

# Strengthening Therapeutic Relationships: Cultivating Therapeutic Presence in AEDP, EFT, and Transtheoretically

**ONLINE November 5 & 6, 2021**  
**11:00AM – 3:00PM EDT**

Join Dr. Shari Geller and Benjamin Lipton, experts in the field on presence, Emotion-Focused Therapy (EFT), and Accelerated Experiential Dynamic Psychotherapy (AEDP), for a 2-half day workshop.

**This workshop will offer clinicians core skills and practices to cultivate presence as a foundation for effective therapeutic relationships, and self-care.**

**Therapeutic Presence** is a way of being that reflects a therapist's full, embodied engagement in the moment in relationship with their clients. Robust research shows that presence supports the development of effective and healing therapeutic relationships – a common factor for effective therapy across many different orientations.

Therapeutic presence helps to create a neurophysiologic sense of increased safety for clients and therapists. The relationship becomes a safer and supportive base and a buffer for the painful exploration and transformation of relational trauma through co-regulation of affect and undoing of aloneness.

Through the complementary lenses of Emotion-Focused Therapy (EFT) and Accelerated Experiential Dynamic Psychotherapy (AEDP), this workshop will address the role of Therapeutic Presence in the service of strengthening therapeutic relationships, psychological healing, and transformation.

Since presence needs to be directly experienced to be understood this workshop will be didactic and experiential, and participants will receive practices, engage in dyadic role plays and view therapy video clips to deepen their learning.



Shari Geller, PhD, C.Psych is an author, clinical psychologist, and Mindful Self-Compassion (MSC) teacher. Shari offers training modules in therapeutic presence to various educational institutions as part of a longer-term vision of having therapeutic presence be a foundational training across psychotherapy approaches. With over twenty-five years' experience weaving psychology and mindfulness, Shari co-authored the book, [Therapeutic Presence: A Mindful Approach to Effective Therapy](#) with Dr. Leslie S. Greenberg (Second edition to be released in 2022). Shari's recent book: [A Practical Guide For Cultivating Therapeutic Presence](#), offers practical guidance for cultivating and strengthening therapeutic presence as a foundational approach. Shari serves on the teaching faculty in Health Psychology at York University and for the Applied Mindfulness Meditation (AMM) program at University of Toronto; and is Adjunct Professor in the Faculty of Music at the University of Toronto, in association with Music and Health Research Collaboratory (MaHRC). She is on the steering committee and part of the core faculty of the [Self-Compassion in Psychotherapy \(SCIP\) certificate program](#). Shari is the co-director of the [Centre for MindBody Health](#), in Toronto, where she offers training, supervision and therapy in Emotion-Focused therapy and Mindfulness and Self-Compassion modalities for individuals and couples. [www.sharigeller.ca](http://www.sharigeller.ca) [www.cmbh.space](http://www.cmbh.space)



Benjamin Lipton, LCSW, is a founding faculty member of the [AEDP Institute](#). He travels nationally and internationally to teach and present AEDP to a broad range of professional audiences. His most recent book chapter focuses on therapeutic presence and appears in the just released book, *Undoing Aloneness and the Transformation of Suffering into Flourishing: AEDP 2.0* (APA Press) edited by Diana Fosha. Ben is the editor of *From Crisis to Crossroads: Gay Men Living with Chronic Illnesses and Disabilities* (Haworth Press) and has published many clinical articles and book chapters in psychology and social service journals over the past two decades. He has held adjunct faculty appointments at Columbia Presbyterian Department of Psychiatry and New York University School of Social Work, and he serves on the Editorial Board of the *Journal of Gay and Lesbian Social Services*. Previously, Ben was the Director of Clinical Services at Gay Men's Health Crisis (GMHC). Previously, Ben was the Director of Clinical Services at Gay Men's Health Crisis (GMHC), the world's first and largest HIV/AIDS service organization. In addition to his expertise in AEDP, Benjamin has training in EMDR, Internal Family Systems, Somatic Experiencing, Solution-Focused therapy, and psychodynamic psychotherapy.

<https://aedpinstitute.org/faculty/benjamin-lipton-lcsw/>

## LEARNING OBJECTIVES: Intermediate Content Level

- Explain the foundational model for therapeutic presence in effective therapy.
- Identify the link between neuroscience research and Therapeutic Presence.
- Demonstrate in-session skills of Therapeutic Presence to enhance your clinical practice.
- Apply specific techniques from EFT and AEDP to embody Therapeutic Presence in life and in session.
- Differentiate “being” from “doing” in the clinical application of Therapeutic Presence in AEDP, EFT and transtheoretically.
- Discover ways to work through challenges to therapeutic presence in life and in session.



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**ONLINE NOVEMBER 5 & 6, 2021**  
**11:00AM– 3:00PM EDT**

This workshop will be recorded and available for 30 days.  
Even if you can't make it live, you can view after the event!

\*\*\*Please note: APA CE credits are only available for live online attendance\*\*\*

[CLICK HERE TO REGISTER](#)

This workshop is open to Psychologists, Psychotherapists, Social Workers, Marriage and Family Therapists, Counselors, GP Psychotherapists, Health Care Professionals, Educators, and Students.

**Early Bird Fee Until Oct. 15, 2021: \$367.25 CAD** (includes 13% HST tax)

**Regular Fee: \$395.50 CAD** (includes 13% HST tax)

**FOR PAY-WHAT-YOU-WISH, PLEASE CONTACT:** [presenceworkshops@sharigeller.ca](mailto:presenceworkshops@sharigeller.ca)

\*If you self-identify as Black and/or Indigenous, you may choose to attend the course for free  
or set the amount that you feel comfortable with paying.

**FOR STUDENT RATES, PLEASE CONTACT:** [karen@rcassidy.com](mailto:karen@rcassidy.com)

\* Students must submit a copy/scan of their valid student ID or confirmation of enrolment

## CONTACT INFORMATION

The Centre for MindBody Health  
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Toronto, Ontario, M4R 1A7  
TEL: 416.855.CMBH (2624) ext 1  
FAX: 647.729.5551  
WEB: [www.cmbh.space](http://www.cmbh.space)

## CANCELLATION POLICY

Refunds will be provided up to 14 days prior to this course  
upon receipt of email cancellation to  
[karen@rcassidy.com](mailto:karen@rcassidy.com)  
**Refunds will not be provided after Oct. 22, 2021.**  
All refunds are subject to a \$50 CAD administrative fee.

Questions/Concerns: [karen@rcassidy.com](mailto:karen@rcassidy.com)

## CONTINUING EDUCATION (CE) CREDITS

**OPA:** Approved for 7.5 CE credits for psychological practitioners.

**MDPAC:** Approved for members and primary care physicians who provide psychotherapy for 7.5 hours of MDPAC Group CE credits and 1 hour of MDPAC CCI credits.

**OCSWSSW:** Social workers and social service workers may use this activity towards meeting requirements of OCSWSSW's Continuing Competence Program.

**CRPO:** Psychotherapists may use this activity towards meeting requirements of the CRPO's Quality Assurance Program.



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**American Psychological Association (APA):** Approved for 7.5 CE hours for psychologists. There is an additional \$25 USD charge which can be paid at the time of registration and live online attendance is required.

Evaluations and Certificates are available online following course completion at [www.ceuregistration.com](http://www.ceuregistration.com)

There is no conflict of interest or commercial support for this program.