



香港大學輔導學碩士校友會  
H.K.U. Master of Social Sciences (Counselling) Alumni Association

## HKU Master of Social Sciences (Counselling) Alumni Association

### Workshop on Accelerated Experiential Dynamic Psychotherapy (AEDP) An Affective and Attachment Based Intervention

#### The Workshop:

What is AEDP? *'Crisis and suffering provide opportunities to awaken extraordinary capacities that otherwise might lie dormant, unknown and untapped. AEDP is about experientially making the most of these opportunities for both healing and transformation. Key to its therapeutic action is the undoing of aloneness and thus, the establishment of the therapeutic relationship experienced as both safe haven, and secure base. Once that's established, we work with emotional experience, working experientially toward healing trauma and suffering, and toward expanding emergent positive transformational experiences.'* (AEDP Institute)

#### Major topics:

1. Introducing a road map for trauma healing informed by this phase-oriented AEDP treatment model;
2. Understanding the healing power of emotions in this attachment - based intervention;
3. Fostering therapeutic attachment environments conducive to affect regulation, affect processing and affect transformation;
4. Developing a paradigm shift in conceptualizing and working with defense and resistance; and
5. Understanding the use of meta-processing in deepening transformation.

Format: Didactic lecture, interactive discussion and video case demonstration.

#### The Trainer:

##### Mr. Kwok-wing Wu

*Registered Clinical Psychologist (HKPS), Certified AEDP Therapist and Supervisor.*

Mr. Wu currently works as a clinical psychologist in the Mental Health Association of Hong Kong. He specializes in treating clients with depression and anxiety, healing of emotional trauma and resolution of attachment complex. He also trains clinicians in in-depth, emotionally based and bodily rooted psychotherapies. Being inspired by Diana Fosha, PhD. (founder of AEDP), he attended AEDP's Immersion Course in 2006, going through four years of clinical supervision and certified as AEDP Therapist and AEDP Supervisor in 2011 and 2012 respectively. Mr. Wu is a founding member of AEDP HK and set up the first center-based AEDP service in MHAHK since 2007. He has also developed, and having conducted a series of clinical training and supervision programs since 2009.



Date: October 12, 2019 (Saturday)  
Time: 2:00 – 5:00 pm  
Venue: CPD-4.16, 4/F, The Jockey Club Tower, The Centennial Campus, HKU  
Target: AA members or related professionals recommended by members  
Language: Cantonese  
Fee: \$200 (Members), \$300 (Non-members)

Enrollment Procedures: 1. Please credit the course fee to AA Bank Account 234-157089-001 (Hang Sang Bank), giving your full name on the payment slip.  
2. Complete the e-form below and upload the payment slip.  
E-form: <https://forms.gle/Rv2cuQiBNMx3yBts8>

Deadline: September 28, 2019 (Saturday)  
Enquiry: [hkucounsellingalumni@yahoo.com.hk](mailto:hkucounsellingalumni@yahoo.com.hk)

