



Part 2 of
6 hour training

An EMDRIA Approved Training

www.emdrtherapybasictraining.com
www.personaltransformationinstitute.com

Trainer: Deb Kennard

Goal of Training

- More deeply understand the role of attachment and the body in EMDR treatment.
- To gain skills to predict blocks and overcome obstacles.
- Learn how to deepen the client's sense of safety.
- Identify ways the clients manage their experience.
- Learn specific resources depending on client's needs.
- How to modulate and track the client's experience in a moment-to-moment way
- Tools to help the client access more deeply.

Day 2 Advanced Webinar

- Tracking Continued
- Understanding the Character Types

A Philosophy

- The client has the answers it is our job to find them.
 - Through seeing through the client's perspective.
 - Seeing the symptoms as an answer.
 - Seeing the block as "a strength".
 - A non-violent approach.
 - We understand the client's longing.

Review

- Why Attachment and Somatic Approach?
- Understanding Trauma
- Difference between PTSD and Developmental Attachment Trauma
- Right Brain Communication
- Somatic Resources
- Tracking

What is it like to be the client?

- Part of Phase 1 & 2
- Therapist understanding what it is like to see the world through the client's eyes- the client's reality
- Doing this without judgement in an open curious way.
- What are the strengths? What is over/under developed
 - This might sound like..."How awesome that you were able to..."
- What are the likely blocks and what needs to be developed?
- Understanding what the client needs then offering it by saying: "Would you like it if...."

Other things to track Body in Relation to:

- Content
- Emotions
- Physical State
- Self-touch
- Movements
- Verbal Statements
- Movements and Gestures
- Spatial Relationship with therapist
- Therapist facial expression

Activity

- Tracking Videos
- Tracking me as I tell a story
- Volunteer to be on camera for people to track

Tracking

- What are you seeing?



Recognizing them when they appear

- Defensive Systems
 - Client activated in Fight, Flight, Freeze/ Submit Collapse Attach Cry
- Action Systems
 - Client over and under developed- Not enough play/ rest, too much work- Not enough ability to set boundaries/ too much ability to tolerate/endure

Character Type	How to Spot the Actor	How to Spot the Director	How to Spot the Screenwriter
The Invisible One	Is always in the background	Is always in the background	Is always in the background
The Emotional One	Is always in the foreground	Is always in the foreground	Is always in the foreground
The Steady One	Is always in the foreground	Is always in the foreground	Is always in the foreground
The Independent One	Is always in the foreground	Is always in the foreground	Is always in the foreground
The Weak One	Is always in the foreground	Is always in the foreground	Is always in the foreground
The Character One	Is always in the foreground	Is always in the foreground	Is always in the foreground
The Star One	Is always in the foreground	Is always in the foreground	Is always in the foreground
The Star One	Is always in the foreground	Is always in the foreground	Is always in the foreground
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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 reacting to others. Most people have multiple character types. Each character type has a strength in it.

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

(Adapted from Ron Kurtz, 1960) © Deborah Kennard, MS 2015

Things to notice

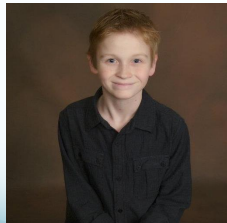
- Attention- How the world it received and the client's attempt to deal with the world.
- Internal/External Focus
- Detail or General Focus
- Distance- Merging or behind a glass wall
- Connection- Ability to accept/give nurturing/ nourishment
- Thinking- Detail or Global
- Action- Highly planned to impulsive
- Suggestion- Boundaries- Being manipulated- Will
- Control- In relationships/ In charge- equal-subordinate

The Invisible One

Hakomi (Sensitive Withdrawn)

- A biological response to trauma. Stuck in Survival mode
- Disappearing/ Feeling invisible/Trapped
- Cutting off from emotion in an automatic way
- It's not safe to exist.
- Not Welcome.
- Developing- Being in the body- Safe-Present- Grounded
- Probe: "You are welcome here." "It is safe to be here."
- Likely Block in EMDR: Dissociating/ Not Feeling
- Tracking: Energy, Presence,

invisible one



Invisible One

- Often thin- not always
- Slight caving in of chest
- A feeling of distance from them
- Resources
- Fantasy- Isolation especially under stress
- Movements tight, tense
- Dr. Spock

Healing Experiences For Invisible One

- Having Choices- Options
- Therapist modeling feeling happy- Describing it to client
- Beginning small to feel positive things- Both bring them out of the window
- Safety- Feeling safe when they are safe-
- The weighted blanket- Concrete safety
- Exercises in being present/ connected without a wall
- Client Example: A

The Emotional One

- Feel it is not safe to feel calm. The rug was pulled out from under them.
- Merging into other person. Overly sensitive.
- Use connection with others to feel safe.
- Boundaries, self-soothing, cognitive understanding, problem solving skills.
- "It's okay to feel safe when you are safe."
- Likely Block in EMDR Processing: Overly emotional, out of window of tolerance,

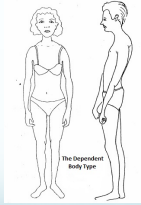


Healing Experiences for The Emotional One

- It is okay to be calm. (The other shoe isn't always dropping)
- They can contain themselves.
- Boundary exercises, feeling the difference between self and others.
- The ability to self sooth before reaching out.
- The ability to shift to cognitive or logical mind.
- Client example: T

The Needy One

- Everything geared toward seeking help
- There is never enough help.
- It seems to leak out
- Need to develop self-regulating and boundaries
- Need to hear "You can get your needs met."
- Under every Independent One is a Needy One
- Likely Block: Not being able to take in the positive resources. Unable to auto regulate between session.



Healing Experiences for The Needy One

- To be able to take in and retain nurturing.
- To feel moments of personal power.
- Self-regulation
- To begin to feel and experience they can get their needs met.
- To practice using positive resources and creating those positive networks.
- Client Example: K

Independent One

- Learned no one would be there for them.
- Cannot trust support often doesn't even consider asking.
- Takes on too much. Difficulty collaborating
- Difficulty depending on others.
- Needs to hear "You can trust support."
- Likely block: Doing the work themselves. Not experiencing the therapist's support or expertise.



Healing Experiences for the Independent One

- Asking for help.
- Experiences of trusting support.
- Trusting the therapist to help them.
- Delegating
- Acknowledging needs or longings
- Client example: Single Dad

The Rock

- Over developed the ability to endure unpleasant
- Able to tolerate a lot
- Difficulty expressing or knowing what they want
- Lack of movement, difficulty moving forward
- Need to hear "What you want matters."
- Likely block: They may say they are good. Not able to express feelings or what they want.



Healing Experience for the Rock

- Movement- the ability to take action
- Looking inward at wants and needs
- Directly asking for what they want
- Practice of exerting will
- Stating what they don't want.
- "What you want matters"
- Client example: j

The Chameleon

- Adapts to various environments
- Looking outward at what others want them to be
- Difficulty knowing who they truly are, authentic self
- Able to convince others, not always honestly
- Difficulty being straightforward and honest.
- Need to hear "Who you are is enough"
- Likely block: Doing what they think the therapist wants, and not connecting to inner experience



Healing Experiences for The Chamaeleon

- Experiences of authenticity
- Experiencing feeling like who they are is enough
- Being able to directly ask for what they want.
- Being able to disagree or be different.
- Honesty
- How can you be okay even when they are not okay?
- Client example: B

The Hero

- Learned it is easier and safer to be angry instead of sad.
- Pulled up and out of emotion
- Difficulty being vulnerable
- Able to cut off from feeling and high tolerance for pain
- Need to hear "It's safe to be vulnerable"
- Likely Block: To get angry and not process or have trouble feeling at all.

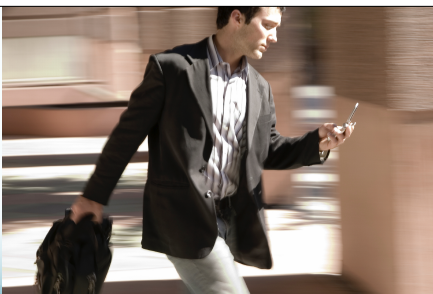


Healing Experiences for the Hero

- To feel safe to feel vulnerable.
- To feel the sadness under the anger.
- To loosen boundaries and let people in.
- It is safe to be vulnerable
- Client example: m

The Doer

- Need to be perfect
- Very active always going. Persistent.
- Intellectualizing
- Difficulty resting or "being"
- Ignores self care
- Needs to hear "You don't have to work so hard."
- "It's okay to just be"
- Likely Block: Difficulty feeling. Lots of thoughts. Intellectualizing.



Healing Experiences for the doer

- To be able to be.
- To make mistakes. (Not need to be perfect)
- Take time for self-care
- To shift from head to heart experience.
- Shift from detail to global focus.
- Client example: D

The Life of the Party

- Needs to be seen
- Often loud, colorful
- A lot of upward movement
- Has to work to be seen
- Difficulty just being
- "You are significant" "I see you"
- Likely block: Being very dramatic but not having authentic experience.



Healing Experiences of the Life of the Party

- Experiencing being seen.
- They don't have to work so hard to be seen.
- They can just be.
- They can rest.
- Knowing authentic self.
- Client example:

Patterns in the body

- Over time the character shows up in the body.
- What people do over and over again
- Becomes a way of being
- How to recognize the character types
- Not to label but understand patterns and help them develop what is needed.







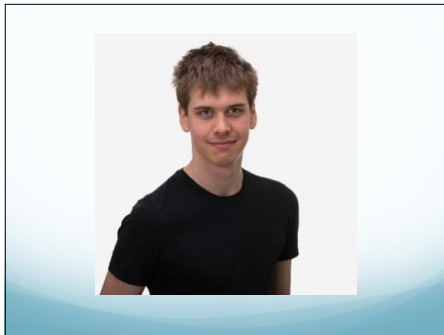


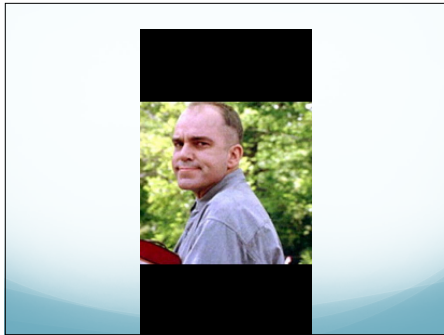


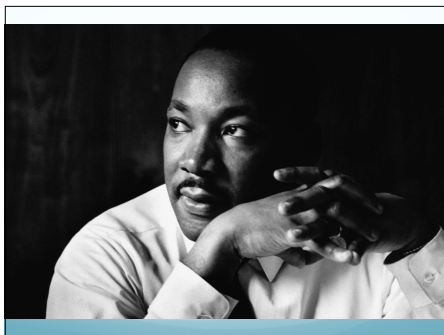


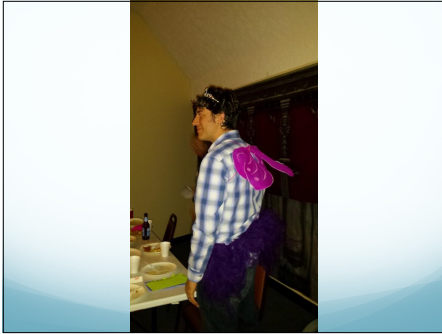












Questions about Stuck Cases

- Keep identifying information out.
- We only need to know
 - Where you are in therapy process
 - Presenting issues
 - How you are stuck

Probes and Experiments

- ♦ Probes– A statement used to deepen an experience or get more information
- ♦ Experiments– An activity done to deepen an experience or get more information
- ♦ How to use these through 8 phases and as a Cognitive Interweave

Active Tracking Contacting the Present Moment Experience

- A way to express understanding
- Both verbal and non-verbal
- non-violent
- curious and open

How to Contact The Moment

- Short statements noting words, emotions and bodily experience.
- Keeping the client in their own awareness.
- Statement that reflect your understanding of the present moment for the client.
- Statements not questions keeping the client in the present experience.
- Empathetic comments
- Observations

Contacting the Client through the phases

- Noticing and Tracking from phase 1 first meeting with the client.
- Caution: What you contact will likely deepen.
- When done in mindfulness with attunement to the client what you contact will bring the client's attention more deeply to the experience.

Phase 2 Contacting the Present Moment

- Noticing how the client experiences the world.
- Beginning to get a view of how that developed.
- Contacting "The Answer"- "So it seems like you are really good at setting boundaries?" or "You really have an ability to get a lot done, huh?"
- Contacting the needed resource. "So it seems like you have a lot of energy up here(motioning with hands)."

Phase 3 Contacting the Present Moment

- Here the contacting will be mostly non-verbal.
- Resonating with the client and moving on.
- May be used to deepen if client pulls out of the emotion but only if there is a very low SUD.
- "Seems like there was a lot of sadness then it just disappeared." - With client's permission helping them to get back to it. - "Do you think that is what happened at the time?"
- Otherwise, keep Phase 3 clean. No extra words or spaces.

Tracking and Contacting the Client's present moment experience Phase 4

- Noticing what is happening in the present moment
 - Tightness
 - Movement
 - Emotion- Or cutting off from emotion
 - A quick change in content or focus
 - A change in color, heart rate, breathing

Contacting the Present Moment in Phase 4 for a reason

- Only if needed- because client appears to be pulling out of the experience with a patterned response (The Answer)
- "Seems like there was a lot of intensity, then a pulling up that happened" or "So this sadness was here then it just disappeared, huh?"
- Contact statement is not a question but asked in a open way to allow client to correct.
- Power Question: "Do you think that's what happened at the time?"
- Or "Is that what you had to do to cope?" (manage, survive, adapt)
- Contacting can be a Cognitive Interweave if client is stuck. "Yeah, that was really hard"

Phase 5 Contacting the Present Moment

- Looking for what is still disturbing.
- "Still some sadness there huh?"
- Also looking for new experiences.

Phase 6 Contacting

- Allowing the client to report.
- Only contacting if needed.

Phase 7 Contacting and Tracking

- For a complete session
 - Contacting and Savoring the new
 - Noticing and Contacting changes. "Oh and there is even a smile, huh?"
 - "It seems like there is more room to breathe"
 - "There is even a relaxing in your body, huh?"
- Noticing and Savoring what is new and True!

Questions

- What's next
- Special Offers
- www.personaltransformationinstitute.com
- www.debkennard.com
