

# AEDP Therapist Certification Guidelines

Thank you for your interest in becoming certified as an AEDP practitioner. Accelerated Experiential Dynamic Psychotherapy is a comprehensive, integrative theoretical and clinical model that requires ample time to fully grasp and assimilate into competent practice. AEDP certification requires that clinicians exhibit clear understanding of the theoretical model, proficiency in applying AEDP interventions to diverse clinical populations, and an overall understanding and endorsement of the AEDP ethos and values (please see the Institute's [Mission Statement](#)).

We recognize and appreciate that individuals learn at different paces, enter our training program with diverse skill sets, and may have an array of previous clinical experiences. As such, we have crafted a set of *minimum* guidelines that can be tailored, with the input of your supervisor, to your particular learning style and pace. **While we support every candidate in reaching his or her ultimate goal of excelling as an AEDP therapist, the Institute's faculty reserves the right to extend certification requirements beyond the scope of the minimum guidelines listed below, or to recommend certain individuals for an accelerated course toward certification.**

In addition to the basic guidelines, we also strongly encourage candidates to attend workshops, seminars and conference presentations offered by AEDP faculty. These learning forums foster a vital sense of community and inclusion that lies at the heart of AEDP and foster the ongoing growth of AEDP as an emerging, dynamic model. Attendance at these events will be taken into account in the overall assessment of a candidate's application.

These guidelines to apply for certification are organized by the following sections:

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# **GUIDELINES TO APPLY FOR CERTIFICATION**

## **PART I. REQUIREMENTS**

Please note that these guidelines reflect *minimum* requirements only and most clinicians training in AEDP require more than the minimum training to satisfy the supervisor's assessment that they are ready for certification.

1. State licensure or certification in your discipline
2. Achievement of Level III AEDP training as outlined below:
  1. AEDP Immersion Course  
AEDP Essential Skills: 1 year  
AEDP Advanced Skills (aka ES2): 1 year  
Supervision hours: 20 Individual or 30 Group  
*or*
  2. AEDP Immersion Course  
AEDP Essential Skills: 1 year  
AEDP Core Training: 1 year  
Supervision hours: 20 individual or 30 Group *or*
  3. AEDP Immersion Course  
AEDP Essential Skills: 1 year  
Supervision hours: 40 Individual or 60 Group  
*or*
  4. AEDP Immersion Course  
AEDP Core Training: 2 years  
Supervision hours: 20 Individual or 30 Group  
*or*
  5. AEDP Immersion Course  
AEDP Core Training: 1 year  
Supervision hours: 40 Individual or 60 Group  
*or*
  6. AEDP Immersion Course  
Supervision hours: 60 Individual or 90 Group

3. After achieving Level III AEDP Training, you must work with an individual supervisor for a minimum of 10 hours to confirm your readiness for certification and to develop your certification submission which must include: Two case reviews, including videotaped material of each case and a micro-analysis of each videotape annotating the AEDP principles and interventions applied in the clinical psychotherapy sessions.

4. Once your individual supervisor determines that you are proficient in AEDP and that your submission is ready for review, he or she will recommend you for certification in writing, and you will submit your materials for review by the AEDP certification committee.

## **Part II GUIDELINES FOR SELECTION OF VIDEOS:**

The submission of your clinical work showing the integration of AEDP theory with your clinical practice is a very important step in the AEDP certification process.

**2 Clinical Sessions, audio visually recorded.** We ask that you submit audio visually recorded clinical sessions from two different patients. Each one should be 25 to 40 minutes in length with no more than two edits. The first clinical sample should show work with a new patient. It should be from an early session with that patient (from session one to four), constituting the initial evaluation utilizing AEDP techniques. The second example of AEDP clinical work should be from either the middle or the termination phase of the treatment process with a different patient. Clinical skills using the AEDP interventions should be in evidence in both samples.

These clinical samples from two different sessions with two different patients represent an opportunity for you to demonstrate your proficiency in applying the principles of AEDP outlined below.

**For certification purposes, the emphasis in the video should be on the therapist demonstrating AEDP principles. While it is important that the patient demonstrate the transition between the four states and three state transformations, in the course of the two submitted sessions, we specifically want to see the interventions of the therapist, and how the therapist is guiding the process.**

### **Part III GUIDELINES FOR MICRO-ANALYSIS:**

In recognition of the fundamental value of coherency, integration and meta-processing, we ask that a microanalysis accompany your videotapes, with annotations that describe how you apply the above principles in AEDP and your corresponding interventions. The goals of the microanalysis are:

- 1) To provide theoretical support for the specific intervention strategies demonstrated in your clinical work
- 2) To provide you with a successful and satisfying learning experience that affirms and enhances your own self-reflective function.

Faculty and/or supervisors are available to you for ongoing guidance and support in the development and preparation of these materials.

**Please include at the beginning of each case a paragraph or two (synopsis) outlining the pertinent psychosocial history. For the mid/late treatment session, please include a paragraph or two about the treatment process, orienting the reviewer to the client, the past defense structure of person and what has been worked on in the treatment.**

#### **When the videos are in a language other than English –**

Please make sure the transcripts include numerical guides to match the markers on the tape, so that the reviewer can read the transcript along with watching the tape, to follow and best understand the material. Subtitles would be ideal, but are not mandatory.

The format of the microanalysis can be as follows:

- 1) Follow the guidelines for transcript in an article (look at articles in *Transference* for examples) Therapist and patient verbal communications is in regular print. Non-verbal communication/body language is in italics and in parenthesis. Therapist comments on the process, the theory, the interventions are in bold [in brackets.] Here is an example:

Th: If instead of doing the “so what” with a joke, or “that’s life,”  
**[urging patient to relinquish defense]**

Pt: Uh huh

Th: If you let yourself stay with this feeling (*slowing down, sobering*), the sense of emptiness, this inner sense of (*deep sigh, grave tone of voice*)... having to work so hard to keep something away. **[affective resonance]**

Pt: Yeah... (*also slowing down and sobering*) it’s tiring.  
**[deepening experience]**

Th: It’s very exhausting (*amplified exhausted intonation*)...  
Mmmmmmm.... **[amplifying affective experience]** I mean right now it seems to me like we’re sort of approaching this from the outside because it’s a scary place to be **[empathic identification of fear]**. Pt: Yeah, it is...mmm... I don’t know... Sometimes I wonder, is this it? Is this what life is about? It feels empty... (*pained tone*) **[deepening of despair]**

Or

2) Use a grid in which you put the content on the left side and the commentary about the interventions, theory and process on the right side. Here is an example:

Pt: And I’m like, the absurdity of that...I’m in trouble, what did I do...just the monkey brain.

Th: Trauma

Pt.: But you’re the safest person in my life.

Th: (*visibly touched*) Oh...thank you.

is minimizing and “going generic”. I want to explore the specifics of the fixed and invariant replication of trauma history that has precipitated a crisis within his marriage. name the deeper, more explicit truth than the defensive description of “absurdity” and generic “monkey brain”.  
Establishing safety, undoing aloneness.... “He shows a remarkable demonstration that I am a trusted ally and gives green lights and no current signs of dissociation.

receive his trust and take him in.

**In the microanalysis of their clinical work, candidates should demonstrate theoretical and clinical integration in as many of the following areas as possible:**

- Attachment theory and dyadic coordination of affective states
- Affective change processes and affective neuroscience
- Fostering glimmers of transference, clicks of recognition, and positive affects
- Triangle of emotion, triangle of experience, and triangle of
- Relational comparisons
- Regulating and deepening affect, processing to completion
- Four states and three state transformations of AEDP
- True self/True Other phenomena
- Meta-therapeutic processes
- Core State work

Some narrative may be included in the microanalysis as you explicate the process of intervening and integrating theory into your work.

#### **Part IV THE PROCESS FOR SUBMITTING VIDEOS With ANNOTATED TRANSCRIPT (MICRO-ANALYSIS) FOR REVIEW:**

Candidates seeking certification must submit to their supervisor one copy of the following materials:

1. Videotape of a session with a new patient (an initial evaluation or a session from very early in treatment)
2. Videotape of a session in the middle or the termination phase of treatment.
3. Micro-analysis of each session

Once your supervisor has received your certification materials and feels you are ready, she or he will forward a letter of recommendation to the chair of the Education Committee:

Karen Pando-Mars, [kpm117@comcast.net](mailto:kpm117@comcast.net).

Then please contact Carrie Karmen, AEDP Administrator at [carrie.aedpinstitute@gmail.com](mailto:carrie.aedpinstitute@gmail.com) to let her know you are ready to submit and she will provide you with a link to upload your material via DropBox. you must upload a copy of all of the above materials and videos.

There is a \$300 fee for certification and Carrie will send you an invoice via PayPal where you can submit payment on line.

## **Part V. POLICY FOR REVIEW PROCESS BY AEDP FACULTY**

Upon receipt of your certification application, the Administrator will distribute the materials to two faculty members for review. Faculty members will complete the review process within eight weeks, and candidates will then receive notification.

We at the AEDP Institute have a vested interest in the success of our trainees/supervisees. It is our express intention that all candidates who are deemed ready to apply for the certification process will demonstrate sufficient proficiency in AEDP to warrant certification. However, in the event that an applicant's clinical work does not yet meet the standards necessary for certification, we will provide specific reasons for the denial of certification and commit to helping you to develop an action plan toward successful re-application and completion of the process.