

# Candyce Ossefort-Russell, LPC-S, PLLC

*Psychotherapy*

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## 2013-2014 INTENSIVE TRAINING GROUPS

*in*

### **DEEP EXPERIENTIAL THERAPY SKILLS AND THEORY** *(Dynamic Enriched Experiential Psychotherapy)*

**- Beginning September 2013 -**

Grounded in AEDP (see below), and expanded and enriched to include the latest updates in neuroscience, attachment theory, and humanistic applications, these two intensive private training courses translate the theory of attachment-based experiential therapy into practice. The courses teach concrete skills that help you to know “how to be” and “what to do” in the practice of this 21st-century, emotionally engaged therapy. When you complete the course, you will receive a certificate of completion and a listing on my *DEEP* Training website.

***The course provides lively and engaging immersion in a comprehensive curriculum that includes:***

- In-depth foundational theory of cutting-edge experiential therapy based in attachment theory (a rich clinical and theoretical infrastructure that builds on AEDP)
- Translation of AEDP jargon into English
- Concrete clinical applications of *all* theoretical concepts
- How to embed your current skills—EMDR, SE, Sensorimotor, CBT, parts work, etc.—into the attachment foundation
- Existential and depth psychological ideas about the nature of suffering and our role as helpers that provides strong support for the therapist when the going is hard
- Schore’s regulation and enactment theory for working with defenses
- Porges’ polyvagal theory for recognizing and working with visceral states
- Practical application of Interpersonal Neurobiology
- Extensive emotion theory explication that helps therapists accurately hone in on patients’ emotional experiences
- Integration of body-based theories, including *Sensorimotor Psychotherapy* and *Developmental Somatic Psychotherapy*, into attachment work
- Harnessing Memory Reconsolidation principles to facilitate deep and lasting changes

***Teaching takes place in a small group environment that is explicitly supportive and encouraging, in order to facilitate:***

- Intensive therapist self-building, so that skills emerge from a solid inner foundation
- Support and encouragement for both new and experienced therapists to risk new skills
- Enlivening and enlightening case consultation and support
- A community of therapists who support and refer to each other
- Integration of the work into your own unique style
- Experiential modeling of the DEEP therapeutic modality (that is, learning DEEP in a DEEP environment)

***Multiple learning dimensions make the material come alive:***

- Participatory didactic instruction
- Illustrative instructor videos of actual therapy sessions
- Experiential exercises, collegial-level group process, and case consultation

***Well-organized focus will help you to emerge with both a cognitive understanding of and an intuitive sense of how to apply cutting-edge theory to your work:***

- Section 1 – Developing Experiential Therapist Qualities:  
Creating Safety for Patient and Therapist
- Section 2 – Foundational Skills: Clinical Application of DEEP Core Ideas
- Section 3 – Working With Defenses and Enactments: When It’s Hard to Connect
- Section 4 – Working with Emotion: How to Facilitate/How to Regulate
- Section 5 – Metaprocessing: Bringing the Therapeutic Relationship Into the Foreground

***AEDP is a springboard into DEEP:***

*Accelerated Experiential Dynamic Psychotherapy* is a therapy model rooted in attachment theory, interpersonal neurobiology, emotion theory, and developmental studies that is:

- Healing-oriented (not pathology-oriented)
- Based on creating a new experience in the room, within the context of a warm and engaged therapeutic relationship
- Explicitly emotionally regulating
- Focused on the innate drive to thrive, heal, and grow

You will emerge from the DEEP training course with a foundation in AEDP *plus* enhanced expanded skills and theory.

***THERE ARE TWO OPTIONS FOR DEEP EXPERIENTIAL SKILLS TRAINING:  
Weekday or weekend trainings available***

**Skills Training Option 1**

- 5 Weekends; All Day Saturday/All Day Sunday
  - o September 21-22, 2013
  - o November 16-17, 2013
  - o January 11-12, 2014
  - o March 8-9, 2014
  - o May 3-4, 2014
- Commitment to entire year required; CEUs at no additional cost
- Group size limited to 8
- \$2100 total; \$200 deposit upon registration, deducted from tuition
- 2 Payment Options: Five \$420 payments due on or before each class weekend; OR 5% discount if year's tuition is paid in lump sum (\$1995) on or before August 15th

**Skills Training Option 2**

- 2 hours per week; Wednesdays 12:15-2:15pm; September 4, 2013 – June 25, 2014
- Commitment to entire year required; CEUs at no additional cost.
- Group size limited to 8
- \$2100 total; \$200 deposit upon registration, deducted from tuition
- 2 Payment Options: \$210 per month for 10 months, payable at first meeting of each month; OR 5% discount if year's tuition is paid in lump sum (\$1995) on or before 8/15

***About Candyce:***

- I'm a clinician, trainer, and writer in private practice, and I have actively lived, studied, and trained in psychological, spiritual, and scientific perspectives of suffering and healing for 21 years.
- I am the only certified AEDP therapist in the state of Texas, and I served on the AEDP Institute national faculty for three years.
- I trained for more than 5 years with AEDP founder Diana Fosha.
- My style is warm, real, and emotionally engaged, creating a safe and connected atmosphere for growth and learning.
- I have extensive experience working and teaching from an attachment-based perspective with individuals and groups in the areas of trauma, grief, life transition, depression, and parenting.
- I continue vigorous professional study on an ongoing basis, and continue to keep all courses up-to-date with current research

***CONTACT CANDYCE at 512-789-6244 OR [candyce@candycecounseling.com](mailto:candyce@candycecounseling.com)  
to apply or for more information.***