



Accelerated experiential dynamic psychotherapy (AEDP) for anxiety and depression : session 2 of 6

Fosha, Diana,
interviewer

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In this second of six sessions, Dr. Diana Fosha demonstrates accelerated experiential dynamic psychotherapy (AEDP) with a 20-year-old self-identified Middle Eastern female client presenting with anxiety- and depression-related concerns. The therapist and client discuss their experience from the first session, as well as ways in which the client's "emotional walls came down." Dr. Fosha encourages the client to "stay with" the emotions that emerge as she explores her early childhood memories with an abusive father, including her mother's decision to leave with their children, and how their lives changed in the aftermath. The therapist demonstrates how to work dyadically and experientially in helping the client process intense emotion tied to childhood trauma, as well as ways in which she helps the client feel less alone in her pain. Dr. Fosha embodies an affirming, empathic, and emotionally engaged stance in helping the client track her somatic experience of affect. She also helps the client explore her relationship to an early childhood friend, with whom she has recently reconnected. The session ends with Dr. Fosha encouraging the client to continue the process outside of session, suggesting that she set aside time for reflection and journaling

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