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Psychotherapy

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2018-2019 INTENSIVE TRAINING GROUP: DEEP EXPERIENTIAL THERAPY SKILLS AND THEORY *(Dynamic Enriched Experiential Psychotherapy)*

- Beginning September 2018 -

DEEP is built on a foundation of depth psychology, and its overarching structure is rooted in attachment-based experiential therapy modeled after AEDP. Additionally, DEEP is expanded and enriched to include the latest updates in interpersonal neurobiology; applications of attachment theory, enactment theory, and the polyvagal theory; and existential, humanistic, and body-based approaches to emotion. This intensive private training course translates all this theory of attachment-based experiential therapy into practice! The course teaches concrete skills that help you to know “how to be” and “what to do” in the practice of this 21st-century, emotionally engaged therapy. When you complete the course, you will receive a certificate of completion and a listing on my *DEEP* Training website.

Lively, engaging immersion in a comprehensive curriculum that includes:

- In-depth foundational theory of cutting-edge experiential therapy based in attachment theory (a rich clinical and theoretical infrastructure that builds on AEDP)
- Translation of theoretical jargon into English
- Concrete clinical applications of *all* theoretical concepts
- How to embed your current skills—EMDR, SE, Sensorimotor, CBT, IFS or other parts work, etc.—into a depth-oriented attachment foundation
- Existential and depth psychological ideas about the nature of suffering and our role as helpers that provides strong support for the therapist when the going is hard
- Schore’s regulation and enactment theory for working with defenses/protectations
- Porges’ polyvagal theory for recognizing and working with visceral states
- Practical application and integration of Interpersonal Neurobiology
- Extensive emotion theory explication that helps therapists accurately hone in on and regulate clients’ emotional experiences
- Integration of body-based theories, including *Sensorimotor Psychotherapy*, *Somatic Experiencing*, and *Developmental Somatic Psychotherapy*, into attachment work
- Harnessing Memory Reconsolidation principles to facilitate deep and lasting changes

Teaching takes place in a small group environment that is explicitly supportive and encouraging, in order to facilitate:

- Intensive therapist self-building, so that skills emerge from a solid inner foundation
- Support and encouragement for both new and experienced therapists to risk new skills
- Enlivening and enlightening case consultation and support
- A community of therapists who support and refer to each other
- Integration of the work into your own unique style
- Experiential modeling of the DEEP therapeutic modality (that is, learning DEEP in a DEEP environment)

Multiple learning dimensions make the material come alive:

- Participatory didactic instruction
- Illustrative instructor videos of actual therapy sessions, and live demonstrations
- Experiential exercises, collegial-level group process, and case consultation

Well-organized focus will help you to emerge with both a cognitive understanding and an intuitive sense of how to apply cutting-edge theory to your work:

- Section 1 – Developing Experiential Therapist Qualities:
Creating Safety for Client and Therapist
- Section 2 – Foundational Skills: Clinical Application of DEEP Core Ideas
- Section 3 – Working With Defenses and Enactments: When It's Hard to Connect
- Section 4 – Working with Emotion: How to Facilitate/How to Regulate
- Section 5 – Interpersonal Awareness and Integration:
Bringing the Therapeutic Relationship Into the Foreground

THE 2018 – 2019 DEEP EXPERIENTIAL SKILLS TRAINING SCHEDULE

- 2 hours per week; Wednesdays 12:15-2:15pm; September 5, 2018 – June 26, 2019
- Commitment to entire year required; 76 CEUs at no additional cost.
- Group size limited to 11
- \$2400 total; \$240 nonrefundable deposit upon registration, counts as Sept tuition
- 2 Payment Options: \$240 per month for 10 months, payable at first meeting of each month; OR 5% discount if year's tuition is paid in lump sum (\$2280) on or before 5/15

What is DEEP?

Dynamic Enriched Experiential Psychotherapy is a therapy model that sits on a foundation of depth psychology, builds on a structure of AEDP, and is fleshed out by the latest and greatest in attachment based experiential therapies. DEEP is not a set of techniques or tools. Instead it is a foundational way of being present as a therapist that undergirds any techniques and tools you learn in other trainings. DEEP is:

- **Emotionally Engaged** – DEEP therapists create safety by engaging in warm, empathic, close-in, responsive, affirming relationships from the very first moment of therapy.
- **True-Self Actualizing** – DEEP therapists work from the perspective of viewing clients' painful old patterns through the compassionate lens of best efforts at adapting to their historic and/or present environment, rather than through the lens of pathology. DEEP also builds on and celebrates *what's already working* and delights in clients' expressions of true self. And DEEP welcomes, invites, and helps with true emotional expressions that have often been feared for a very long time. This (often surprising) sense of being seen as worthy of being cared about, helped, and celebrated invites clients' true selves to emerge, heal, transform, and flourish.
- **Transparent** – In DEEP, each interaction with clients comes from a place of supreme respect, openness, and honesty. Therapists show up with inherent authenticity and transparency, creating a nonjudgmental safe haven. The work is never manipulative, secret, agenda-driven, or condescending, but rather relies on clarity, science, realness, and direct explanations for its effectiveness.
- **Immediate** – DEEP therapists approach each session with a profound, in-the-moment focus. By honing in on each and every second with intention, you're able to initiate and facilitate a healing *experience* that goes far beyond the surface. Keeping tabs on nonverbal, bodily emotional experience and other right-brained avenues of communication, and focusing directly on the relationship as it unfolds in the moment, brings depth and meaning to your sessions and mindfulness to your words.

About Candyce:

- I'm a clinician, trainer, writer in private practice, and I have actively lived, studied, and trained in psychological, spiritual, and scientific perspectives of suffering and healing for 26+ years.
- My style is warm, real, and emotionally engaged, creating a safe and connected atmosphere for growth and learning.
- I have extensive experience teaching and working with individuals and groups from an attachment-based perspective in the areas of trauma, grief, life transition, depression, and parenting.
- I continue vigorous professional study on an ongoing basis, and continue to keep all courses up-to-date with current research.
- I served on the AEDP Institute national faculty for three years.
- I trained and consulted for more than 5 years with AEDP founder Diana Fosha.

***CONTACT CANDYCE at 512-789-6244 OR candyce@candycecounseling.com
to apply or for more information.***