

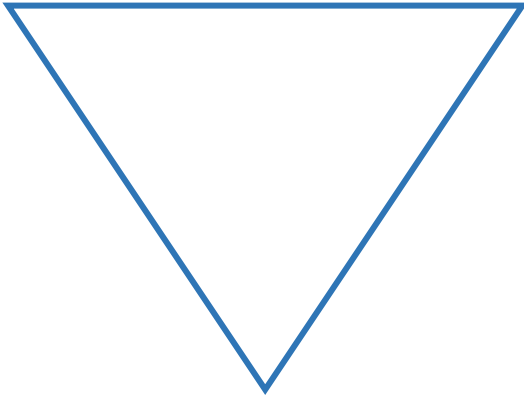
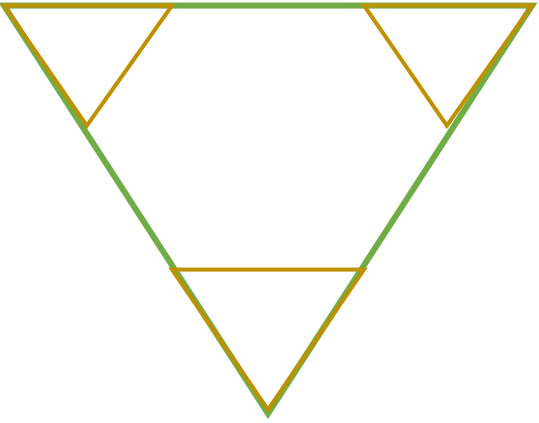
Client Initials: _____

Therapist: _____

Date: _____

Change Mechanism	Specific AEDP Interventions	Notes
TRANSFORMANCE DETECTION:	<ul style="list-style-type: none"> ○ Detection of glimmers of transformance, resilience, connection – “the daisy through the concrete” 	Used 1 2 3 4
Healing from the get-go; Putting Positive Neuroplasticity in Action – Part 1	<ul style="list-style-type: none"> ○ Affirming and experientially exploring positive aspects of patients experience and behavior ○ Interpreting patient’s behavior through lens of healing (rather than psychopathology) <p>Ways to say it:</p> <ul style="list-style-type: none"> ○ <i>I SEE you/r [self-at-best]</i> 	Explored Intervention w/ client 1 2 3 4 Impression on Intervention & Response:
UNDOING ALONENESS:	<ul style="list-style-type: none"> ○ Undoing pt’s aloneness explicitly and experientially – attunement and resonance: right brain to right brain through tone, non-verbals, gaze, posture 	Used 1 2 3 4
Experiential work with relational experience	<ul style="list-style-type: none"> ○ Affirming /validating the pt; explicit kindness, support & offer to help ○ Empathy, Exploring patient’s receptive affective experience <p>Ways to say it (+ nonverbals):</p> <ul style="list-style-type: none"> ○ <i>“Me too” and judicious self disclosure - I thought of you when . . .</i> ○ <i>“We” statements, “I am with you”</i> ○ <i>Explicit relational interventions; What’s it like for me to notice . . .</i> 	Explored Intervention w/ client 1 2 3 4 Impression on Intervention & Response:
EXPERIENTIAL FOCUS & FACILITATION OF SOMATIC EXPERIENCE:	<ul style="list-style-type: none"> ○ Use moment-to-moment tracking to increase access to somatic, bodily rooted emotional or relational experience ○ S-L-O-W down! ○ Mirror and articulate moment-to-moment shifts in bodily experience 	Used 1 2 3 4
Experiential focus on the body	<p>Ways to say it:</p> <ul style="list-style-type: none"> ○ <i>What are you aware of? What do you notice?</i> ○ <i>I see tears/a big sigh/a smile/a tremble</i> ○ <i>Can we just stay with what you’re experiencing right now? Can we make space for this? Let it come . . . say more . . .</i> ○ <i>If your pain could speak, what would it say?</i> 	Explored Intervention w/ client 1 2 3 4 Impression on Intervention & Response:
Moment to moment tracking of fluctuations in experience		
AFFIRMATIVE WORK WITH DEFENSES:	<ul style="list-style-type: none"> ○ Explicit affirmative defense work interventions: ○ Aiming to bypass defense. ○ Naming it. Validating defense and its survival value. Expressing gratitude for helping patient to survive in the past. ○ Empathy for need for defense in the past. 	Used 1 2 3 4
Explicit affirming, validating and/or empathizing with defenses, aimed at lessening their inhibiting impact	<p>Ways to say it:</p> <ul style="list-style-type: none"> ○ <i>It has been so scary/awful/unbearable . . . you’ve been so brave, needed to protect yourself (others)</i> ○ <i>[This] has really, really helped you</i> ○ <i>When I X, I see you Y (move away, stiffen), do you notice that?</i> 	Explored Intervention w/ client 1 2 3 4 Impression on Intervention & Response:
*State 1 work		
EMOTION PROCESSING	<ul style="list-style-type: none"> ○ Helping patient gain access to core affective experience, then process one or more (emotion, sensation, relational experience, self experience, parts work) to completion 	Used 1 2 3 4
Experiential work with core affective experience	<ul style="list-style-type: none"> ○ Facilitate access to somatic experience; focus on core affect ○ Use of portrayals – prime the pump, seek specificity ○ Seek to process to completion (until a shift from negative affective valence to positive affective valence) ○ Acknowledge and validate completion ○ Heighten patients experience of change and how different experience is than when it started 	Explored Intervention w/ client 1 2 3 4 Impression on Intervention & Response:
*State 2 work	<p>Ways to say it:</p> <ul style="list-style-type: none"> ○ <i>Can we just stay with what you’re experiencing right now?</i> ○ <i>Can we make space for this?</i> ○ <i>What’s it like inside that sadness/anger/fear?</i> ○ <i>What was the worst part for you?</i> ○ <i>If you gave that part some sensitivity/attention, what happens?</i> ○ <i>What does that part need?</i> ○ <i>Ooh, oh, so sad... mmmmm</i> 	
SCALE: 1 – No; 2 – I thought about it, but... 3 – I tried one or two such interventions; 4 – I worked with X in a focused fashion		

<p>DYADIC AFFECT REGULATION</p>	<ul style="list-style-type: none"> As patient accesses difficult, potentially overwhelming emotional experiences, explicitly & experientially engage in dyadic affect reg. Psychobiological state attunement (using therapist's affect and non-verbals) to help regulate patient Offering self and/or another (real or imaginary) attachment figure for accompaniment <p>Ways to say it:</p> <ul style="list-style-type: none"> <i>Breathing together, grounding together</i> <i>Explicitly offering help/ to guide (in here and now or in portrayal)</i> <i>Do you feel my presence here with you now?</i> 	<p>Used</p> <table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> </table> <p>Explored Intervention w/ client</p> <table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> </table> <p>Impression on Intervention & Response:</p>	1	2	3	4	1	2	3	4
1	2	3	4							
1	2	3	4							
<p>METATHERAUEUTIC PROCESSING OF TRANSFORMATIONAL EXPERIENCE</p> <p>Metaprocessing</p> <p>Experiential work with transformational experience</p> <p><i>* State 3 work</i></p>	<ul style="list-style-type: none"> Name and affirm the change for the better (big or small) Metaprocess the patient's experience of change, i.e. experientially explore the patient's experience of the change for the better Alternate between experience of the change and reflection on the experience of change Experientially explore the patient's experience of transformational affect (if/when this emerges); Celebrate the change Judicious self-disclosure of therapist's affective response to change <p>Ways to say it:</p> <ul style="list-style-type: none"> <i>Yes! WOW!</i> <i>What's that like?</i> <i>What's it like to do this with me? (in re a relational experience)</i> 	<p>Used</p> <table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> </table> <p>Explored Intervention w/ client</p> <table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> </table> <p>Impression on Intervention & Response:</p>	1	2	3	4	1	2	3	4
1	2	3	4							
1	2	3	4							
<p>PPIVILEGING EMERGENCE: (the new and good) EMERGENT POSITIVE EXPERIENCES</p> <p>Putting Positive Neuroplasticity in Action – Part 2</p> <p><i>Venturing out across the plexiglass</i></p> <p><i>* State 3 work</i></p>	<ul style="list-style-type: none"> Explicitly & experientially privileging the emergent positive experiences, reactions & behaviors, i.e. the new and good over the same old, same old Affirming and experientially exploring positive aspects of patient's experience and behavior Naming what's new and different; Normalizing the new and weird "Holding" the patient through the experience of the change <p>Ways to say it:</p> <ul style="list-style-type: none"> <i>Yes! WOW! encourage</i> <i>No wonder it's scary (weird, etc.): it's brand new</i> <i>Can we take a breath here & see what else is here besides weird?</i> 	<p>Used</p> <table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> </table> <p>Explored Intervention w/ client</p> <table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> </table> <p>Impression on Intervention & Response:</p>	1	2	3	4	1	2	3	4
1	2	3	4							
1	2	3	4							
<p>PROCESSING INTEGRATION AND CORE STATE EXPERIENCES</p> <p>The New Truth, the New Self, "This is me," "This is my story"</p> <p>Experiential work with integrative experiences and unitive states</p> <p><i>* State 4 work</i></p>	<ul style="list-style-type: none"> I/Thou stance; honor & participate in I/Thou experiences Core state work; encourage and acknowledge the development of the new autobiographical narrative, the new understanding, the new truth; help pt. integrate & consolidate therapeutic work Acknowledge the patient's ownership of self, story, qualities, truth. Share in and explore core state phenomena –calm, clarity, confidence, the truth sense honor & witness integrative experiences/unitive states (at times possessed of transpersonal qualities) <p>Ways to say it: (Mainly stay out of the way!)</p> <ul style="list-style-type: none"> <i>Is there more? Say more. Keep going . . .</i> 	<p>Used</p> <table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> </table> <p>Explored Intervention w/ client</p> <table border="1"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> </table> <p>Impression on Intervention & Response:</p>	1	2	3	4	1	2	3	4
1	2	3	4							
1	2	3	4							
<p>THE SPIRIT OF AEDP</p>	<p>How AEDP-ish was this session? And/or how much of an AEDP session was this? How quintessentially AEDP was this session? How much was this session done in/informed by the spirit of AEDP.</p> <p>This is not a judgment question (was it a good or bad session?) but rather a qualitative felt-sense question (was it informed by the spirit of AEDP or not?) In other words, you can have a very good session without it being an AEDP session, or your session might not have gone as well as you would have wished, but it was a quintessentially AEDP session, deeply informed by the spirit and ethos of AEDP.</p>	<table border="1"> <tr> <td>1 Not at all AEDP</td> <td>2 A little AEDP-ish</td> <td>3 Moderately AEDP-ish</td> <td>4 Very AEDP-ish</td> </tr> </table> <p>Why did you choose this rating?</p>	1 Not at all AEDP	2 A little AEDP-ish	3 Moderately AEDP-ish	4 Very AEDP-ish				
1 Not at all AEDP	2 A little AEDP-ish	3 Moderately AEDP-ish	4 Very AEDP-ish							

Attachment style:	Triangle of Experience: Defense/Inhibitory Affect /Core Affective Experience	Triangle of Relational Comparisons: Current Relationship/ Relationship with Therapist/ Past Relationship
		
General Reflections:		Corrective Emotional Experience(s) (what's now seen as needed or what was provided in session):