

EMDR FOCUS

Attachment-Focused EMDR

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May 2017

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EMDR - Refreshes The Parts Other Therapies Cannot Reach









Key

MP is EMDR

Basic Procedural Steps

What is EMDR? EMDRIA def

1. Unique standardized set of procedures and clinical protocols which incorporates dual focus of attention and alternating bilateral visual, auditory and/or tactile stimulation
2. Based on available relevant research, treatment fidelity to the 8 phases (Shapiro, 2001) produces the best results. However, in certain situations and for some populations, [...] procedures may be implemented in more than one way as long as the broad goals of each phase are achieved.
3. [...] relationship sufficient to give the client a sense of safety and foster [...] ability to tell the therapist what s/he is experiencing throughout the reprocessing. The client develops mastery of skills in self-soothing and in affect regulation as appropriate to facilitate dual awareness during the reprocessing sessions and to maintain stability between sessions.
4. It may be important, especially for those clients with complex trauma, to enhance the ability of the individual to experience positive affect through promoting the development and expansion of positive and adaptive memory networks, thus expanding the window of affect tolerance, and stimulating the development of the capacity for relationship.

Flexibility



- **Innovation, Flexibility and Clinical Judgment as Applied to Particular Clients or Special Populations**
- **BVa.** To achieve comprehensive treatment effects a three-pronged basic treatment protocol is generally used so that past events are reprocessed, present triggers desensitized, and future adaptive outcomes explored for related challenges. The timing of addressing all three prongs is determined by client stability, readiness and situation. There may be situations where the order may be altered or prongs may be omitted, based on the clinical picture and the clinician's judgment.

Adaptation



- **BVb.** As a psychotherapy, EMDR unfolds according to the needs, resources, diagnosis, and development of the individual client in the context of the therapeutic relationship. Therefore, the clinician, using clinical judgment, emphasizes elements differently depending on the unique needs of the particular client or the special population. EMDR treatment is not completed in any particular number of sessions. It is central to EMDR that positive results from its application derive from the interaction among the clinician, the therapeutic approach, and the client.

What is EMDR 1



1. Activation of the disturbing memory network
2. Bilateral stimulation of the memory within a Dual Attention context
3. Moving the memory network from episodic to narrative memory

Derek Farrell 2015

What is EMDR 2



1. Safety
2. Fire up the Networks
3. BLS
4. Safety

Laurel Parnell 2007

Five Essential Elements of AF-EMDR



- Foster client safety
- Develop and nurture the therapeutic relationship to facilitate healing
- Use client-centred approach
- Create reparative neuro-networks through the use of Resource Tapping
- Use modified EMDR whenever client needs necessitate.

Five Main Themes



- Resourcing
- Target Selection
- Phase Three
- BLS/DAS
- Interweaves

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- **Resourcing**
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Resourcing

SP

MP



Tapping Them In

- Special/Peaceful/Calm (Safe?) Place
- Nurturing Figures
 - kindness, support, gentleness, love, warmth. Able to soothe and hold.
- Protector Figures
 - Determination, strength, courage, solidity, even ferocity. Able to fight your corner.
- Wisdom Figure(s)
- Also, perhaps a Magical Figure? (kids love it)

Metaphors

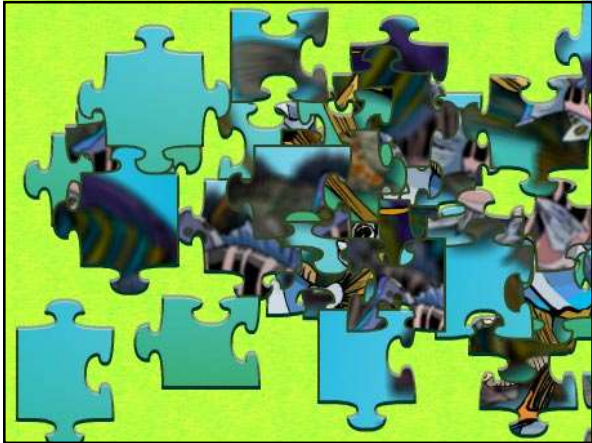
A comparison in which one thing
is said to be another.



Example:



She is a walking dictionary.








let's give it
a try!

Tapping Them In

- Special/Peaceful/Calm (Safe?) Place
- Nurturing Figures. Usually 3
 - kindness, support, gentleness, love, warmth. Able to soothe and hold.
- Protector Figures. Likewise 3
 - Determination, strength, courage, solidity, even ferocity. Able to fight your corner.
- Wisdom Figure(s). Generally one will do
- Also, perhaps a Magical Figure? (kids love it)



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Five Main Themes

- Resourcing
- **Target Selection**
- Phase Three
- BLS/DAS
- Interweaves




Target Selection (Float/Affect/Bridge)





The Bridge




Distress/Event

Image (Moment)


Emotion

Body

Self-belief



The Bridge



Distress/Event

Image (Moment)

Emotion

Body

Thoughts/Belief

- Trace it back in time
- As far as you can

Without censorship

WDYG

The Bridge



Distress/Event

Image (Moment)

Emotion

Body

Thoughts/Belief

- Trace it back in time
- As far as you can

Without censorship

WDYG

Event


Image (Moment)

Emotion

Body

Belief

Bridge FROM



- Symptom, issue or current problem
- Behaviours
 - e.g. procrastination, overeating, bingeing, cutting, and drinking (just before the urge, cf Knipe LOU)
- Emotion(s)
- Physical Sensation(s)
- Negative Cognition/Thought/Belief
- Dreams (though also in themselves)

let's give it
a try!

The Bridge



Distress/Event	• Trace it back in time • As far as you can Without censorship • WDYG	Event
Image (Moment)		Image (Moment)
Emotion		Emotion
Body		Body
Thoughts/Belief		Belief

Five Main Themes

- Resourcing
- Target Selection
- **Phase Three Activation**
- BLS/DAS
- Interweaves

NUMBERS!!!!

1-7

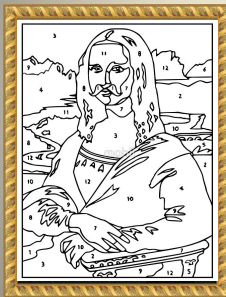
0-10

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AAAAGGGHHH!!



Spot the Difference



Phase 3 Firing Up/Activation

- Standard Protocol (The Works)
- DeTUR (Popky)
 - Desensitisation of Triggers and Urge Reprocessing
- Blind to Therapist (Blore et al)
- Feeling State (Miller)
- LOUA & LOPA (Knipe)
 - Level of Urge to Avoid
 - Level of Positive Affect
- Recent Traumatic Events (E Shapiro)
- Early Trauma Protocol (O'Shea)
- Children generally...
- "Modified Protocol"



SP Phase 3 vs Parnell's Simplified

- | | | | |
|------------------------------|-----|-------------------------------------|-----|
| • Event | R/L | • Event | R/L |
| • Image | R | • Image | R |
| • NC | L | • Emotion | R |
| • PC (same domain etc) | L | • Body | R |
| • VoC (1-7) | L | • Thought/Belief (about self) | L/R |
| • Emotion | R | • (SUDs) optional | L/R |
| • SUDs (0-10) | L | | |
| • Body | R | | |

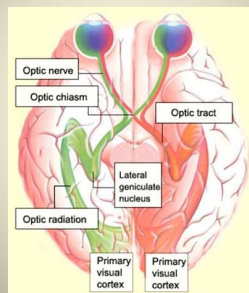


Five Main Themes

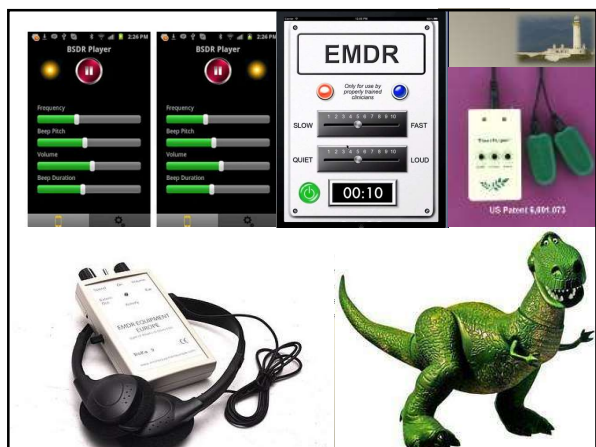
- Resourcing
- Target Selection
- Phase Three Activation
- **BLS/DAS**
- Interweaves



EMs - Left Brain Right Brain









Five Main Themes

- Resourcing
- Target Selection
- Phase Three Activation
- BLS/DAS
- Interweaves/Session Structure



Interweaves

- Use only when the processing is stuck or to help in session closure
- Offer the interweave, then move out of the way
- Don't interpret, inquire
- Use simple language, few words
- When processing a childhood memory use language and concepts a child would understand



Inquiry Interweaves

- Socratic method
- "I'm confused"
- "If this were your child . . . best friend, client, sponsee . . ."
- Open-ended question ("Why *did* you do that?", "Is that true?")
- "What happened next?"



Truth Interweaves



- Validating personal reality: “What Do You Understand Now?” Or “What Do You Know Now to Be True?”
- Facilitating a broader perspective: “Look at the scene. What do you see?”
- Holding the opposites with a nondual interweave

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Imagination Interweaves



- What does the child need? Who can do that? Imagine that.
- Creating an imaginary scenario or solution to a problem
- Rewriting the scene: Knowing what you know now, what would you do differently? Or, If you could redo this scene, what would you do?
- Expressing forbidden impulses

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Sorting Interweaves



Split-screen interweave
Two-hand interweave

Education Interweaves

Providing information the client lacks (e.g., “It is normal for the body to experience pleasure when it is touched a certain way”)

Rescue Interweaves

Using imagination interweaves – let’s get you out of there. Esp towards end of session.

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Reminder - What IS EMDR



1. Safety
2. Fire up the Networks
3. BLS
4. Safety

And Special Thanks to....



EMDR FOCUS



Attachment-Focused EMDR: Healing
Developmental Deficits and Adults
Abused as Children

With Dr Laurel Parnell

London Sept 26-27 2017

EMDR & the Transpersonal
Sheringham Nfk June 23-25

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