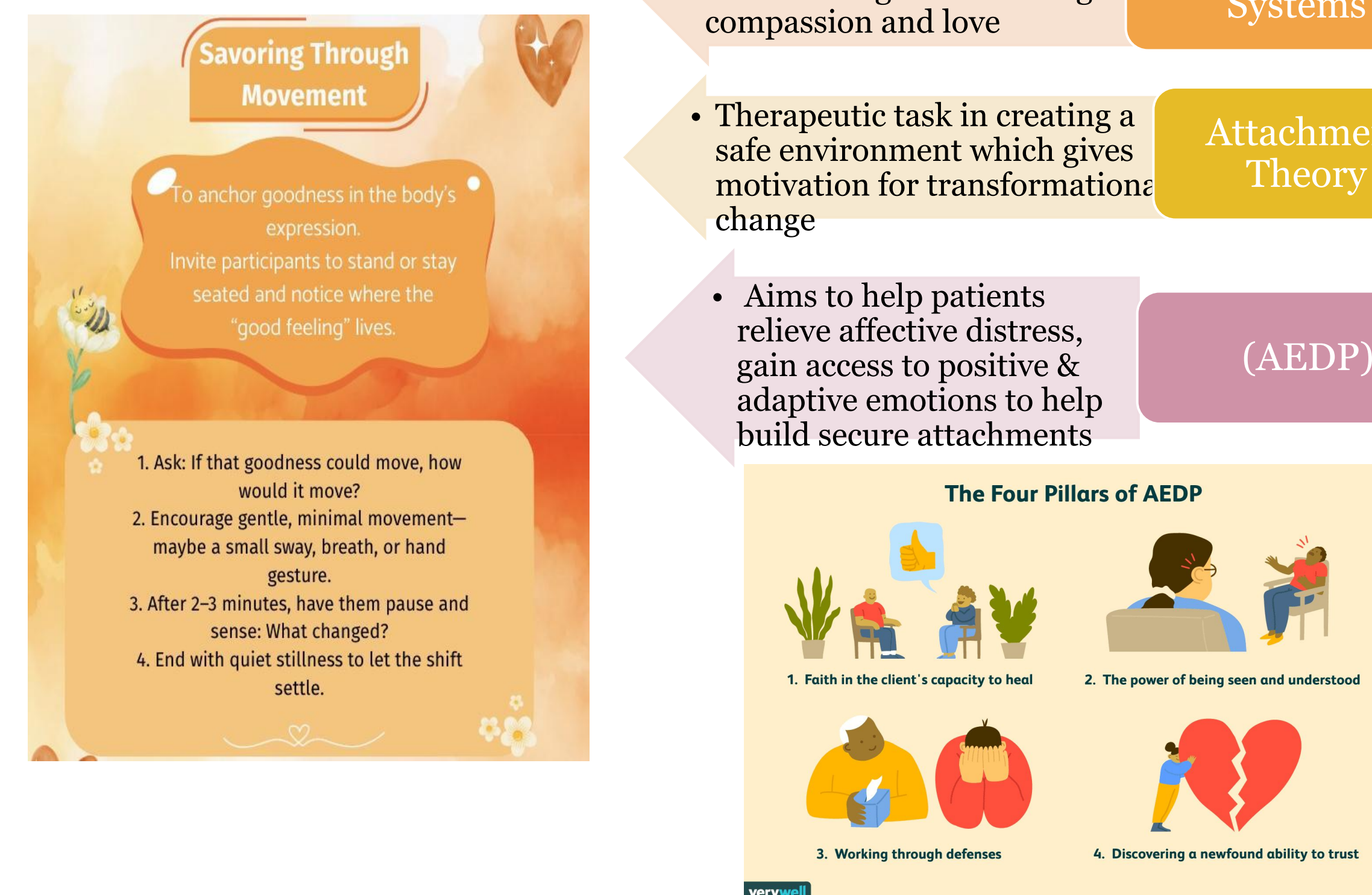
Why is savoring important?

Savoring is not indulgence it is a physiological necessity. When we linger with sensations of safety or sensations. The body completes “micro-cycles or satisfaction” (as they are called in somatic experiencing). These moments are called, “states of transformation” where positive affect is experienced, deepened, and integrated (as they are called in AEDP).

What is Meta processing?

The pausing after an experience to notice and name what changed in your body, breath, emotion, and meaning. This allows your system to register and keep the shift. In AEDP terms:

Reflecting on the felt difference anchors transformation “What is it like to feel this now?”



References:

Iwa Kabe, S., Edlin, J., Fosha, D., Gretton, H., Joseph, A. J., Nunnink, S. E.,

Nakamura, K., & Thomas, N. C. (2020). The effectiveness of

accelerated experiential dynamic psychotherapy (AEDP) in private practice settings: A transdiagnostic study conducted within the context of a practice-research network. *Psychotherapy*, 57(4), 548–561.

Markin, R. D., McCarthy, K. S., Fuhrmann, A., Yeung, D., & Gleiser, K. A.

(2018). The process of change in accelerated experiential dynamic

psychotherapy (AEDP): A case study analysis. *Journal of*

Psychotherapy Integration, 28(2), 213–232.

Bride, H. L., Joseph, A. J., Schmitt, P. G., & Holtz, B. M. (2020). Clinical

recommendations for psychotherapists working during the coronavirus

(COVID-19) pandemic through the lens of AEDP (Accelerated

Experiential Dynamic Psychotherapy). *Counselling Psychology*

Quarterly, 34(3–4), 411–431.

<https://doi.org/10.1080/09515070.2020.1771283>

Schwartz, R. C., & Morissette, A. (2021). *No bad parts: healing trauma & restoring wholeness with the internal family systems model*. Sounds True.