

## **Are you ready for AEDP certification?**

This guide can help you and your supervisor determine whether you are applying AEDP skills and interventions sufficiently enough to consider assembling certification materials for submission. You may want to rate yourself on each skill and use supervision to focus on skills that you have not quite mastered yet.

We understand that there may be a difference in skills that are illustrated in early vs. latter treatment sessions. Although we will be looking for AEDP to be present from the very first sessions in order to help patients have new experiences from the get-go, we realize that skills in numbers 1-3 may be more prevalent in early sessions.

1. Are you actively and explicitly using self and relationship as intervention and tool (to create safety and deepen into experience)? Do you enable clients to shift early in sessions from speaking about experience to engaging in experience with you?
2. Are you tracking moment-to-moment experience and do you feel confident identifying and working with inhibitory affects (anxiety, shame, guilt, fear, etc.), defenses, emotion, and somatic markers? Are you making these implicit phenomena explicit and helping your patients to expand their own capacities for self-reflection and somatic awareness? How are you helping patients bypass defenses or explore them more specifically?
3. Are you consistently monitoring/regulating level of anxiety to keep it safely in the window of tolerance?
4. Do you feel confident helping clients slow down and stay with and deepen into affective glimmers? Transformance glimmers? Spirals of transformation? Are you attending to both verbal and nonverbal/somatic cues to deepen affective experience?
5. Are you showing that you can help clients to experience a full wave of adaptive emotional processing to completion, including all 4 States?

6. Do you metaprocess significant therapeutic moments and changes, and do Metaprocessing at the end of every session?
7. Are you making space to know when you are dysregulated and bringing kind awareness to know and understand what has been triggered in you? Can you explicitly name this in your transcript analysis?
8. Are you helping your clients to make sense of their lives and to build a coherent and cohesive narrative, transforming their internal working model of self and other.