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GO-EMDRIAN NEWS

January 2017



EMDR Update Training 3.24.2017

Four reasons to invest in the **Back to Basics EMDR Refresher Course**
with ***Cherilyn Rowland Petrie and Claire Mauer***

1. You took the training years ago and are unaware of changes to the manual
2. You had inadequate opportunities to practice and have gotten "rusty"
3. You developed a "creative" approach and strayed from the

Standard Protocol

4. You are an overachiever and want confirmation that you are doing everything perfectly!

Research consistently shows that fidelity to the model produces significantly better EMDR Therapy treatment results. (Maxfield, 2003; Perkins & Rouanzoin, 2002; Greenwald, 1996; Wilson, 1995). This day-long course will clear the cobwebs, increase your fidelity to the model, and bring you up to date on recent changes in The EMDR Institute manual. The presenters will use lecture, live demonstration, and guided practicum to enhance your understanding of Adaptive Information Processing Theory, the 8 Phases, and the 3 Prongs of the Standard Protocol.



In addition, participants will learn to:

- Improve Case Conceptualization by understanding the continuum of trauma from ASD to Complex PTSD.
- Determine whether a client needs symptom reduction focused on a specific presenting concern, or comprehensive treatment that targets multiple maladaptive themes.
- Navigate choice points in history taking and treatment planning, including when to use the Affect Scan and how to organize information around different types of symptom clusters.
- Understand the three Negative Cognition Categories and how to generate appropriate Negative and Positive Cognitions in the Assessment Phase.
- Recognize when and how to offer effective Cognitive Interweaves.
- Know when and how to use EMD: a form of contained processing used to desensitize intrusive traumatic content and quickly improve functioning without overwhelming the client.

This fast-paced, interactive workshop should give you the confidence and skill to offer your EMDR Therapy clients more efficient, effective treatment.

[Text Link](#)

The Mindful Way

by Kitty Mendoza, LCSW

All of us have heard clients say, "If I could just stop my thinking, I'd be okay."

Even though it's impossible to stop thinking, there are ways

to manage our thoughts and save ourselves from the repercussions of negative thinking. Mindfulness practice can be an invaluable resource.

The definition of mindfulness is paying non-judgmental attention to the present moment. The first key is non-judgmental attention. Our mind is clouded by judgment in the form of past opinions and corresponding emotions. Mindfulness teaches us to pay attention to our thoughts, that is, to observe them objectively, almost as if they are happening to someone else.



A common thinking pattern is to have an emotionally laden thought which then triggers a flood of other equally disturbing thoughts until we become overwhelmed. Using mindfulness principles, we can observe the fact that the thought has arisen and let it pass without reacting to it.

For instance, I can have a fearful thought arise that I didn't pay a bill. Now, I can add to that thought self-criticism about my lack of attention to financial matters or I can observe the thought and make a note to check on it. This pattern stops the mental chatter, enabling me to see the situation more clearly and take effective action.

The second key is developing the practice of staying in the present moment. The past is for reviewing and the future for planning, but the present is where our life happens. When we can put our full attention on the present, our lives become much richer. We become fully engaged with life and can enjoy each experience, whether it is pleasant or unpleasant.

Our natural inclination is to avoid what feels unpleasant and indulge in what feels pleasant. Life is full of these sensations and they come and go. The trick is to feel whatever feeling or sensation is arising, accept it and move on. We get stuck when we focus too much attention on what we perceive, be it positive or negative.

For example, if I have a pleasant sensation associated with an activity, I may put more time and attention into it trying to maintain it the experience. The problem is this pursuit of pleasure can become the basis of addiction, such as to food, alcohol, drugs, etc.

In the same way, if I have an unpleasant sensation, I may resist and try to avoid the feeling. But often, this only serves to create more resistance and keep me stuck in the discomfort. But if I fully experience and accept the unpleasant sensation, I can move through it more quickly. This increases understanding and compassion for myself and others.

Mindfulness begins with a simple meditation. Using the act of breathing through the nose as a focal point, and continually refocusing on the air moving through the nose, retrains the brain to focus where you choose to put your attention. Research shows this simple exercise changes the neuropathways in the brain when practiced daily.

I introduce mindfulness to clients as a resource and most report an immediate benefit.

Two free tools are the website for the Mindfulness Based Stress Reduction (MBSR) program at palousemindfulness.com and a phone app called Insight Timer with guided meditations.

Like EMDR, we need to experience mindfulness ourselves before we can teach it to clients. The MBSR program is rich with different resources to share with your clients that are vital to effectively experiencing mindfulness.

Namaste!

[Text Link](#)

What's New

By Marina Lombardo

In keeping with the mindfulness theme (thank you Kitty for your great article!) here is a nifty little phone app to strengthen your mindfulness practice.

Simply called **The Mindfulness App...Meditations for Everyone**, this free app. is good for everyone, from novices to seasoned meditators. Guided or silent meditations range anywhere from 3 to 30 minutes. And if you like, you can customize the meditations with background nature sounds. There's even a 3 minute body scan to help you learn to release tension habitually held in the body.



This is a great little find for your own practice and to help nurture the practice of mindfulness in your clients.

[Text Link](#)

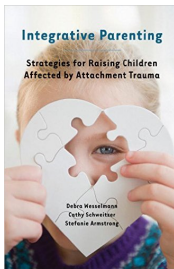
HOME STUDY IS NOW EASIER!

***HEALING THE HEART OF COMPLEX TRAUMA
AND DISSOCIATION WITH EMDR AND EGO STATE THERAPY***
Edited by Carol Forgash, LCSW and Margaret Copeley, M.Ed

Many mental health professionals are discovering that studying online is convenient, cost effective, and fits in with their busy schedules. This book course has been developed for EMDR practitioners to help them provide successful EMDR treatment to clients diagnosed with complex trauma. Complex trauma victims have problems dealing with triggers, dissociation, affect dysregulation, and stress. Therapists will learn how to integrate phased trauma treatment approach into the EMDR protocol.

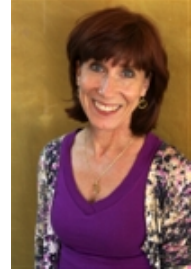
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Book Review: INTEGRATIVE PARENTING: Strategies for Raising Children Affected by Attachment Trauma by Debra Wesselmann, Cathy Schweitzer, Stefanie Armstrong

By: Mary Jo McHaney, LMFT, LMHC, CAP



Parenting is hard. Parenting children with attachment or trauma issues is mega-hard. (p. 90)

This quote sets the stage for parents to truly understand why they are feeling so overwhelmed with regard to their children's challenging behaviors. This book helps the reader understand exactly what is going on with their wounded children, and what they can do to help their children and themselves.

Here is an easy to read, comprehensive book that allows parents and caregivers of traumatized children to more fully understand attachment trauma, and learn specific ways to interpret the child's behavior and intervene effectively to create change. Each of the five chapters builds on the previous one, and all provide great insights and strategies.

Chapter One helps parents change their perception of their child's behavior. (For example, Scared Children vs. Scary Children). It assists the parent to understand the profound neurological effect of attachment trauma. Helping the parent/caregiver with this important paradigm shift will allow them to consider responding in a more intentional way.

Chapter Two details how caregivers can specifically create connections and begin to establish a healthier attunement with their children. It also educates the caregiver on how to bring joy, laughter and play back into the home, and how this serves to strengthen connection.

Chapter Three provides explicit solutions to challenging behaviors. Specifically it discusses "meltdowns" and how to begin to recognize their phases, as well as how to respond effectively in each one.

Chapter Four invites the parent/caregiver to look at their own reactivity and understand how their responses can trigger their children. It also invites them to look at, and possibly work on their own place of "woundedness."

And finally Chapter Five provides specific "how to's" and "how not to's" with regard to boundary setting and consequences. The authors remind the reader that discipline means "to teach". Helping the child gain insight into cause-and effect relationships will help him or her to link personal choices to outcome. This chapter will assist

caregivers to consider how and when to give consequences and how to reward positive behaviors effectively.

This book is written by EMDR trained therapists, but it does not discuss EMDR treatment or use AIP terms. However, EMDR informs the authors' perspective in providing an excellent and easy to understand reference for parents who seek to understand attachment trauma, be part of an effective treatment team and ultimately help their child heal.

[Text Link](#)

The Basic Six Part System: A New Perspective in Working with Complex Trauma for Improved EMDR Processing



***Presented by: Julie Dubovoy,
LCSW-R***

The focus of this workshop is to introduce a simpler way of naming and aligning parts within the Self that reduces confusion for the clinician and client throughout the eight phases of EMDR. Participants will learn each part of The Basic Six Part System and its function towards the Self.

Instructions of how to visualize, accept, and care for one or more internal parts will be reviewed with assistance from audio and case transcripts. This protocol will tackle how to increase stabilization for clients with Complex Trauma (namely: PTSD, Acute PTSD, Dissociative Disorders, Personality Disorders, ODD, Conduct Disorder, and more). Participants will learn to extend the Preparation Phase in order to minimize the roadblocks that can occur in phase 4, such as ego state dysregulation, resistance, and/or dissociative symptoms. The use of lecture, demonstration, and practicums will reveal clients having a more cohesive internal system in which they can negotiate and compromise upon entering Phases 3-8.

Learning Objectives

1. Describe the function of parts
2. List two symptoms or indicators of Complex Trauma
3. Demonstrate the utilization of Bilateral Stimulation to resource one or more parts of Self

4. Identify and practice how to "address client fears" (Shapiro, F. 2001), during Preparation phase 2 and Desensitization phase 4

Biography

Julie Dubovoy, LCSW-R is a Certified EMDR therapist and a Consultant-in-Training specializing in trauma with children, adolescents, and adults at her private practice in Babylon, NY. She has a BSW from the University of Georgia and her MSW from Columbia University. Jaleh Donaldson has published Julie Dubovoy in her book: "Making Marriage a Success". Julie has presented a full-day workshop on integrating the Basic Six Part System and EMDR as well as presenting a synopsis at multiple EMDR Regional meetings.

Follow the link below to register and make an online payment.

Completion of an EMDRIA Approved Basic Training and full workshop attendance is necessary to receive 6.5 EMDRIA Credits (Approval # 16002-02). Certificates given at end of Workshop.

Please contact your State Board for information regarding Approved Providers. Most states accept NASW chapters as an Approved Provider for Continuing Education Credits (NASW-NJ Approval # 162908-729). This Workshop has been submitted to the Florida Board and is under review for Approval of New jersey chapter of NASW to be an Approved Provider for LCSW, MFT, and LMHC. Feel free to email julie@juliedubovoy.com for any further questions.

[Text Link](#)

EMDR Training in Volusia *with Lynda Ruf*

EMDR Therapy Volusia is offering an intimate EMDR training for just 10 people: Part I is 2/3-5/2017 and Part II is 3/17-19/2017 in Orange City.

For more information, contact EMDR trainer [Lynda Ruf @ www.emdrtherapyvolusia.com](mailto:Lynda.Ruf@www.emdrtherapyvolusia.com), or you can call/text her at 386-738-7787.



GOEMDRIAN Opportunities in the New Year! *by Mary Beth Griffis*

Have you ever thought you would like to teach what you have learned? Wanted to get involved but not sure how. This is your year!

April 21, 2017 is the Regional Planning Meeting. If you have

ideas for future trainings or improvements in our organization please contact [Mary Beth Griffis](#) or [Reg Morrow Robinson](#).

May5th is the Latest and Greatest training in Orlando. We need clinicians who are willing to teach what they have learned for 30 to 60 minutes. You are invited to listen to one of the 2016 EMDRIA Convention trainings and share what you learned. If you are interested in this opportunity, please contact [Mary Beth Griffis](#).



Here are some dates to remember:

- **March 24 : EMDR Refresher**
- **April 21: Regional Planning Meeting**
- **May 5: Latest and Greatest**
- **August 24 - 27 EMDRIA Conference**

We are looking forward to a new year of learning and growth together.



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