



## COMBINING IMAGINAL AND RELATIONAL SKILL SETS IN PSYCHOTHERAPY

LIVE ONLINE VIA ZOOM

Matt Fried MA, Ph.D., MFA  
June 9, 2024, 10:00am-1:00pm  
Course Number: 338 (3.0 contact hours)

### Bibliography

#### AEDP Articles

Hanakawa, Y., (2020). Treating emotional pain: Creating the safe and secure therapeutic relationship and deepening emotional experience. *Japanese Journal of Clinical Psychology*, 20(3), 301-305. <https://www.kongoshuppan.co.jp/book/b515230.html>

Harrison, R. L. (2020). Termination in 16-session accelerated experiential dynamic psychotherapy (AEDP): Together in how we say goodbye. *Psychotherapy*, 57(4), 531–547. <https://doi.org/10.1037/pst0000343>

Harrison, R. (2019) A Bridge Over Troubled Water: Commentary on Paul Blimling's Case of "James" Integrating Music Listening into AEDP. *Pragmatic Case-Studies in Psychotherapy*, Volume 15, Number 2. <https://pcsp.libraries.rutgers.edu/index.php/pcsp/article/view>

McBride H., Joseph A., Schmitt Peter., & Holtz, B. (2020). Clinical recommendations for psychotherapists working during the coronavirus (COVID-19) pandemic through the lens of AEDP. *Counselling Psychology Quarterly*. <https://www.tandfonline.com/doi/full/10.1080/09515070.2020.1771283>

Ronen-Setter, I., Cohen E., (2020). Becoming "Teletherapeutic": Harnessing Accelerated Experiential Dynamic Psychotherapy (AEDP) for Challenges of the Covid-19 Era. *Journal of Contemporary Psychotherapy*. <https://link.springer.com/article/10.1007/s10879-020-09462-8>

Silvan, J. (2020). Bottom-up gratitude: An AEDP approach. *Psychotherapy Networker*. <https://psychotherapynetworker.org/blog/details/1863/bottom-up-gratitude>

### **AEDP Research**

DiCorcia, M., Iwakabe, S., Thoma, N. C., & Yamazaki, W. (2022). Transformational process scale: An initial validation and application to the first psychotherapy session. *Journal of Psychotherapy Integration*. Advance online publication. <https://doi.org/10.1037/int0000296>

Faerstein, I. & Levenson, H (2016). Validation of a fidelity scale for accelerated-experiential dynamic psychotherapy." *Journal of Psychotherapy Integration*, 26 (2), 172-185. <http://psycnet.apa.org/doi/10.1037/int0000020>

Goto, A., Iwakabe, S., & Heim, N. (2022). Therapeutic courage in novice therapists in Japan: A qualitative study. *Journal of Psychotherapy Integration*, 32(3), 243–256. <https://doi.org/10.1037/int0000260>, <https://www.researchgate.net/lab/Shigeru-Iwakabe-Lab>

Harrison, R. L. (2020). Termination in 16-session accelerated experiential dynamic psychotherapy (AEDP): Together in how we say goodbye. *Psychotherapy*, 57(4), 531–547. <https://doi.org/10.1037/pst0000343>

Iwakabe, S., Edlin, J., & Thoma, N. (2022). A phenomenological case study of accelerated experiential dynamic psychotherapy: The experience of change in the initial session from a client perspective. *Journal of Psychotherapy Integration*, 32(4), 363–376. <https://doi.org/10.1037/int0000261>.

Iwakabe, S., Edlin, E., Fosha, D., Gretton, H., Joseph, A. J., Nakamura, K. & Thoma, N., (2022). The long-term outcome of accelerated experiential dynamic psychotherapy (AEDP): Six and 12-month follow-up results. *Psychotherapy*, 59(3):431-446. <http://doi:10.1037/pst0000441>.

Iwakabe, S., Edlin, E., Fosha, D., Gretton, H., Joseph, A. J., Nunnink, S., Nakamura, K. & Thoma, N., (2020). The effectiveness of accelerated experiential dynamic psychotherapy (AEDP) in private practice settings: A transdiagnostic study conducted within the context of a practice research network. *Psychotherapy*, 57 (4), 548-561. <https://doi.org/10.1037/pst0000344>

Iwakabe, S., & Conceicao, N. (2016). Metatherapeutic processing as a change-based therapeutic immediacy task: Building an initial process model using a task-analytic research strategy. *Journal of Psychotherapy Integration*, 26 (3), 230-247.

Johansson, R., Bjorklund, M., Hornborg, C., Karlsson, S., Hesser, H., Ljótsson, B., Rousseau, A., Frederick, R. J., & Andersson G. (2013). Affect-focused psychodynamic treatment for depression and anxiety through the Internet: a randomized controlled trial. *Peer J* 1:e102. <http://dx.doi.org/10.7717/peerj.102>

Johansson, R., Frederick, R. J., & Andersson G. (2013). Using the Internet to provide psychodynamic psychotherapy. *Psychodynamic Psychiatry*, 41 (4), 513-540.

Johansson, R., Hesser, H., Ljótsson, B., Frederick, R. J., & Andersson G. (2012). Transdiagnostic, affect-focused, psychodynamic, guided self-help for depression and anxiety through the Internet: Study protocol for a randomized controlled trial. *BMJ Open*, Dec 19;2(6). Pii: e002167. Doi: 10.1136/bmjopen-2012-002167. Print 2012. <http://www.ncbi.nlm.nih.gov/pubmed/23257775>

Lilliengren, P., Johansson, R., Lindqvist, K., Mechler, J., & Andersson, G. (2016). Efficacy of Experiential Dynamic Therapy for Psychiatric Conditions: A Meta-Analysis of Randomized Controlled Trials. *Psychotherapy*, 53 (1), 90-104. Advance online publication. <http://dx.doi.org/10.1037/pst0000024>

Markin, R. D., McCarthy, K. S., Fuhrman, A., Yeung, D., & Gleiser, K. A. (2018). The process of change in Accelerated Experiential Dynamic Psychotherapy (AEDP): A case study analysis. *Journal of Psychotherapy Integration*, 28 (2), 213-232.

Notsu, H., Iwakabe, S., & Thoma, N. C. (2022). Enhancing working alliance through positive emotional experience: A cross-lag analysis. *Psychotherapy Research: Journal of the Society for Psychotherapy Research*, 1–14. Advance online publication. <https://doi.org/10.1080/10503307.2022.2124893>

Pass, E. R. (2012). Combining expressive writing with an affect- and attachment-focused psychotherapeutic approach in the treatment of a single-incident trauma survivor: The case of "Grace." *Pragmatic Case Studies in Psychotherapy*, 8 (2), 60-112. <http://pcsp.libraries.rutgers.edu/>

Vigoda Gonzales, N. V. (2018). The merits of integrating accelerated experiential dynamic psychotherapy and cultural competence strategies in the treatment of relational trauma: The case of "Rosa." *Pragmatic Case Studies in Psychotherapy*, 14(1), 1–57. Doi:<http://dx.doi.org/10.14713/pcsp.v14i1.2032>

### **AEDP Citations**

Fosha, D., Thoma, N. & Yeung, D. (2019). Transforming emotional suffering into flourishing: Metatherapeutic processing of positive affect as a trans-theoretical vehicle for change. *Counseling Psychology Quarterly*: <https://www.tandfonline.com/doi/full/10.1080/09515070.2019.1642852>

Iwakabe, S., Edlin, E., Fosha, D., Gretton, H., Joseph, A. J., Nunnink, S., Nakamura, K. & Thoma, N., (2020). The effectiveness of accelerated experiential dynamic psychotherapy (AEDP) in private practice settings: A transdiagnostic study conducted within the context of a practice research network. *Psychotherapy*, 57 (4), 548-561: <https://doi.org/10.1037/pst0000344>

Markin, R. D., McCarthy, K. S., Fuhrman, A., Yeung, D., & Gleiser, K. A. (2018). The process of change in Accelerated Experiential Dynamic Psychotherapy (AEDP): A case study analysis. *Journal of Psychotherapy Integration*, 28 (2), 213-232.

Ronen-Setter, I., Cohen E., (2020). Becoming “Teletherapeutic”: Harnessing Accelerated Experiential Dynamic Psychotherapy (AEDP) for Challenges of the Covid-19 Era. *Journal of Contemporary Psychotherapy*. <https://link.springer.com/article/10.1007/s10879-020-09462-8>  
<https://link.springer.com/article/10.1007/s10879-020-09462-8>

### **PBSP Citations**

Gray, A. (2018). Review of Landscapes of the Heart. *Sexuality and Disability* (2018) 36:437–438  
<https://doi.org/10.1007/s11195-018-9537-9>.

Levang, C., Slaughter, N., Johansson, T., & Lankow, C. (2017). LIFE questionnaire development: Development and factor analysis of the Levang Inventory of Family Experiences: A new way to operationalize and validate Pesso Boyden System Psychomotor. *International Body Psychotherapy Journal*, 16(1), 38–55.

Pesso, A. (2013). Filling holes and roles in the past with the right people at the right time  
*International Body Psychotherapy Journal* 12, 2, 3-87 *SHS Web of Conferences* 26, 01013 (2016)  
DOI: 10.1051/ shsconf/20162601013,

Slaninova, G., & Pidimova, P., (2014). Pesso Boyden System Psychomotor as a method of work with battered victims. *Procedia - Social and Behavioral Science*. 112 (2014) 387 – 394.

Slaninova, G., & Vokalova, L., (2016). Education in counseling and psychotherapy with an accent to scenic symbolic work. *SHS Web of Conferences*. 26, 01013, DOI: 10.1051/ shsconf/20162601013.