The AEDP Level II training (2018) consists of two main parts: the Core Skills Training (CST) and Group Supervision (GS).

**The Core Skills Training (2018)**

**Objectives:**
To teach, in both left-brained and right-brained ways, core skills necessary to practice AEDP in a practical, concrete and specific manner. Different skills and techniques will be introduced, explained, illustrated and practiced so that participants will emerge with both an understanding and a trust of how AEDP works in psychotherapy.

**Structure of the training (45 hours):**
The Core Skills Training will be held over 5 weekends (Fridays from 7:00 to 9:30 pm & Saturdays from 9:30 am to 5:00 pm). It will cover the basic theoretical foundation, model of intervention, specific techniques and skills. We emphasize not only on learning skills and techniques, but also on the process of experiencing an affectively informed reflective self as a therapist. So, experiential group exercise and mindful practice, role playing experience and case demonstration are essential elements in the course of training. Also, local Chinese cases and scenarios will be edited for video presentation. Interactive questions and discussion are welcomed and encouraged.

**Trainees:**
The training will be conducted by:
- Mr. Kwok-wing Wu (Registered Clinical Psychologist, AEDP Certified Supervisor),
- Ms Cammy Cheung (Registered Social Worker, AEDP Certified Supervisor),
- Ms Judy Wong (Registered Psychologist, AEDP Certified Supervisor),
- Ms Esther Poon (AEDP Certified Therapist and Supervisor trainee).

They are the first four locally trained and certified AEDP therapists in Hong Kong. Experienced AEDP practitioners will assist in the teaching and learning process.

**Major topics:**
1. Theoretical integration and dyadic regulation of affect

Theories and concepts:
- Affective model of change and quadripartite model of AEDP in practice
The 4 states and 3 state transformations
AEDP Fidelity Scale for self-rating
The triangle of conflicts and triangle of comparisons
The adaptive nature of core affect and its process to completion
Mirror neuron system and physical side of empathy
Bottom-up and top-down intervention and integration
Clinical use of the Global Assessment of Functioning
Dyadic regulation of affect and affect attunement
McCullough’s formulation of Affect Phobia

Skills and techniques:
How to apply the road map and state concept into clinical practice
How to formulate clinical materials using different triangles of experience
How to respect, validate and melt defensive response and resistance
How to repair disruption and misattunement in processing attachment experience
How to actively use the experiential language of AEDP in action
How to emotionally engage with client and foster safe therapeutic environment
How to differentiate adaptive and maladaptive affective experience
How to make affect attunement in an explicit and experiential manner
How to actively use imagery, memory, fantasy and symbol
How to prevent client from being re-traumatized in deep healing work

2. AEDP and attachment

Theories and concepts:
Attachment and exploratory behavioral system
Right brain to right brain communication
Affects and defenses in the attachment process
Attachment categories through the lens of affect
Internal working model of relationship and affective competence
Fonagy’s concept of affectively informed reflective self functioning
Attachment phenomena in the cycle of trauma
Winnicott’s notion of good enough mother

Skills and techniques:
How to explicitly use the language codes in affective communication
How to use therapist’s self disclosure in an appropriate manner
How to communicate effectively without words
How to promote a sense of safety and connectedness in client
How to build and connect attachment figures for client
How to engage client in a collaborative sense
- How to repair misattunement, ruptures and imperfection
- How to work explicitly with attachment experience within the therapeutic dyad
- How to modulate anxiety and shame through dyadic affect regulation

3. Processing affective and transformational experience

Theories and concepts:
- Convergence of AEDP and Mindfulness
- Essence and healing power of mindful awareness
- The triune brain
- Mindfulness and emotional regulation
- Window of affect tolerance
- Expansion of regulatory boundaries
- The wheel of awareness
- Mindfulness and neural integration
- Mindful therapist

Skills and techniques:
- How to attune to & regulate oneself as a therapist
- How to modulate fear and anxiety in client
- How to stabilize client’s dysregulated emotions
- How to inquire, process and deepen somatic sensation and resource
- How to read the body and deep-track the non-verbal cues of the client
- How to use contact statements
- How to be mindfully attentive and reflective in the therapeutic process
- How to deal with dissociation/flooding of emotions

4. Mindful practice and focusing techniques in AEDP

Theories and concepts:
- Convergence of AEDP and Mindfulness
- Essence and healing power of mindful awareness
- The triune brain
- Mindfulness and emotional regulation
- Window of affect tolerance
- Expansion of regulatory boundaries
- The wheel of awareness
- Mindfulness and neural integration
- Mindful therapist

Skills and techniques:
- How to attune to & regulate oneself as a therapist
● How to modulate fear and anxiety in client
● How to stabilize client’s dysregulated emotions
● How to inquire, process and deepen somatic sensation and resource
● How to read the body and deep-track the non-verbal cues of the client
● How to use contact statements
● How to be mindfully attentive and reflective in the therapeutic process
● How to deal with dissociation/flooding of emotions

5. Dynamic expression of vitality and the self of therapist

Theories and concepts:
● Vitality expression and the primacy of non-verbal communication
● Implicit-procedural memory in the right hemisphere
● Intersubjectivity and its clinical implications
● Two-person psychology and right-brain-to-right-brain communication
● Porges’ polyvagal theory of social engagement system
● A reflective self of therapist: self-attunement and self-regulation
● Therapeutic use of self-disclosure and counter-transference dynamic
● Dynamic interaction between attachment styles

Skills and techniques:
● How to track and attune to movement and visceral experience
● How to appreciate the primacy of non-verbal communication in the expression of vitality and aliveness
● How to understand transference-countertransference interactions as an affective communication
● How to be in a state of attuning to others through self attunement
● How to use of self-attunement and self-disclosure in clinical setting
● How to cultivate therapist’s awareness and expression of authentic affect
● How to understand and deal with defensive countertransference dynamics
● How to track, process and deepen positive affect and positive sense of self
● How to become reflective in understanding personal style of attachment and affective experience
Dates and times:
The training will be held over five weekends during the year 2018:

1. 23.2.2018 (Friday 7:00 to 9:30 pm) & 24.2.2018 (Saturday 9:30 am to 5:00 pm)
2. 16.3.2018 (Friday 7:00 to 9:30 pm) & 17.3.2018 (Saturday 9:30 am to 5:00 pm)
3. 22.6.2018 (Friday 7:00 to 9:30 pm) & 23.6.2018 (Saturday 9:30 am to 5:00 pm)
4. 3.8.2018 (Friday 7:00 to 9:30 pm) & 4.8.2018 (Saturday 9:30 am to 5:00 pm)
5. 28.9.2018 (Friday 7:00 to 9:30 pm) & 29.9.2018 (Saturday 9:30 am to 5:00 pm)

Location:
基督教香港崇真會總會辦事處：
九龍長沙灣瓊林街111號擎天廣場8樓

Fee:
The Core Skills Training fee is $7,000 for the whole training (early birds: $6,700 before December 31, 2017).

Pre-requisites for entry:
Completion of AEDP Level I Immersion Course

Certification:
In order to complete the whole Level II training, each trainee is required to complete both the Core Skills Training (i.e. 45 hours) and Group Supervision (i.e. 12 hours) during the year 2018. For those who only complete the Core Skills Training, they will be at the level of Core Skills Training graduate.

Basic references:


楊兆前、張吳國儀合著（2007）：《心靈寫真 II—雨後天虹之心靈創傷與感動治療》。明風出版。
The Level II Group Supervision (2018)

Objectives:
In order to facilitate core skills learning and practice in clinical setting, each trainee is encouraged to be exposed to some reflective learning experience in group supervision within the course of the Core Skills Training during 2018.

Structure of the Group Supervision (in total 12 hours):
- Each trainee receives individual supervision by presenting his/her videotaped clinical session, with the other trainees of the group watching and participating in a group process under the supervision of a certified AEDP supervisor. Within the group each trainee takes turn to present his/her case for learning from both his/her own supervision and the supervision of others.
- Each trainee needs to complete in total 12 hours of group supervision, which will be completed in two full days.
- Normally the group size is limited to 8.

Supervisor:
Mr. Kwok-wing Wu (Registered Clinical Psychologist, AEDP Certified Supervisor)

Dates and times:
Each trainee needs to complete this training on the following two days:
16.6 & 21.7.2018 (Saturday): from 9:00 am to 5:00 pm

Venue of supervision:
T. N. Foo Centre for Positive Mental Health of the MHAHK
(Office F, 9/F., Harvest Moon House, 337-339 Nathan Road, Kowloon, HK)
傅德輔導及發展中心
（九龍彌敦道 337 至 339 號金滿樓九樓 F 室）

Supervision Fee:
$3,700 (early birds: $3,500 before December 31, 2017)

Pre-requisites for entry:
- Completion of AEDP Level I Immersion Course
- Current engagement or completion of Core Skills Training
Certification:
In order to complete the whole Level II training, each trainee is required to complete both the Core Skills Training (i.e. 45 hours) and Group Supervision (i.e. 12 hours) over the year 2018. For those who only complete the Core Skills Training, they will be at the level of Core Skills Training graduate.

For those who had successfully registered into the Level III Core Supervision Group (2018), they do not need to participate into this Level II Group Supervision.

For enquiry:
For information on the training curriculum and other details, please feel free to contact Mr. Wu at 35831196 or through email at kwwu@mhahk.org.hk

For those who are interested to apply the group supervision training, please complete the attached registration form and make a check payable to The Mental Health Association of Hong Kong, and mail it to the T. N. Foo Centre for Positive Mental Health (Office F, 9/F., Harvest Moon House, 337-339 Nathan Road, Kowloon, HK), on or before 31.12.2017.
The Mental Health Association of Hong Kong
AEDP Core Skills Training (2018)

Registration Form

Title:  □Dr.    □Mrs.    □Ms.    □Mr.
Full Name: (English)__________________________________________ (Chinese)____________________________________
Organization: ___________________________________________________________________
Correspondence Address: ___________________________________________________________________
Tel. No.: ___________________________ Fax No.: _____________________________
Position: ______________________________  Email: ________________________________
□ Please √ the box if you would like to receive our courses information by email.

Application Method
Please made a crossed cheque payable to: “The Mental Health Association of Hong Kong”
Payment: □$7,000  □$6,700 (early birds: before December 31, 2017)
Cheque No.: __________________________ of Bank: __________________________
Please post completed registration form and crossed cheque to:
T. N. Foo Centre for Positive Mental Health,
Office F, 9/F., Harvest Moon House, 337-339 Nathan Road, Kowloon, HK

General Information
Applications will be accepted on a first-come-first-served basis until quota is full.
Application will only be secured with payment.
Successful applicants will be confirmed by email.
Receipt of application fee will be presented to trainees in the workshop.
A “Certificate of Attendance” will be presented to trainees with at least 80% attendance rate.
Fees are non-refundable.
If black rainstorm warning or typhoon signal No. 8 is hoisted within two hours before the
program, the workshop will be cancelled. Details of postponement or other arrangements will be
announced afterwards.
For further enquiry, please kindly contact Ms Candy Li at 35831196

___________________________________________________________________________

For Office Use Only
Status:  □Accept  □Rejected  □Waiting list
Staff: _____________________  Date: _____________________  Remark: ___________________
The Mental Health Association of Hong Kong
AEDP Level II Group Supervision (2018)

Registration Form

Title:  □ Dr.  □ Mrs.  □ Ms.  □ Mr.
Full Name: (English) ______________________________ (Chinese) ______________________
Organization: ___________________________________________________________________
Correspondence Address: _________________________________________________________
Tel. No.: ________________________________  Fax No.: _____________________________
Position: ______________________________  Email: _________________________________

Application Method
Please make a crossed cheque payable to: “The Mental Health Association of Hong Kong”
Payment:  □ $3,700  □ $3,500 (early birds: before December 31, 2017)
Cheque No.: _________________________  of Bank: ___________________________

Please post completed registration form and crossed cheque to:
T. N. Foo Centre for Positive Mental Health,
Office F, 9/F., Harvest Moon House, 337-339 Nathan Road, Kowloon, HK

General Information
Applications will be accepted on a first-come-first-served basis until quota is full.
Application will only be secured with payment.
Successful applicants will be confirmed by email.
Receipt of application fee will be presented to trainees on the first day of the supervision.
A “Certificate of Attendance” will be presented to trainees with at least 80% attendance rate.
Fees are non-refundable.
If black rainstorm warning or typhoon signal No. 8 is hoisted within two hours before the
program, the workshop will be cancelled. Details of postponement or other arrangements will be
announced afterwards.
For further enquiry, please kindly contact Ms Candy Li at 35831196

For Office Use Only
Status:  □ Accept  □ Rejected  □ Waiting list
Staff: _________________________  Date: _________________________  Remark: _______________