

IN-PERSON LIVE-ONLINE
AUGUST 21st - AUGUST 25th, 2023***Earn Up to 15 CE Credits / Hours**

DIANA FOSHA, PhD, KARI GLEISER, PhD, & BEN MEDLEY, LCSW

Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW

“HOT” Topics In AEDP™

15 Hour In-Person & Live-Online Course

Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.

Aloneness in the face of overwhelming emotion is the epicenter of emotional suffering; it is what compels our patients to seek help. Thus, the therapeutic undoing of aloneness is essential to being able to process the turbulent emotions of trauma. AEDP™ psychotherapy, one of the fastest-growing approaches to working with attachment trauma, makes the undoing of aloneness the sine qua non of trauma work. Drawing on neuroplasticity, affective neurobiology, attachment theory, dyadic developmental research, and transformational studies, AEDP has developed a fundamentally dyadic, experiential, healing-oriented practice. As such, AEDP assumes a healthy core within all people and emphasizes the importance of dyadic experiential work with present-moment experiences of attachment, emotion, and transformation to undo aloneness, heal trauma and promote flourishing.

Diana Fosha, PhD, (she/her/hers) is the developer of AEDP, a healing-oriented psychotherapy approach to treating attachment trauma and helping people connect to their vitality. She is also the Director of the AEDP Institute. For the last 20 years, Diana has been active in promoting a scientific basis for a healing-oriented, dyadically transformational trauma treatment model. Described by psychoanalyst James Grotstein as a “prizefighter of intimacy,” and by David Malan as “the Winnicott of [accelerated dynamic] psychotherapy,” Diana Fosha’s powerful, precise yet poetic phrases ---“undoing aloneness,” “existing in the heart and mind of the other,” “stay with it and stay with me,” “rigor without shame” and “True Other”-- capture the ethos of AEDP.

She is author of *The transforming power of affect* (Basic Books, 2000); editor of *Undoing aloneness and the transformation of suffering into flourishing: AEDP 2.0* (APA, 2021); co-author, with Natasha Prenzler, of *Supervision essentials for AEDP* (APA, 2017); 1st editor, with Dan Siegel and Marion Solomon, of *The healing power of emotion: Affective neuroscience, development & clinical practice* (Norton, 2009); and author of numerous articles and book chapters. Four DVDs of her live AEDP work, including a complete 6-session treatment, and a clinical supervision DVD, have been issued by the American Psychological Association (APA).

Kari Gleiser, PhD (she/her/hers) completed her doctoral work at Boston University and her internship through Dartmouth Medical School with a focus on trauma and PTSD. In her practice, she specializes in applying AEDP to the treatment of complex trauma and dissociative disorders. Dr. Gleiser is the co-founder/co-director of the Center for Integrative Health in Hanover, NH, a trauma center dedicated to multi-modal healing of mind, body and spirit. Dr. Gleiser has co-developed an “intra-relational” model of therapy that imports AEDP’s relational and experiential interventions to patients’ internal systems of dissociated self-states. Dr. Gleiser has written several clinical papers and book chapters and has presented at international conferences. She also explores the intersection of psychotherapy and spirituality, as well as the emerging field of psychedelic-assisted psychotherapy.

Ben Medley, LCSW (he/him/his) is an AEDP senior faculty member and has taught AEDP internationally. He has a private practice in New York City and specializes in working with the LGBTQ+ community. His paper “*Recovering the True Self: Affirmative Therapy, Attachment and AEDP in Psychotherapy with Gay Men*” is published with the SEPI Journal: the Journal of Psychotherapy Integration and he has written a chapter on using portrayals to process core affective experience in D. Fosha Ed., (2021) *Undoing Aloneness and the Transformation of Suffering Into Flourishing: AEDP 2.0*, Washington D.C.: APA.

Molly Eldridge, MSW, LICSW is a certified AEDP clinician and supervisor. Molly has done extensive training in AEDP beginning in 2008 and is known for her enthusiastic embodiment and love of sharing AEDP. She has taught at the Cape Cod Institute, the New England Society of Trauma and Dissociation and given trainings at various organizations. An active member of the AEDP Institute, Molly currently runs several AEDP supervision groups as well as offering individual supervision and maintaining a private psychotherapy practice on Cape Cod for over 30 years.

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AEDP is known for its rich, creative, systematic interventions, which:

- clinically entrain positive neuroplasticity from the get-go
- *undo the patient's aloneness* in the therapeutic dyad
- work dyadically and experientially with here-and-now attachment experiences to expand relational capacity, rewire internal working models, and deepen receptive affective experiences of feeling seen, feeling felt and feeling loved
- *use dyadic affect regulation* to experientially process the emotions of trauma until they release their wired-in adaptive action tendencies
- *metatherapeutically process* the resulting *experiences of transformation* to expand transformation and promote its integration into self.

Through the moment-to-moment, in-depth processing of previously overwhelming emotional and relational experiences, and then metatherapeutically processing the emergent corrective experiences within the co-constructed safety of the therapeutic dyad, AEDP helps clients recover their sense of core self and experience flourishing, i.e., increased vitality, connection, meaning, and a renewed zest for life.

In this workshop, we present AEDP through its engagement with some of the most important “hot” topics of our day: relational work with complex trauma and dissociation, expanding trauma work to include traumas of oppression and marginalization, and exploring the synergy of spirituality and psychedelics with AEDP’s transformational work. This workshop is appropriate both for clinicians new to AEDP, and those who have experience in AEDP and are interested in exploring these cutting-edge, “specialized” topics.

This course will be a balance of didactic material delivered in an engaging interactive style, videotapes of actual therapy sessions featuring moment-to-moment microanalysis, and experiential exercises. AEDP’s paradigmatic innovations will be demonstrated through clinical videotapes of actual therapy sessions (using real patients, not actors). Participants will gain a deeper intellectual understanding of the theory of AEDP as well as a repertoire of new skills to practice AEDP, including its application into cutting-edge areas like spirituality, liberation from oppression, and psychedelic-assisted therapy.

Course Agenda

Monday:

The Core of AEDP

Diana Fosha, PhD

Diana will focus on the dyadic experiential work with relational experiences that AEDP uses to heal attachment wounds. The AEDP 4-State Transformational model with its articulated state-specific transformational phenomenology will also be presented. With clinical videotapes.

Tuesday:

To Be or Not to Be... Relational: AEDP and Work with Complex Trauma & Dissociation

Kari Gleiser, PhD

Kari will demonstrate how to balance relational work with ‘Intra-relational’ interventions to help clinicians engage with a traumatized patient’s fragmented inner world, including interacting with dissociated parts in a way that fosters healing and transformation, not dependency and enactment. This methodology uses attachment dynamics as a compass to guide experiential interventions between therapist and patient; therapist and dissociated parts; patient and dissociated parts to build secure attachment bonds on each relational axis. With clinical videotapes.

Wednesday:

AEDP’s Triangle of Social Change Guides Work with Traumas of Oppression and the Experience of Internal Liberation

Ben Medley, LCSW

Ben will introduce the Triangle of Social Experience, a new AEDP representational schema that he developed to help guide our moment-to-moment experiential work to transform the effects of the traumas of oppression and marginalization and foster and install the experience of internal liberation. With clinical videotapes.

Thursday:

Transformation & Integration on Steroids: Diving Deep & Soaring High

Diana Fosha, PhD, Kari Gleiser, PhD & Ben Medley, LCSW, Molly Eldridge, LCSW

The whole AEDP team – Diana, Kari, Ben & Molly—will delve deeply into the AEDP groundbreaking innovation, metatherapeutic processing, or metaprocessing for short. Metaprocessing refers to the experiential processing of corrective emotional experiences with the same rigor with which we process traumatic experiences. Doing so gives rise to innate healing affects

(e.g., gratitude, love, compassion and self compassion, wisdom, clarity and the truth sense) and upward spirals of vitality and energy. These healing affects deepen and expand the transformation, and foster the emergence of a vital, vibrant and relationally engaged self. With clinical videotapes.

Friday:

Back to the Future: The Synergistic Energies of Metaprocessing, Spirituality & Psychedelics.

Kari Gleiser, PhD & Diana Fosha, PhD

Kari and Diana will explore synergies between emotional hallmarks and states of consciousness evoked in AEDP State 3 and 4 work; the transformative power of mystical and spiritual experiences; the healing potential of psychedelic medicines. Shared phenomena such as deep connection to self and others, gratitude, awe, reverence, compassion, love, expanded states of consciousness, and a truth sense bridge the worlds of psychotherapy, psychedelic experiences and spirituality. With clinical videotapes.

* **Psychologists:** *This session is only eligible for continuing education credits in New York, Pennsylvania, and California. Please see the CE section for further details*

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Course Objectives

Upon completion of this course participants will be able to:

1. Describe how the AEDP therapist constructs dyadic safety and connection to undo the patient's aloneness
2. Explain how the AEDP therapist works dyadically with here-and-now attachment experiences to expand relational capacity
3. Describe how AEDP uses dyadic affect regulation and moment-to-moment tracking to experientially process the emotions of trauma to release adaptive action tendencies
4. Describe the use of moment-to-moment tracking to guide clinical interventions in AEDP
5. Describe the AEDP 4-State Transformational model with its articulated state-specific transformational phenomenology
6. Demonstrate how to balance relational work with 'Intra-relational' interventions
7. Discuss how AEDP uses attachment dynamics as a compass to guide experiential interventions for working with trauma and the client's dissociated parts
8. Describe how the AEDP triangle of Social Experience can guide moment-to-moment experiential work that aims to transform the effects of the traumas of oppression and marginalization
9. Discuss metatherapeutic processing and its role in AEDP
10. Discuss overlaps in the state of consciousness evoked in AEDP State 3 and 4 work and the mechanisms of psychedelic medicines and other non-ordinary states

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.

Psychologists: MAK Continuing Education, LLC, Cape Cod Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for this program and its content. This live program qualifies for 12 continuing education hours.

Canada: MAK Continuing Education, LLC, Cape Cod Institute is approved by the Canadian Psychological Association to

offer continuing education for psychologists. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for the program. This live program qualifies for 15 continuing education hours.

CA: MAK Continuing Education, LLC, Cape Cod Institute is approved by the CPA OPD to sponsor continuing professional education for psychologists. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for this program and its content. CPA OPD Provider Code: MAK001. This live program qualifies for 15 continuing education hours.

OH: MAK Continuing Education, LLC, Cape Cod Institute is a OPA-MCE Approved Provider. Approved Provider: #854261519. This live program qualifies for 15 continuing education hours.

NY: MAK Continuing Education, LLC, Cape Cod Institute is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists # PSY-0102. This program qualifies for 15 continuing education hours.

PA: MAK Continuing Education, LLC, Cape Cod Institute is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. Provider # PSY000226. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for the program. This live program qualifies for 15 continuing education hours.

"HOT" Topics in AEDP, Course #4928, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 5/2/2023 - 5/2/2025. Social workers completing this course receive 15 Clinical continuing education credits.

Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>

Speaker Disclosures:

Diana Fosha | Financial: Diana Fosha has no relevant financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute. **Non-Financial:** Diana Fosha has no relevant non-financial relationships with ineligible organizations.

Kari Gleiser | Financial: Kari Gleiser has no relevant financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute. **Non-Financial:** Kari Gleiser has no relevant non-financial relationships with ineligible organizations.

Ben Medley | Financial: Ben Medley has no relevant financial relationships with ineligible organizations. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute. **Non-Financial:** Ben Medley has no relevant non-financial relationships with ineligible organizations.

Molly Eldridge | Financial: Molly Eldridge has no relevant financial relationships with ineligible organizations. **Non-Financial:** Molly Eldridge has no relevant non-financial relationships with ineligible organizations.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

In-Person Course Format: Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30 minute break.

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

Tuition:

In-Person Course:

Early Tuition Rate: \$700 (through 04/01/2023)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

Live-Online Course:

Early Tuition Rate: \$575 (through 04/01/2023)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Refund Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

Within two weeks: If you give notice between fourteen and one day(s) before your course start date a credit for a 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

Once your course begins: No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at info@cape.org or by calling + 1 (203) 781-6492.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at (203) 781- 6492 or certificate@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

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E-mail: info@cape.org

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JULY 3-AUGUST 25, 2023

JULY 3-JULY 7, 2023

Bessel van der Kolk, MD

Frontiers Of Trauma Treatment
In-Person, Live-Online

Anatasia S. Kim, PhD

Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice
In-Person, Live-Online

Linda Graham, MFT

The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster
In-Person, Live-Online

JULY 10-JULY 14, 2023

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic And Ego-State Therapies With EMDR To Change The Valence Of Emotional Memories
In-Person, Live-Online

Joe Kort, PhD, LMSW

Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies
In-Person, Live-Online

Licia Sky, BFA & Bessel van der Kolk, MD

Come to Your Senses: Embodied Self Awareness
In-Person

Richard Schwartz, PhD

Internal Family Systems Workshop
In-Person, Live-Online

JULY 17-JULY 21, 2023

Paul Foxman, PhD

The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians
In-Person, Live-Online

Janina Fisher, PhD

Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation
In-Person, Live-Online

Flint Sparks, PhD

Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice
In-Person

JULY 17-JULY 21, 2023

James Hawkins, PhD, LPC

Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework
In-Person, Live-Online

JULY 24-JULY 28, 2023

Gabriella Rosen Kellerman, MD

Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future
In-Person, Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, And Consciousness: An Integrative Approach
In-Person

Franklin King, MD

The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments
In-Person, Live-Online

John P. Forsyth, PhD &

Jamie R. Forsyth, PhD

Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard
In-Person, Live-Online

JULY 31-AUGUST 4, 2023

LaTonya Wilkins, PCC, MBA

Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself
In-Person, Live-Online

Amy Weintraub, MFA &

Angela Huebner, PhD

Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning
In-Person, Live-Online

Maria Sirois, PsyD

Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth
In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Deborah Korn, PsyD

EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect
In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, & Carol Kramer, LICSW with Faculty Associate: Joanne Audyatis, LMHC

Doing IMAGO Relationship Therapy In The Space Between
In-Person, Live-Online

Bob Anderson

Conscious Leadership: A Unified Model Of Leadership Development
In-Person

George McCloskey, PhD

Intervention For Child And Adolescent Executive Control Difficulties
In-Person, Live-Online

AUGUST 14-AUGUST 18, 2023

Deborah Dana, LCSW

Polyvagal Theory In Therapy: Practical Applications For Treating Trauma
In-Person, Live-Online

Mary-Frances O'Connor, PhD

The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss
In-Person, Live-Online

Salman Akhtar, MD

In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment
In-Person

Edward Hallowell, MD

Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span
In-Person, Live-Online

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Jonah Paquette, PsyD

Awe, Wonder, And The Science Of A Meaningful Life
In-Person, Live-Online

Donald Meichenbaum, PhD

Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities
In-Person, Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : WWW.CAPE.ORG