

# Understanding Accelerated Experiential Dynamic Psychotherapy (AEDP)

## 1. What is Accelerated Experiential Dynamic Psychotherapy (AEDP)?

Accelerated Experiential Dynamic Psychotherapy (AEDP) is a healing-oriented, emotion-focused approach to therapy created by Dr. Diana Fosha. AEDP helps people transform emotional pain into resilience, connection, and a renewed sense of self. Instead of focusing only on what's broken, AEDP emphasizes what's right and strong within you. It gently guides you to experience and process emotions that were once too overwhelming, within a safe and supportive relationship. Through this process, healing unfolds naturally—helping you reconnect with your core self, openness, and vitality. AEDP is grounded in compassion, attachment theory, and neuroscience, fostering growth through emotional safety and trust.

## 2. What can AEDP help with?

AEDP can help people who have experienced emotional pain, loss, or trauma reconnect with hope and inner strength. It is especially supportive for those who long for deeper connection—with themselves and others. AEDP can help with:

- Trauma and post-traumatic stress
- Anxiety and panic
- Depression and emotional numbness
- Relationship challenges and attachment wounds
- Grief, loss, and heartbreak
- Shame, self-criticism, and inner conflict
- Burnout and stress

AEDP invites healing through emotional processing, compassion, and connection—helping you move from surviving to thriving.

■ *This information is provided for educational purposes and is inspired by trauma-informed care principles.*

*Source: AEDP Institute (Dr. Diana Fosha).*