



Accelerated experiential dynamic psychotherapy (AEDP) with a black client

Frederick, Ronald J. (1965-), interviewer.
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Ronald J. Frederick begins therapy with a 25-year old client who presents as a Black man. The client reportedly has been experiencing challenges related to feelings of anxiety and overthinking. He was also recently told by a woman he's interested in that she was feeling that he was "moving too fast" which made him feel rejected and angry. Frederick uses accelerated experiential dynamic psychotherapy (AEDP) to emphasize the importance of the client slowing down, sitting with their feelings, and expressing them to others. Frederick asks the client to acknowledge how it feels to attend to emotions as they occur and encourages the client to reach out to the woman again to express how he feels about the relationship

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