

# CONTENTS

Contributors	ix
<b>Introduction: AEDP After 20 Years</b>	<b>3</b>
Diana Fosha	
<b>I. HEALING FROM THE GET-GO</b>	<b>25</b>
<b>1. How AEDP Works</b>	<b>27</b>
Diana Fosha	
<b>2. The First Session in AEDP: Harnessing Transference and Cocreating a Secure Attachment</b>	<b>53</b>
Karen Kranz	
<b>II. CONTEXT AND SCAFFOLDING</b>	<b>81</b>
<b>3. Historical Context: AEDP’s Place in the World of Psychotherapy</b>	<b>83</b>
Gil Tunnell and Jenna Osiason	
<b>4. What Just Happened? and What Is Happening Now? The Art and Science of Moment-to-Moment Tracking in AEDP</b>	<b>107</b>
Yuko Hanakawa	
<b>5. A Shift in Focus: Making Use of Therapist Experience in AEDP</b>	<b>133</b>
Benjamin Lipton	
<b>6. Using AEDP’s Representational Schemas to Orient the Therapist’s Attunement and Engagement</b>	<b>159</b>
Karen Pando-Mars	

<b>III. HOW TO WORK WITH CORE AFFECTIVE EXPERIENCE: ATTACHMENT, EMOTION, SELF</b>	<b>187</b>
<b>7. Neuroplasticity in Action: Rewiring Internal Working Models         of Attachment</b>	<b>189</b>
Ronald J. Frederick	
<b>8. Portrayals in Work With Emotion in AEDP: Processing Core         Affective Experience and Bringing It to Completion</b>	<b>217</b>
Ben Medley	
<b>9. Agency, Will, and Desire as Core Affective Experience:         Undoing Disempowerment to Foster the Emergence         of the Agentic Self</b>	<b>241</b>
Eileen M. Russell	
<b>IV. HOW TO WORK WITH MALADAPTIVE AFFECTIVE EXPERIENCE AND COMPLEX TRAUMA</b>	<b>267</b>
<b>10. Fierce Love: Championing the Core Self to Transform Trauma         and Pathogenic States</b>	<b>269</b>
SueAnne Piliero	
<b>11. Finding Healing in the Broken Places: Intra-Relational AEDP         Work With Traumatic Aloneness</b>	<b>293</b>
Jerry Lamagna	
<b>12. Relational Prisms: Navigating Experiential Attachment Work         With Dissociation and Multiplicity in AEDP</b>	<b>321</b>
Kari A. Gleiser	
<b>V. INTEGRATION, FLOURISHING, CORE STATE, AND THE CORE SELF</b>	<b>347</b>
<b>13. What Went Right? What Happens in the Brain During AEDP's         Metatherapeutic Processing</b>	<b>349</b>
Danny Yeung	
<b>14. "We Are Organized to Be Better Than Fine": Building the         Transformational Theory of AEDP 2.0</b>	<b>377</b>
Diana Fosha	
<b>15. Future Directions</b>	<b>401</b>
Diana Fosha	
Appendix	415
Index	423
About the Editor	437