



Your Safety Matters You Matter



A Few Rules



Mistakes are Mandatory



You agreed to the Participant Agreement when you registered, but did you read it?

Expectations and Frequent Questions

Breaks

Scheduled and briefly when needed.

Participation

Practice is required.
Personal growth is optional.

More Frequently Asked Questions



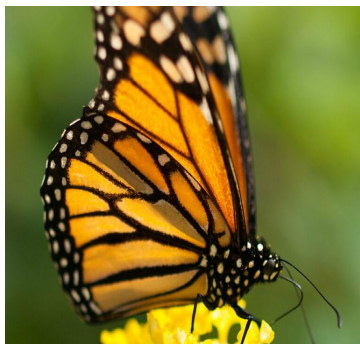
“Do I have to print the handouts?”

“How long do I have access to the training portal?”



Cultural Considerations

Personal Transformation



Collective Trauma

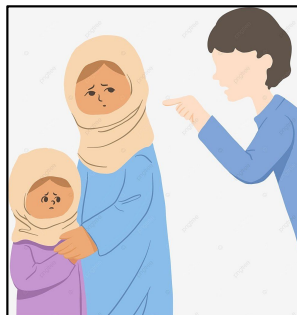


Racial and Cultural Marginalization

5 Faces of Oppression-Cultural Imperialism

Recognizing Cultural Imperialism

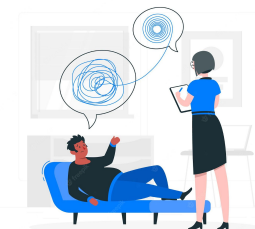
- Whiteness is the standard
- Other groups stereotyped and labeled "other"
- Our concept of mental illness and diagnosis is based on Westernized perspective



5 Faces of Oppression-Cultural Imperialism

In Therapy...

- Recognize Racism is Ordinary
- Be curious and genuine in trying to understand others



5 Faces of Oppression-Cultural Imperialism

Outside of Therapy...

- Seek cultural consultation when in doubt
- Acknowledge the impact of racial trauma
- Say what is usually unsaid



Five Faces of Oppression from Racial Trauma, Neurons, and EMDR: The Path Towards Antiracist Psychotherapy David Archer, MSW, MFT

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5 Faces of Oppression-Exploitation

Understanding Exploitation

A powerful group's ability to use the labor and energy of an oppressed group for the benefit of the more powerful and usually to the detriment of the laborer.



Five faces of Oppression from Racial Trauma, Neurons, and EMDR: The Path Towards Antiracist Psychotherapy David Archer, MSW, MFT

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5 Faces of Oppression-Exploitation

In Therapy...

- Seek Equity
- Do not ask client to educate you on racism
- Identify cultural resources and community resources



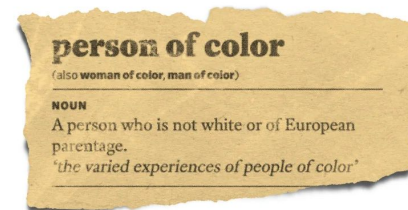
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5 Faces of Oppression-Exploitation

Outside of Therapy...

- Acknowledge there is a history of underpaying or exploiting people of color
- Seek to pay equitability for services
- Support the protests of Indigenous people concerning climate change



Five Phases of Oppression from Racial Trauma, Neurons, and EMDR: The Path Towards Antiracist Psychotherapy David Archer, MSW, MFT

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5 Faces of Oppression-Powerlessness

Understanding Powerlessness

- Circumstances where there is an imbalance of power or influence
- Powerless are relegated to a position to receive instruction but rarely give them
- The more marginalized the more at risk for sexual harassment



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5 Faces of Oppression-Powerlessness

In Therapy...

- Checking pronouns
- Allow for cultural creativity in resources, avoid imposing cultural values



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5 Faces of Oppression-Powerlessness

Outside of Therapy...

- Use self care and recognize your own ableist beliefs, homophobic tendencies, racist preoccupations
- Cultivate self-love and acceptance



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5 Faces of Oppression-Violence

Understanding Violence

- Physical violence
- Microaggressions** ("a statement, action or incident regarded as an instance of indirect, subtle, or unintentional discrimination against members of a marginalized group.")



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5 Faces of Oppression-Violence

In Therapy...

- Embrace compassion
- Recognize violence and microaggressions



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5 Faces of Oppression-Violence

Outside of Therapy...

- Be courageous, by being self-reflective and anti racist
- Do not succumb to causing more violence through silencing, microaggressions and denial of racism



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5 Faces of Oppression-Marginalization

Understanding Marginalization

Large groups of people can be excluded from participating in society, thus having little impact on self-determination and survival.

Leads to groups becoming both invisible and stereotyped.



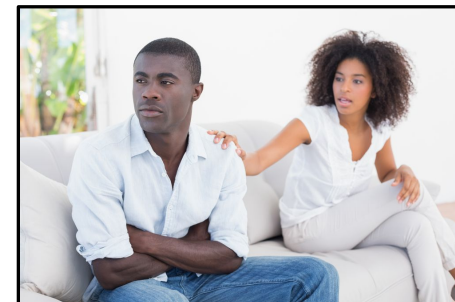
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5 Faces of Oppression-Marginalization

In Therapy...

- Whatever we don't discuss the client won't discuss



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5 Faces of Oppression-Marginalization

Outside of Therapy...

- Promote unique voices of color and affinity spaces
- Do your own work so clients can feel safe discussing race, gender or sexuality without managing your feelings



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Basic 6 Day

Certification Package

Approved
Consultant/Assistant
Program

Trainer

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Two Ways of Learning



Bottom-Up Approach

VS.



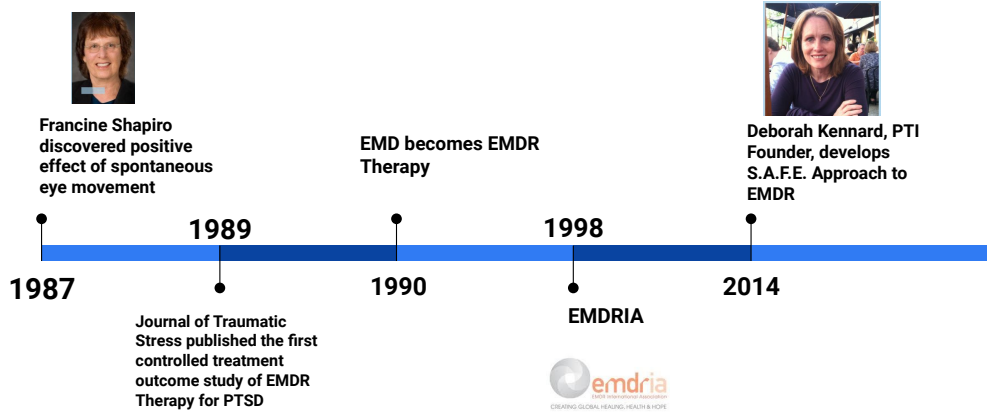
Top-Down Approach

EMDR Overview

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History



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What is EMDR?

Adaptive Information Processing Model (AIP)

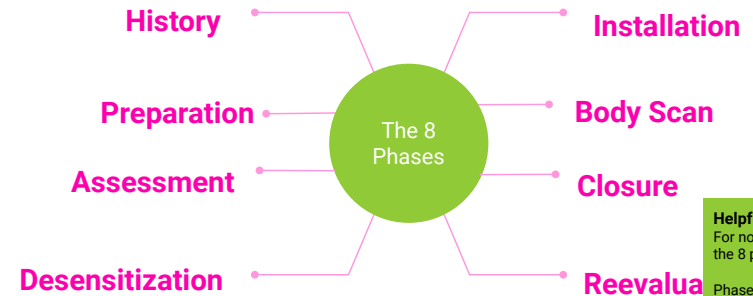


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31

EMDR Phases & Prongs

The 8 Phases



Helpful Tip:
For now, try to conceptualize the 8 phases by grouping them
Phases 1 & 2 - Preparation
Phases 3-8: Reprocessing
Integrating

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The 3 Prongs: Past, Present and Future

33

Model, Method, and Mechanism

34

1	Past Events	Phases 1 & 2	How is the past manifesting the present moment?
2	Present Triggers	Phases 3-8	What is happening now that is activating the memories of the past?
3	Future Template	Follow a special Future Template Protocol	How would you like to feel, react, or behave instead of the current present trigger?

Model

The Adaptive
Information Processing
Model

Method

Protocols and
Procedures

Mechanism

Why EMDR Works

Ask Yourself:

How Does the Past
Impact My Present
Perception?

35

The AIP

36

The AIP Model



The AIP posits that...

- Trauma is stored differently in memory
- Stored without a date and time stamp
- Activation creates an “overreaction” to present

In other words...

The past feels like it is here now.



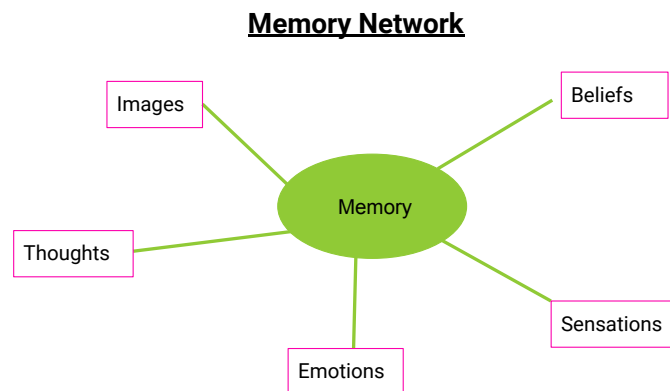
Basic Hypotheses of the AIP

Basic Hypotheses of the AIP

The Process is a Physical System.



Basic Hypotheses of the AIP



Memory Networks Can:

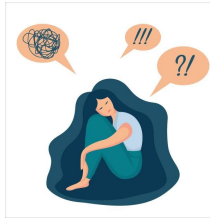
Contribute to *both* pathology and health

Because:

Memory Networks can be **Adaptive** or **Maladaptive**

Traumatic Events Appear to be Stored in Isolation

- Short term/implicit memory
- Original perspective, feelings, sensations stored
- Doesn't connect with more positive networks



Stuck in the Negative

In other words... we need to refresh our memory page, it is **stuck**.

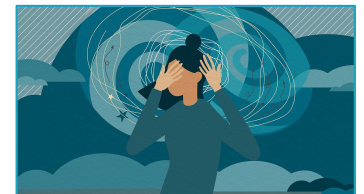


Events in Life Trigger the Unprocessed Memories

Adaptive Experiences:

Memory Resources:

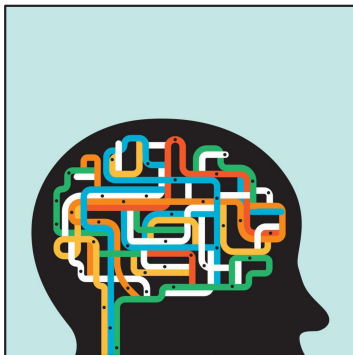
(Positive is stored in memory networks too!)



Basic Hypotheses of the AIP

45

EMDR Processing Changes the Way it is Stored in the Brain



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Basic Hypotheses of the AIP

46

Implicit and Explicit

The way it is stored appears to change

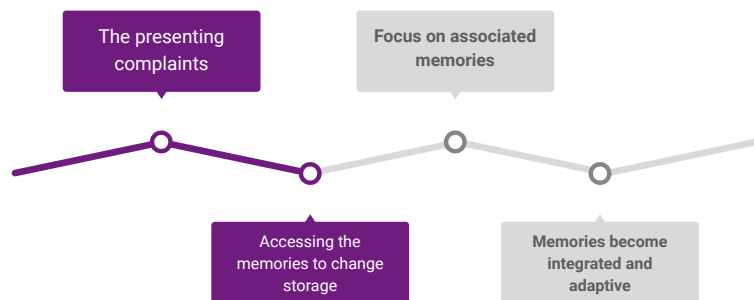
From over-reaction to a memory



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AIP Roadmap

47



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AIP Roadmap

48

Our System Wants Balance and Health



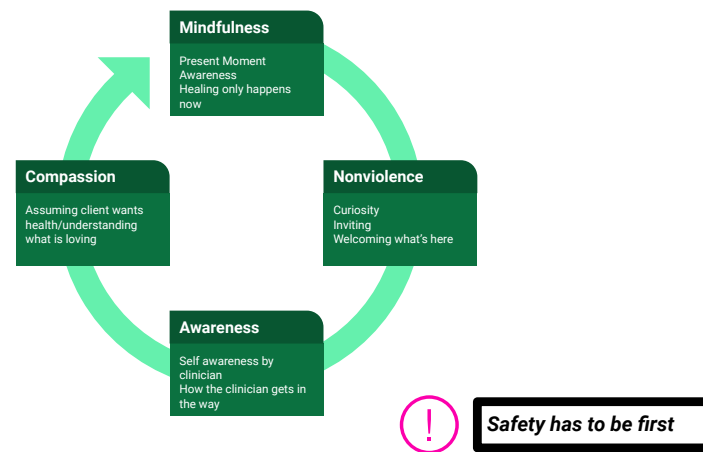
Keep What is Useful



Release What is Not

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PTI Principles



Nonviolence



Awareness



Offer And Invite

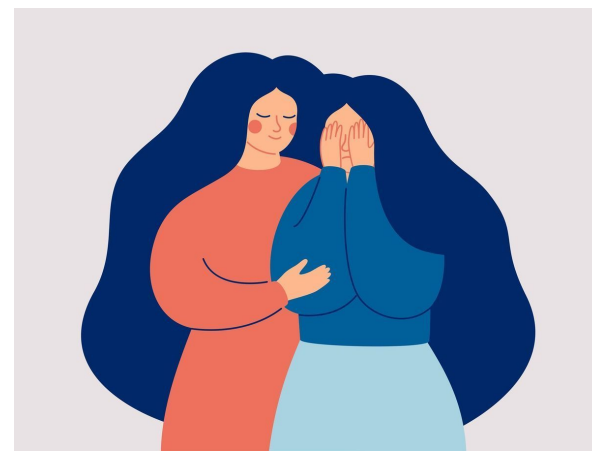
Resources and Regulation





The Present Moment

The Importance of the Present Moment Experience



The Answer: The adaptations we made to feel safe and connected.

Our attachment pattern

It is our strength

It also limits us

It is always reflected in presenting issue



The Answer

57

Holds us back from being a shining star



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Concept

58

The Answer: The adaptations we made to feel safe and connected.

- The **problem** was once an **answer**
- The Answer tries to help! **It will likely surface in EMDR therapy**

Ask Yourself:

What are some ways you learned to manage the moment growing up?

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Answer Concept

59

We are looking for the over and underdeveloped skills.

- If it worked we kept doing it
- If it didn't work we stopped doing it

Example:

A child learns how to be good at noticing how other people are feeling and taking steps to make other people "happy".

Good at perceiving how others are feeling, pleasing others.
Not as good at tolerating the distress of others.

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Answer Concept

60

Adaptive Strength

- **Respecting the Answer-** the answer was created to protect and connect



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The Answer: The adaptations we made to feel safe and connected.



Nonviolence and The Answer

- **We aim to appreciate the Answer**
- Appreciate the Answer instead of trying to make it go away
- If you are frustrated or stuck, our Answer is here trying to help. As it makes things worse we get more stuck and more frustrated.
("Give it a little more gas!")



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

The Answer: The adaptations we made to feel safe and connected.

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."

We Use Character Types to Support Our Learning About the Answer

**Please let this chart wash over you for now*

The Answer Questions Demo

S.A.F.E.

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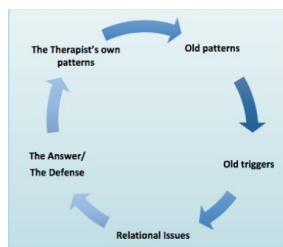
Safety and Attachment Focused EMDR

Attachment

The Attachment Focus:

We assess a client's attachment patterns prior to processing because...

- Attachment patterns can be blocks to processing.
- Patterns will appear in you therapy.
- Patterns bring opportunity.

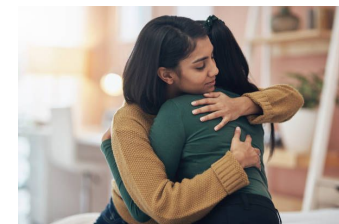


Safety and Attachment Focused EMDR

Attachment

Attachment Styles:

- Secure Attachment
- Dismissive/Avoidant Attachment
- Insecure Attachment
- Disorganized Attachment
- Reactive Attachment



Instead of Labeling, We Understand

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Phase 1: History Taking in the AIP Model

Getting the Lay of the Land

History Taking :

Start with Answer as a trauma-informed approach to history taking. We want to gather general and positive information first.



Getting the Lay of the Land

Safety and Stability :

How Does the Answer Concept Help?



Considerations

Assessing Safety and Stability

For all clients:

Has the Therapist Explored Each of the Following Areas? :

- Dissociation screening
- Addictions (even if far in the past)
- Suicide or self harm
- Harm to others
- Stability, Resources, Support
- Medical Issues/ Legal Issues
- Timing Considerations

DES Can Be Found Online

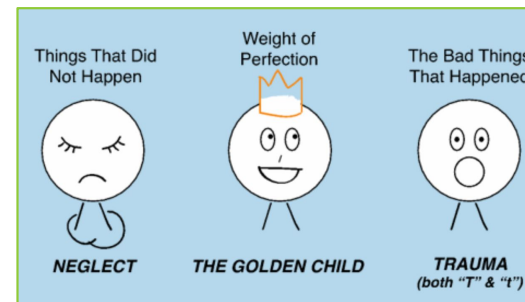


<http://traumadissociation.com/des>

**It is also in the Basic Training Support area of your training portal*

Treatment Considerations

Both big T traumas and small t traumas can be treated with EMDR



Client Readiness for Processing Criteria

Are You and The Client Ready?

Use the Answer!

During Phase 1, as your client describes their current symptoms begin to use the lens of the Answer.

Practice:

We will be practicing the Answer Questionnaire with a partner.



Practicum Instructions



1

Find a partner and practice the "Questions to Find the Answer"
Therapist will read each question and document what the client says.

2

Once all of the Qs have been answered, notify assistant

3

Therapist will read the statements at the end of the page to the client

4

Therapist will guess as to what the client's over-developed and under-developed traits are and how they might show up in therapy

Practicum Instructions

78



Important Reminder

Practicum is not therapy but it is *real* not role play

The 8 Phases

79

Phase 2: Preparation

Phase 2

80

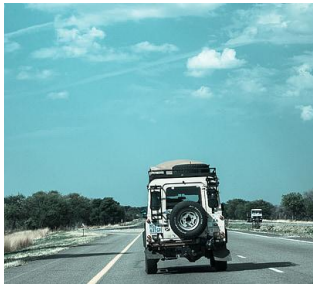
Objectives:

- Prepare appropriate clients for processing
- Increase stability and access to positivity



Introduction

Preparing for a successful trip



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Treatment Planning

Developing a Resource Plan based on what the client needs

Resources:

When we use the term **resources** we are referring to any actions or automatic habit patterns that assist a client in affect regulation and connecting with others.

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Treatment Planning

While we learn about Phase 2 we will...

- See several examples of what we mean by resources- various exercises to regulate effect
- Do what is needed to move through the 8 phases

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Treatment Planning

Today we will...

- Learn how to understand the client and collaborate with them on resources

Tomorrow we will...

- Find the memories to target and go through Phases 3-8

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Preparation

Ensure the client has everything they need to begin the reprocessing of memories:

- Education and informed consent
- Resources and adequate stabilization
- Speedy and safe processing
- Strong and safe therapeutic container
- All client's questions and concerns are addressed



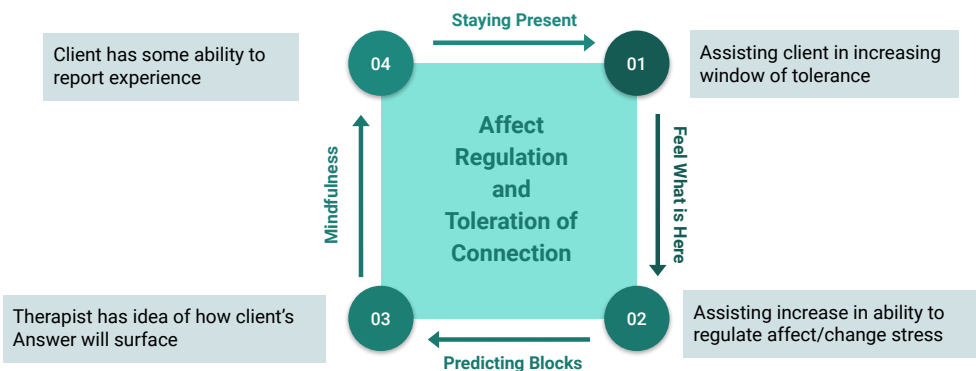
Predicting the Pitfalls

Ask Yourself:

What might they do when close to pain?

What is overdeveloped?




What is underdeveloped?



How Do You Know When a Client is Ready?

Case Conceptualization

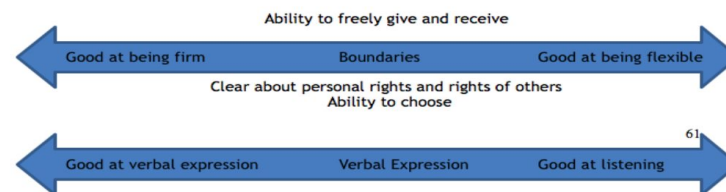
Complex trauma may need more preparation and stabilization to develop resources

1. Single Event  Lots of healthy resources
2. Multiple Issues  Some healthy resources
3. Complex Trauma  Only dangerous or survival defense resources

More/Less

Use the Answer to find where the client is on a continuum of resources

Use the information from "The Answer" to look at each of the below areas for the client. Where are they on each continuum? You will then use this to suggest a plan for building resources and preparing for reprocessing phases. Use the suggested resources based on client need. The resource instructions are found in the resource section of the manual.



What we will cover in Phase 2 Tomorrow:

Mechanics- Virtual instructions in the practice sheets

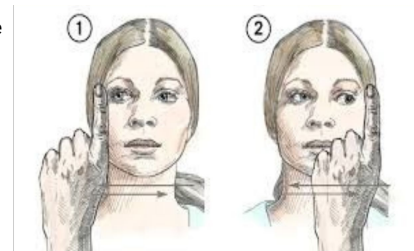
- Sitting position
- Distance
- Dual awareness - Bilateral stimulation: moving the eyes

What we will cover in Phase 2 Tomorrow:

Mechanics- Virtual instructions in the practice sheets

Preferred method for dual attention:

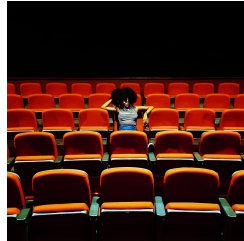
- Pass, set = one round trip, center line to center line
- Range
- Speed, length of set
- Direction
- Bifocals, glasses, contacts



What we will cover in Phase 2 Tomorrow: Metaphors



"Imagine that you're going to see a movie, you know what the movie is about but you don't know what is going to happen from one scene to the next, so you let yourself be curious about it."



"In order to help you 'just notice' the experience, imagine riding on a train and the feelings, thoughts, etc. are just scenery going by."

Experiments

Invitations to Experiment

- Always invite
- Work with whatever is present (even a refusal of the invitation)
- Always ask permission before using touch

Experiments

Experiments to Increase Window of Tolerance (WOT)

- Increase a client's WOT by experimenting
- Be creative and explore ways to externalize a concept, relationship dynamic, etc.

Experiments

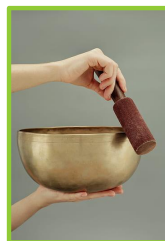
Connection Issues

Experiments that offer bottom-up exploration of what is over and under-developed:

Experiments

Props for In Office

- Beanie Babies
- Stand Tray Figures
- Balls
- Scarves or Ties
- Sensory-Stimulation Objects (e.g. essential oils, cough drops or candy, soft or textured objects, singing bowl)
- Marbles
- Pillows



Important Reminder

You are keeping an eye on the client's affect and ability to stay present during resources.

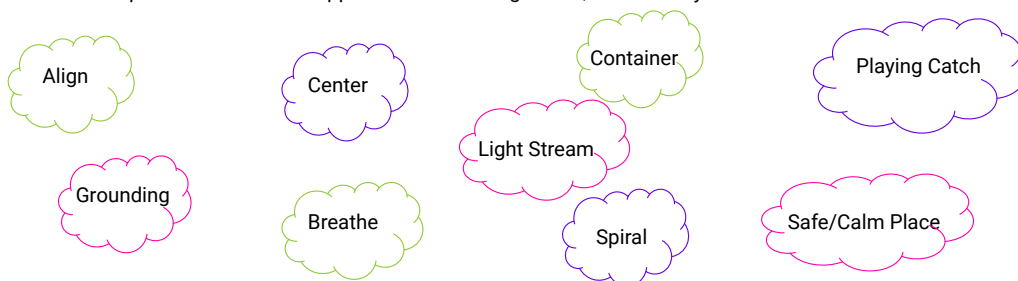
This is not a time for reprocessing or working through emotion.

Stop and change resources if client becomes activated.

Experiments

Safety Resources

Experiments that offer opportunities to change state, a.k.a. Safety Issues:



Review and What's Next

Today we covered...

- Principals
- Foundational Concepts
- Window of Tolerance
- Attachment Patterns
- How they manifest as presenting problems ("The Answer" in Phase 1)
- Resources specific to what is under-developed in the client in Phase 2
- Safety presentations and interventions
- How the Answer may block reprocessing
- How to work with The Answer- Using "The 5 C's" in the reprocessing phases

Now we will...

- 1 Review the practice sheets together
- 2 Talk about the mechanics, the Answer, the resources
- 3 Practice
- 4 Keep your own info. Split your time equally. Watch for messages



Thank You