

# NEW FRONTIERS in PSYCHODYNAMIC PSYCHOTHERAPY

## **ACCELERATED EXPERIENTIAL DYNAMIC PSYCHOTHERAPY**

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# AFFECTIVE NEUROSCIENCE

**CHARLES DARWIN**

the expression of the emotions in man and animals (1872)

**JAAK PANKSEPP**

affective neuroscience:

the foundation of human and animal emotion (1998)

**ANTONIO DAMASIO**

Descartes' error: emotion reason and the human brain (1994)

# AEDP ANTECEDENTS

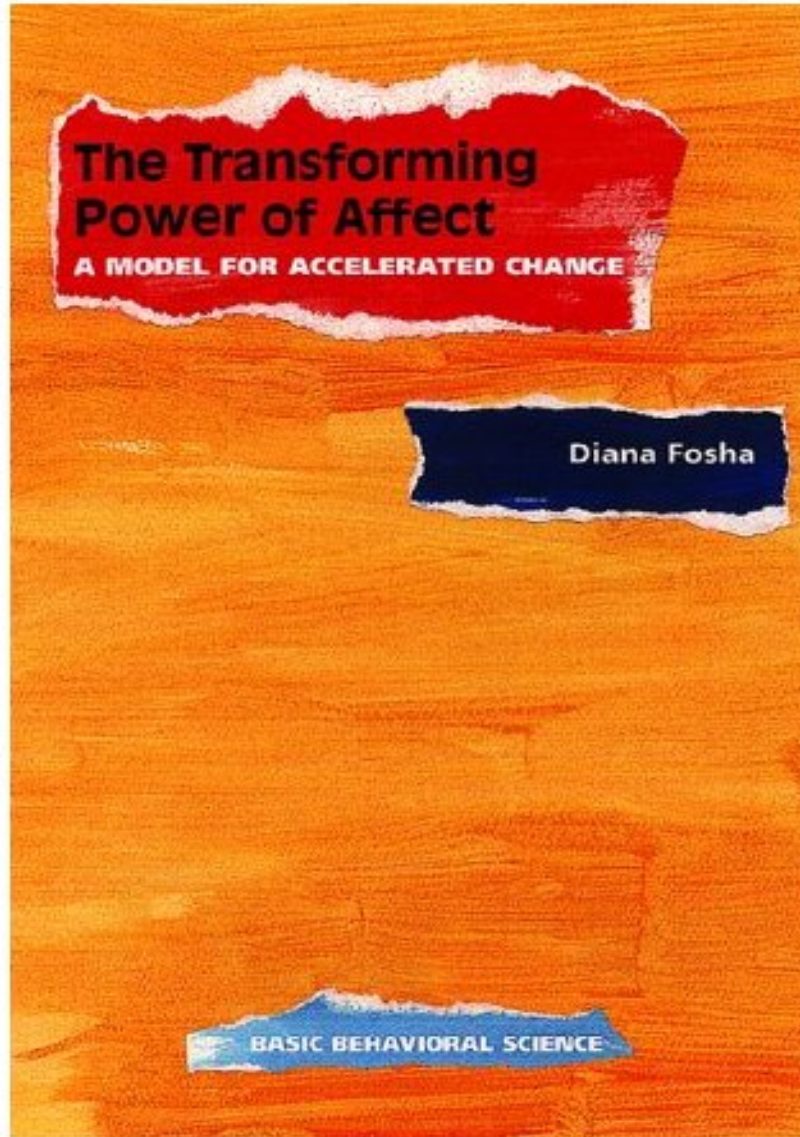
**DONALD WINNICOTT** Object relations

**DAVID MALAN** Brief psychotherapy

**HABIB DAVANLOO** ISTDP

**LES GREENBERG** EFT

# AEDP



# **ATTACHMENT and BRAIN DEVELOPMENT**

**ALLAN SCHORE**

**QUALITY OF ATTACHMENT AFFECTS  
DEVELOPMENT OF RIGHT BRAIN**



# **NEUROSCIENCE MODELS of ATTACHMENT**

**DAN SIEGEL**

**The brain is a social organ  
largely formed through experiences  
that shape the way  
it regulates the flow of information**

# NEUROSCIENCE MODELS of ATTACHMENT

**ALLAN SCHORE**

The caregiver downloads the circuitry  
for emotional regulation into  
the infant's brain through the way  
s/he emotionally tracks and responds  
to the infant

# KEY CONCEPT

**ATTACHMENT IS THE  
DYADIC REGULATION  
OF EMOTION**

**AEDP**

**INTERPRETATION AND  
INSIGHT DO NOT  
LEAD TO CHANGE**

**THE EXPERIENCE OF  
PREVIOUSLY UNBEARABLE AFFECT  
IN THE PRESENT MOMENT  
WITHIN THE DYADIC RELATIONSHIP**

# AEDP

## FOUR STATES

State 1

**Stress • Distress • Symptoms**

State 2

**Adaptive Core Affective Experience**

State 3

**Metaprocessing the Shift**

State 4

**Core State**

**AEDP IS AN  
ATTACHMENT-BASED  
TREATMENT**

**SECURE BASE**

- **Explicit and implicit empathy**
- **Moment-to-moment tracking of emotion**
- **Invitation to focus on the emotion in the moment**
- **Help in regulating the emotion up or down**
- **Selective self-disclosure**

# **EXPLICIT & IMPLICIT EMPATHY**

## **EXPLICIT**

**Therapist verbally expresses  
care and compassion**

## **IMPLICIT**

**Therapist non-verbally expresses  
empathy matching tone  
rhythm sighs eye-gaze**

# **MOMENT TO MOMENT TRACKING OF EMOTION**

Therapist monitors obvious and subtle changes in

**facial expressions**

**tone & rhythm**

**body movement**

**shifts in eye-contact**

**changes in posture**

# **INVITATION TO FOCUS ON THE EMOTION IN THE MOMENT**

**Therapist  
slows and expands time  
to create “space”  
for emotional cue**

# **HELP IN REGULATING THE EMOTION UP OR DOWN**

**Therapist's role  
is to try to keep  
emotional arousal  
tolerable to the patient**

# SELECTIVE SELF-DISCLOSURE

Therapist may disclose the authentic impact the patient has upon him or her

helps bypass defenses into safety  
because patient does not feel alone

helps patient move through the *states*

# CORE AFFECTS

**FEAR**      **ANGER**      **RAGE**

**SADNESS**      **GRIEF**

**JOY**      **SURPRISE**      **EXCITEMENT**

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**DVD**

