



Accelerated experiential dynamic psychotherapy (AEDP) with a client with relationship problems

Frederick, Ronald J. (1965-), interviewer.
<https://id.oclc.org/worldcat/entity/E39PCjBG3d6pbkJhr4PmRbVcT3>

[Streaming videos](#) [Webcast](#)

Material Projectable

Ronald J. Frederick begins therapy with a young Black adult client presenting with relationship problems. The client reports having been bullied as a child, and feeling rejected by a potential romantic partner who seemed to be pulling away from them. Frederick uses accelerated experiential dynamic psychotherapy (AEDP) to emphasize the importance of the client processing their anger, fear of being alone, and hurt feelings. To build the therapeutic relationship and provide a corrective emotional experience, Frederick validates the client's feelings. Frederick is also interpersonal with the client, and gives the client positive feedback throughout the session. The therapist asks the client to acknowledge how it feels to attend to emotions as they occur, and encourages the client to try and continue to do so outside of session

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Título: Accelerated experiential dynamic psychotherapy (AEDP) with a client with relationship problems

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Descripción física: 1 streaming video file (45 min., 59 sec.)

Nota general: Split screen

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Materia: Psychodynamic psychotherapy- Methodology Experiential psychotherapy- Methodology Interpersonal conflict Psychotherapy, Psychodynamic- methods Psychotherapy, Rational-Emotive- methods Psychothérapie dynamique- Méthodologie Psychothérapie expérientielle- Méthodologie Conflit interpersonnel Interpersonal conflict. Psychodynamic psychotherapy- Methodology.

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