

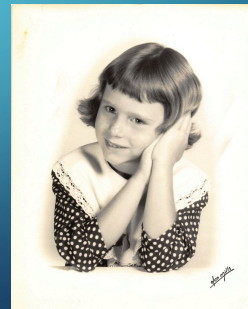


THE MANY LAYERS OF EMDR

S.A.F.E. EMDR

SOMATIC AND ATTACHMENT FOCUSED EMDR

DEBORAH KENNARD, FOUNDER AND TRAINER



Personal Transformation Institute offers a seamless way to continue learning through the S.A.F.E. EMDR model.

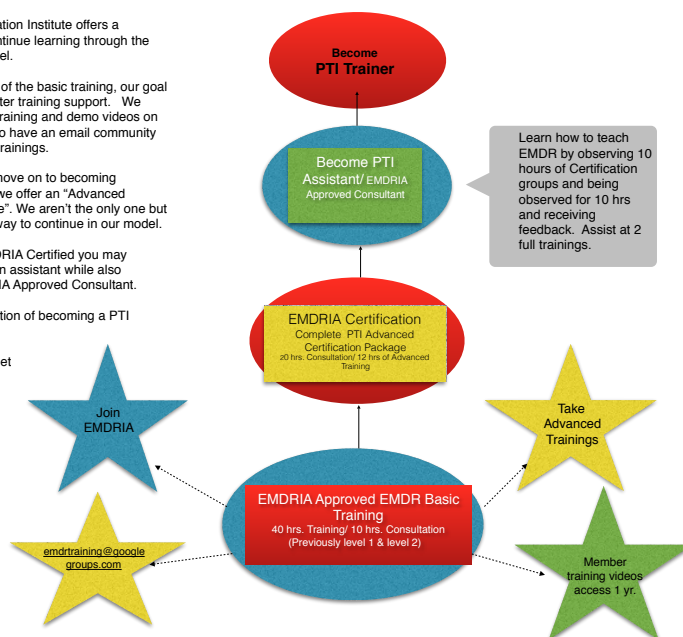
After the completion of the basic training, our goal is to offer the best after training support. We have a multitude of training and demo videos on our website. We also have an email community and offer advanced trainings.

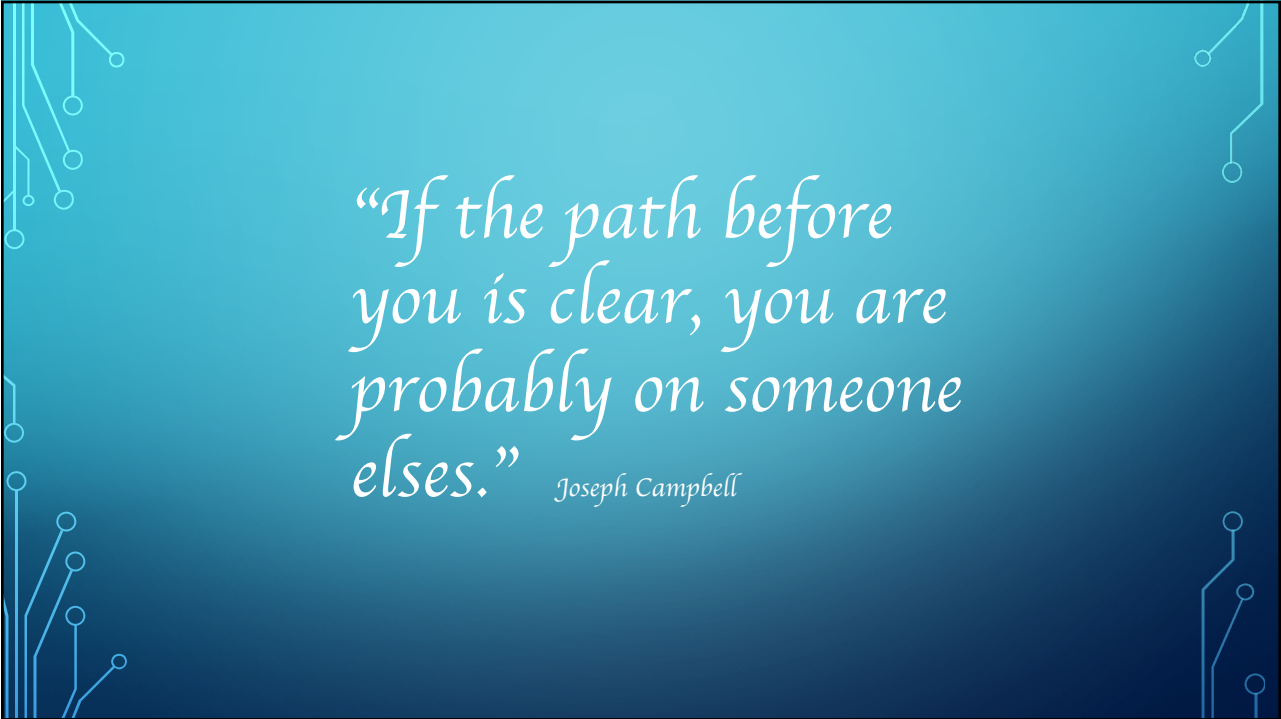
If you would like to move on to becoming "EMDRIA Certified" we offer an "Advanced Certification Package". We aren't the only one but we are a seamless way to continue in our model.

After becoming EMDRIA Certified you may choose to become an assistant while also becoming an EMDRIA Approved Consultant.

Then we have an option of becoming a PTI Trainer!

www.emdr-training.net





*“If the path before
you is clear, you are
probably on someone
elses.”* *Joseph Campbell*



*What would your present moment be if you had
no past?*

OUR PAST...

- Creates our current perceptions and misperceptions.
- Our perceptions create our limitations or lack of limitations.
- Our limitations create our ways we are unhappy.
- Our unhappiness spreads unhappiness



**What if the things we do best are
keeping us from the things we
want most?**




**What if the things that the
therapist does best is keeping the
client stuck?**



WHAT IF IT IS ALL AN ILLUSION?

- What if you are actually limiting yourself by perceptions that are incorrect
- Old news
- Just memories and lies.
- What if freedom, happiness and your dream life are all possible if only you get out of your own way?



Something to chew on.

The FLIP Method



AGENDA- WHAT TO EXPECT TODAY

- Introduction to S.A.F.E. EMDR
- The EMDR model. A very brief overview
- The concept of “The Answer”.
- Working in the Present Moment.
- Mindfulness Tools.
- What about the body.

WHY THE MANY LAYERS?

- Simply put
 - There were layers that revealed themselves to me and they were unsaid
 - These layers unrevealed presented a block to healing/freedom
 - They were also the layers that were the strength
 - It was the birth of a concept and the entire concept is deep and difficult to grasp at first
 - So relax... let it wash over you.... If you get frustrated that might be what you do best.

WHAT WAS MISSING?

- A wider lens
- A concept to simplify ways to identify patterns
- A way to conceptualize and work with somatic resource
- An understanding of complex trauma
- The importance of the therapist experience and influence
- Principles for effective therapy

The 3 S's



Safe



Simple



Silly

Safety is the basis of all healing or change.



SAFE!

A circular inset image shows a man in a light-colored suit sitting on a wooden bench. He is holding a book or folder. A green speech bubble points to him with the text: "Mamma said 'Educate don't intimidate'".

Mamma said
"Educate
don't
intimidate"

"Everything should be made as simple as possible, but not simpler." – Albert Einstein

A circular inset image shows a group of people, mostly older adults, wearing colorful party hats and sunglasses. They are smiling and making peace signs, appearing to be at a festive social gathering.

Silly could be "Social Engagement" but that would be showing off. 😊

BRINGING TOGETHER THE BEST OF 2 MODELS

S.A.F.E. EMDR

Meets EMDRIA's requirements for EMDR Therapy Training and adds a seamless progression:

- Advanced Certification Program
- Assistant/ Approved Consultant
- PTL trainer

EMDR THERAPY

Six days of training and 10 hours of consultation. (No seamless progression for moving forward)

SENSORIMOTOR PSYCHOTHERAPY

Three levels of indepth training in trauma and attachment with a focus on the body, each level 6 to 8 months spread over 3 years or longer.

TYPES AS A WAY OF UNDERSTANDING NOT LABELING

WILHELM REICH/FREUD

(Called them Defenses)

Schizoid

Oral

Psychopathic

Masochistic

Rigid

KURTZ/OGDEN (Managing Experiences)

Sensitive/Withdrawn

Dependent/Endearing

Self-Reliant/Independent

Deceptive 1 tough/generous

Deceptive 2 charming/manipulative

Burdened/enduring

Expressive/clinging

Industrious/Over-focused

THE ANSWER

The Invisible One

The Emotional One

The Nice Non-Threatening One

The Independent One

The Rock

The Chameleon

The Hero

The Doer

The Life of the Party

Character Types

Let this wash over you for now.

All of these were an answer to an overwhelming situation or a pervasive need to adapt to the environment.

We are going to learn a simplified version of this with the worksheet "The Answer"

Character Types

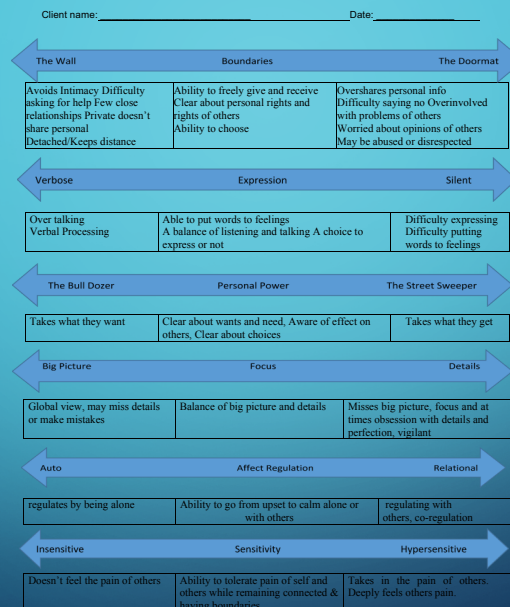
Character Type	Possible Neg. Belief	Over-Developed	Under-Developed	Needed to hear
The Invisible One	I'm in danger. I'm going to die.	Disappearing. Survival Defenses. Sensitivity	Safety, grounding, staying present, feeling	"You are welcome here." "You are safe now."
The Emotional One	I'm in danger. It's not safe to feel safe.	Merging into other person. Knowing how others feel. Sensitivity.	Boundaries, ability to self-soothe.	"It is okay to feel safe when you are safe."
The Nice/ Non-threatening One	I'm helpless. I'm powerless.	Getting pity. Being a victim.	Personal power. Self-soothing.	"I'm here for you." "You can get your needs met."
The Independent One	I'm alone.	Competency. Ability to take control.	Asking for help. Trusting others to help.	"You can get support." "It's okay to ask for help."
The Rock	I don't matter. My needs don't matter.	Being dependable. Tolerating negative. Enduring suffering.	Knowing what they want. Asking for what they want. Action.	"What you want matters."
The Chameleon	I'm not enough.	Adaptation to environment. Ability to manipulate and adapt.	Being honest. Knowing who they are. Being straight forward.	"It's okay to just be you." "You matter."
The Hero	I'm not safe. I'm powerless.	Setting firm boundaries. Withstanding pain.	Being vulnerable. Connecting with authentic emotions.	"It is safe to connect."
The Doer	I need to be perfect. I'm not enough.	Energy, working hard, taking action.	Play. Connection. Self care.	"You don't have to work so hard." "It's okay to play."
The Life of the Party	I don't matter.	Energy. Fun. Action.	Rest. Being grounded and authentic.	"You matter." "You don't have to work to be noticed."

These are examples of possible answers. At one time these were needed adaptations for the person to either stay safe or keep connection to a caregiver. They then become a pattern of relating to others. Most people have multiple character types. Each character type has a strength in it. **The goal is to help create balance and more choices so the authentic self can be present.**

The possible negative belief is just an example and there may be many other options.

(Adapted from Ron Kurtz, 1990 and Pat Ogden, 2002) ©Deborah Kennard, MS 2015

In your
practice
sheets



“The Answer”

In your office this can be a whole session. Finding what is Over- and Under-developed. Corresponds with Character Type chart on page 8. This is to begin to get an idea of what the client does under stress and what resources are needed.

What are you most proud of?
 What is difficult for you to do?
 What do you do when under stress?
 How do you handle extreme pressure?
 How are you with deadlines?
 How do you get your “way”?
 Is it easy for you to say “no”?
 Do you cry easily?
 What do you do when you are upset?
 Do you cry in front of others?
 Would you call yourself a “rule follower”?
 How do you deal with conflict?
 In an emergency situation what are you likely to do?
 Is it easy for you to ask for help?
 Is it difficult for you to accept help?
 How convincing are you?
 What are you likely to do when someone tells you “no”?
 How do you handle feedback or criticism?

So it sounds like you are really good at _____ and it is harder for you to _____.
 (leave room for feedback from client, allowing them to correct you or agree with you.)

And I’m guessing that when we are processing and you get close to pain you might _____.
 (again getting feedback from client, allowing them to correct you or agree with you.)

You are identifying the strength, what is over developed and what is under-developed. Then predict what might happen when the client gets close to pain.

I wonder what support you would need to begin to develop _____ (naming what is underdeveloped.. i.e. more of an ability to self-soothe) This becomes part of what you do in Phase 2, Preparation Phase.

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THE ANSWER QUESTIONS

- A series of questions to begin to see patterns.
- Looking at the answers to the questions as well as the way the questions are answered.
- Looking for the strength, overdeveloped and what is underdeveloped.

HOW THE THERAPIST'S ANSWER SHOWS UP

- Being Nice
- Working too hard
- Trying to make the client feel better
- Offering to take a discount
- Getting frustrated
-

THE 5 C'S OF WORKING WITH THE "ANSWER".

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Catching it. Seeing it happen many times. Noticing it as a pattern.

Curiosity. Become curious about it. *"I wonder if that has been helpful?"*

Collaborating/Celebrating. Joining and understanding. *"Of course..."*

Contacting. *"So it seems like this was helpful..."*

Connecting it to the past/present- *How has it been helpful and how*

PTI MISSION AND PHILOSOPHY

- The mission of PTI, Personal Transformation Institute, is to offer the most cutting-edge, effective EMDR trainings with a foundation of attachment and somatic psychology. The trainings will not only teach the concepts, but also demonstrate the foundational principles of effective therapy:

- Nonviolence
- Mindfulness
- Respect
- Compassion
- Healthy Boundaries
- Self Awareness

ORDINARY CONVERSATION VS. THERAPY

Ordinary Conversation	Therapy
Between 2 people	One sided finding what is within client
Neither person is in charge	Therapist is in charge
No interrupting	Interrupts with awareness
No one directs the flow and direction	The therapist directs the flow and direction

WHAT IS OVER AND UNDER DEVELOPED?

- Thinking/ Planning
 - Play
 - Connection
 - Presence
 - Sensitivity
 - Boundaries
 - Internal/External Regulation
- More.....

NONVIOLENCE IS LOVE



"At the center of non-violence stands the principle of love."
Dr. Martin Luther King, Jr.

HEALING ENVIRONMENT

- Keeping an eye on the missing experience for the client.
- The protocol helps to create the environment
- Non-judgment- Understanding equals loving
- Understanding everything through the AIP
- Seeing shame as the answer (appreciating that too!)
- Understand the missing experience and the client's "longing"

MARY TYLER MOORE

- I had parents who didn't meet the needs I had for affection and attention
- That was what was behind my drive to be successful
- Never did I feel like it was a hit. @ her show.
- We are driven by the pain in some cases. This is the good that comes from adaptation. There is often also something under-developed or a price that is paid.

WHY ATTACHMENT MATTERS IN EMDR

- EMDR gets to the root of the problem
- The power of the therapy brings more vulnerability
- Vulnerability often triggers “defenses” or “answers”
- Safety matters, non-violence/enviornment

ACTION SYSTEMS

- Attachment- Reaching out for help
- Exploration- Risk taking
- Energy Regulation- Working too much/Sleep too much
- Caregiving- Compassion, nurturing
- Sociability- Connecting with community/friends
- Play- Under or over developed
- Sexuality- Under or over developed

A PRINCIPLE OF NON-VIOLENCE

- Creating a healing environment
- Seeing through the client's perspective
- Supporting the client's emotional pain instead of trying to make it better
- Seeing the block as a strength (appreciating it!)
- Allowing the client to remain in pain
- Not "wanting" anything to happen.
- Be inviting instead of directive. (Watch words- "I want you to")

EXPERIMENTS

- *"Therapy is first about discovering. It's about who you are and about what your deepest emotional attitudes are... That's the flavor of psychotherapy, discovering yourself, discovering your real attitudes toward the most important pieces of your life."*
- *Experiment evoke the unconscious to become conscious.*

STUDYING THE PRESENT MOMENT

- How is therapy different than ordinary, polite conversation

ATTACHMENT PATTERNS

- We are born to attach... when we are born that is how we stay safe.
- We do things to maximize connection with caregivers, that keeps us safe.
- What we do become our patterns and what we do best.
- These are a result of



CREATING SECURE ATTACHMENT

- A way to view the past patterns as an adaptation. It was what they needed to do at the time to keep safe or attached.
- How does it show up now?
- What triggers?
- What is the longing?
- Regulating shame.

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Treatment Planning © Deborah Kennard, MS

Future Desired States

#1 #2 #3

Present Trigger #1 Present Trigger #2 Present Trigger #3

Presenting Problem

NC

G
O
I
N
G

Y
O
U
N
G
E
R

Past Event Age

Past Event Age

Past Event Age

Resources to Use

Touch Stone (Earliest) Age Worst Age

