

Restoring Hope



Trauma, Transformation and Transcendence



WEPAT

Wenchuan Earthquake Psychological Assistance Team

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Clinical Initiatives Timeline

- 12/05/2008: Wenchuan Earthquake
- 12/05/2008: China American Psychoanalytic Alliance: Literature Translation
- 20/05/2008: Hong Kong University: DVD Trauma Treatment
- 22/05/2008: WEPAT: Team Formation
- 23/05/2008: WEPAT Training: Community Crisis Response
- 26/05/2008: Produce Mindfulness CD
- 31/05/2008: Donate AEDP Trauma Treatment Manual



Clinical Initiatives

AEDP: Evidence Based?

- The Trauma Center has been active over the past twenty-five years in evaluating and promoting numerous cutting-edge treatments of traumatized children and adults, including pharmacotherapy, EMDR, Sensorimotor Psychotherapy, ...Dialectical Behavior Therapy and *Accelerated Experiential Psychodynamic Psychotherapy*. (Italics added) (Trauma Center: *25th Anniversary Gala Announcement*, 2008)
 - Founded by Bessel Van de Kolk
- AEDP Institute: www.aedpinstitute.com/articles.html
- International Experiential Dynamic Therapy Association: www.iedta.net
 - Section on Research: Abbass (Dalhousie), McCullough (Harvard), Neborsky (UCLA)
 - Section on References: Yeung (Toronto) > 100 articles

The Three States & Two State Transformations of AEDP

STATE 1: DEFENSE

Defense against experience and/or relatedness

TRANSITIONAL AFFECTS ↓ Intrapyschic crises

STATE 2: CORE AFFECT

Categorical emotions,
coordinated relational experiences, vitality affects,
authentic self states, receptive affective experiences,
the felt sense of body states

TRANSFORMATIONAL AFFECTS ↓ Adaptive action tendencies/ healing affects

STATE 3: CORE STATE

Flow, vitality, ease, well-being; relational experiences
of closeness and openness; bodily states of relaxation;
empathy and self-empathy; wisdom, perspective, clarity
about the subjective truth of one's own emotional
experience; the sense of things being "right."



AEDP

Trauma Interventions in Phases

Phase 1
Restoring Secure Base



Phase 2
Reprocessing Emotions



Phase 3
Revitalizing The Self



Clinical Initiatives

AEDP Training Options

- Option A: Advanced Immersion Course (Level 1)
 - 2005 – 2008: MHAHK, YMCAHK, SWDHK, Tyndale
- Option B: Core Group Supervision (Level 2)
 - 2006 – 2008: MHAHK, Tyndale
- Option C: Workshop (Introduction - AEDP)
 - 2005 – 2008: MHAHK; YMCAHK; SEPI Toronto, LA, Lisbon, Boston; WFMH; WEPAT
- Option D: Treatment Manual / CD Dissemination
 - Now: Hundreds of free copies to China (Ming Fung Press); Audiovisual Files (Lily Valley Productions)

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Thank you for your compassionate attention