

CERTIFIED SUPERVISOR PAPER REQUIREMENTS JUNE 2020

Thank you for your interest for wanting to become a certified AEDP Supervisor. We recognize that it has been a long process requiring dedication and motivation. It is our hope that your supervisory training has promoted further depth of experience and has supported your enthusiasm to engage and bring others along in their understanding of and competency in AEDP.

Required reading: *Supervision Essentials for Accelerated Experiential Dynamic Psychotherapy*. Prenn, N. & Fosha, D. (2017) American Psychological Assoc. Reading to be discussed with supervisors.

A 10-15 page reflective paper is required to complete your training to become a certified supervisor. The paper should communicate your theoretical understanding of AEDP with specific application to the supervisory process. This is an opportunity for you to reflect on your developing style and competence as an AEDP Supervisor. We are looking for both your ability to teach AEDP theory and techniques, as well as your capacity to engage and facilitate the relational aspects of the supervisory process.

Once completed and reviewed by your faculty supervisor please submit your paper and continued education documentation to admin@aedpinstitute.org who will send the paper for review (to be read by two faculty members) to complete your certification as an AEDP supervisor.

Please respond to elements from each of the three categories below and use annotated transcript from actual supervisory sessions to illustrate and support your points.

1. BEING A SUPERVISOR:

Please address two or more of the following

- If you engaged in providing supervision before AEDP: How did your way of doing supervision change when you started to do AEDP supervision?
- What are the ways in which your supervision style is uniquely AEDP? What qualities of AEDP do you integrate into your supervisory process? In what ways is the supervision you conduct AEDP in nature (both in terms of your relationship to the supervisee and to the content of the supervision session you are discussing)?
- What are your strengths as an AEDP supervisor? What are your growing edges? What comes easy to you? What is still a stretch?
- Reflect comparatively upon two or three AEDP supervision styles you have experienced in core training and/ or small-group or individual supervision, and tell us what aspects of these styles are most resonant with your own supervision style.

2. DOING SUPERVISION:

Please address all:

- How do you offer feedback with your supervisee?

Supervision, like AEDP therapy, is about privileging the positive, while also providing constructive feedback. Please describe your experience in privileging the positive while needing to help the therapist stay with difficult feelings of their client.

How do you provide constructive feedback to supervisees whom you feel might be anxious about showing their clinical work.

How do you simultaneously look and listen, and track moment-to-moment the client tape you are viewing AND track the therapist you are supervising, each with somewhat different needs and types of attention?

- If you do group supervision: How do you take into account different participants' different levels of experience in practice and experience in AEDP when you supervise a group?
- How do you manage conflict in supervision?
- How you communicate critical feedback if you think a supervisee is doing something that is not helpful for the client? to a supervisee who makes an actual mistake? or to a supervisee who does something unethical?

3. AEDP THEORY AND PRACTICE ILLUSTRATION

- Are there nuances of AEDP theory that have become more clear to you since engaging the supervisory certification process - either through conducting supervision, and/or in your own supervision and/or elsewhere?

Please include brief segments of transcript from supervision sessions that support your points. (a whole block of a session/s is not necessary, but it would be important to pepper the paper with illustrations from transcripts).