

GOEMDRIAN INC NEWS

November 2018



Substance & Behavioral Addictions!

Friday & Saturday, February 1 & 2, 2019

13 CEU's & EMDRIA Credits

GOEMDRIAN has invited **Kate Becker LCSW**, an EMDRIA approved consultant, as well as **Hope Payson LCSW, LADC**, also an EMDRIA approved consultant, to present their infamous training on EMDR additions protocol. They review DeTUR, Jim Knipe Positive Affect, and Miller's Positive Feeling State protocols. This training includes quite a bit of practicum as well as informative videos that demonstrate the protocols. So mark your calendar to be in Winter Park for the training in February of 2019!

Through the use of demonstration, case presentation, lecture and video clips, this workshop explores the use of EMDR in the treatment of substance use disorders and other addictive/compulsive behaviors-specifically with clients who are not yet abstinent. This treatment-focused workshop teaches you how to stabilize clients and desensitize addiction memory networks without triggering increased substance use or relapse.

New Location: Saints Peter & Paul Catholic Church, 5300 Old Howell Branch Road, Winter Park, FL 32792. The training will be held in the Parish Hall which is directly behind the church and chapel. .

Early Registration ends January 1, 2019

[Click here for more information and to register.](#)

Our Community: *Meet Diane Kimbal* *EMDR Therapist*

By Joan Lieberman



Dora Henderson

Our Orlando EMDR community is so very fortunate to have creative, well-trained and dedicated clinicians like Diane Kimball.

Founder of Kimball Counseling Associates-KCA in Winter Park, Diane provides a comprehensive range of family and individual counseling services. She is a certified EMDRIA Therapist and a Consultant in Training under Cheryl Rowland-Petrie.

Diane's lifetime of professional evolution illustrates her continuous drive to learn. She began her career as a musician, so she loves "an experiential, hands-on perspective and out-of-the-box thinking." With this in mind, Diane strives to integrate her personal creativity into her therapy to enhance her effectiveness.

Diane related that she once had a professor who taught "if you can work effectively with children, you can work with any client." She took this lesson to heart and even though she does not label herself a child therapist, she obtained her Play Therapy Certificate and became a TBRI (Trust-Based-Relational Intervention) Educator.

About a third of her practice is comprised of clients with a dissociative disorder and a history of childhood abuse/trauma. She also specializes in clients of all ages diagnosed with Autism Spectrum Disorders, Behavioral Addictions and Mood Disorders. The Positive Feeling State Protocol is a favorite of Diane's, and she states that she uses it to deepen processing.

Perhaps the best way to sum up Diane's passion for her work is in her own words, "I believe with all of my heart that anyone and everyone can heal-it takes time, compassion and work. People are wounded within the context of relationship and are healed with the context relationship."

Diane Kimball, MS, LMHC
Kimball Counseling Associates-KCA 407-378-3748
1035 S. Semoran Blvd., Building 2, Suite 1029, Winter Park, FL 32792



Marina Lombardo

EMDR Therapist Progressions by Marina Lombardo

The GOEMDRIAN Community would like to acknowledge the progression of excellence by acknowledging those who have achieved EMDRIA approved milestones.

Bill Brislin MA, LMHC, is now Pat One Trainer for Trauma Recovery/HAP.

Colleen Andre LMHC Is now EMDRIA Certified in EMDR Therapy.

To be included in EMDR Therapist Progressions, please be sure to let us know of your EMDR-related progress so that we can celebrate your success. Just email [Wendy Gibbs at wendygibbs@livewellgainesville.com](mailto:Wendy.Gibbs@livewellgainesville.com).

GOEMDRIAN Bookkeeper by Marina Lombardo

Our GOEMDRIAN community continues to thrive because of the volunteer efforts of committed clinicians who give the gift of themselves. Your involvement makes a big difference, and even a small contribution can go a long way.

Right now the following volunteer opening is awaiting your consideration: The GOEMDRIAN Board is seeking a bookkeeper to work closely with the Board's Treasurer. Responsibilities would include keeping track of finances, specifically income and expense reports. If you think you may be interested in this position, please contact our Treasurer, [Micheal Dey @ mldey521@gmail.com](mailto:mldey521@gmail.com)

Know someone else who would be interested in this newsletter? Please forward it to them.

Did someone share this email with you? [Sign up here](#) to receive our emails.



Lauran Hahn

EMDR Therapy and Somatic Psychology,

by Arielle Schwartz and Barb Maiberger

a book review by Lauran Hahn

This is an excellent book for the EMDR therapist wanting to integrate somatic and experiential interventions into their clinical practice!

The book is divided into two parts. The first three chapters present the science and research behind EMDR, somatic psychology, trauma and neurobiology, while the remainder

of the book offers scripted interventions.

Part II, chapters 4 to 8, is of particular value to the therapist as it focuses on various manifestations of embodied trauma and ways that EMDR and somatic psychology can be helpful:

Chapter 4 details specific interventions for developing "embodiment through mindful, experiential, and relational interventions" (p. 71), which can be useful in multiple phases of EMDR.

Chapter 5 provides specific interventions for working with clients with complex and attachment trauma. These interventions facilitate processing for preverbal and non-verbal traumatic, as well as working with parts and ego states.

In Chapter 6, the authors provide interventions for working with chronic pain and illness. This chapter highlights the comorbidity of unresolved trauma and health problems and provides tools for accessing the health issues that originated out of trauma.

In chapter 7, the authors emphasize the importance of acknowledging the cultural context from which the client has developed his way of being in the world. Of equal importance is the consideration of the clinician's cultural influence and how that impacts the therapeutic relationship.

Chapter 8 offers EMDR and somatic psychology tools for the helper. This book recognizes varying levels of burnout and provides interventions for implementing self-care to manage work related stress.

This book is a must-have for the EMDR therapist interested in a step by step approach for integrating somatic psychology into their practice!

EMDR Consultation Group

EMDR Consultation

EMDR Certification Group

DATES: Third Wednesdays of the month from
January - May 2019

TIME: 9-11 AM

WHERE: 1417 N Semoran Blvd., Suite 201,
Orlando, FL 32807 or via computer

COST: \$80 per session



Bill Brislin, LMHC, an EMDRIA Approved Consultant will offer a five-month group for EMDR therapists seeking certification.

Certification requires a minimum of 20 hours of consultation, 10 of which can be in a group setting. For more information contact Bill, Bill@CounselingFL.com. For information about the requirements of certification visit www.emdria.org. Group limited to 8 participants.

Trust-Based-Relational-Intervention(TBRI)*&EMDR by Diane Kimball, Lizeth Osorio and Brianna Kuck

TBRI® is an attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children who have experienced trauma, abuse or neglect. TBRI is also helpful with typical children as well as those with Autism Spectrum Disorder.

There are Principles within this model that provide a framework and inform its scope. The Empowering Principles look at the child's physical and environmental needs, with the goal of seeking attunement to those needs, and empowering the child to make positive decisions and exhibit healthier behavior.

The Connecting Principles are the heart of TBRI. We believe that for children to heal, they need to develop a secure attachment with their safe parent(s)/caretaker(s). EMDR is used extensively to nurture connection.

The Correcting Principles are structured ways to disarm fear-based behavior. When parents can look beneath the behavior to what the child is communicating, the parent can then move into his/her child and use the experience to correct and connect back with the child. EMDR is used to help parents when they are triggered by their child's poor choices in behavior.

TBRI and EMDR go hand-in-hand. TBRI provides the foundation to conceptualize unresolved traumatic experiences, adoption issues, control/power struggles,

manipulation, sexualized behavior, etc. EMDR is the tool for resolution, and uses complex trauma protocols/techniques and careful use of the Positive Feeling State Protocol to gradually replace strong defenses with more adaptive behavior. In parents, EMDR is used to target triggers, regulation concerns and unresolved trauma to enhance their ability to engage in secure-attachment behaviors.

We have witnessed positive steps in both children and their parents when parents utilize the TBRI strategies with the enhancement of EMDR.

*To find out more about TBRI, visit KCA's website, www.kca-counseling.com, or contact the The Karyn Purvis Institute of Child Development at www.child.tcu.edu. Extensive trainings are held in the Fall and Spring for therapists and other professionals (scholarships are available).

At a Glance

by Mary Beth Griffis

We are excited to report that our Greater Orlando EMDRIA Regional Network is now incorporated! We are building an organization that will facilitate and encourage the the highest standards for EMDR therapy in affiliation with EMDRIA International. We hope to facilitate the EMDR education of trained clinicians, new therapists and our community. If you would like to be more actively involved please [contact me.](#)



Mary Beth Griffis
Co-regional director

ADDICTIONS TRAINING: February 1 & 2, 2019.

We are starting the year off right with this excellent addictions training. Please register early because space is limited. PLEASE NOTE: THIS IS A NEW LOCATION .



I want to thank **Marina Lombardo** for her diligent service to the GOEMDRIAN steering committee as well as the GOEMDRIAN Newsletter. Marina has served with diligence, commitment, foresight and great patience. I am personally grateful for her work gathering articles for our newsletter and proof reading! Thank you Marina!

Wendy Gibbs has generously volunteered to step in her position to help. If you have an idea for the newsletter please contact Wendy Gibbs To be included in EMDR Therapist Progressions, please be sure to let us know of your EMDR-related progress so that we can celebrate your success. Just email Wendy Gibbs at wendygibbs@livewellgainesville.com



In this season of giving please remember to give to the EMDR Research Foundation. This is the ONLY organization that funds research for EMDR therapy. You can also create a link to the EMDR Research Foundation on your website to encourage others to give. [Click here for more information.](#)

Increase your internet footprint by posting your profile on the GOEMDRIAN website. Anyone who has completed EMDR Basic Training may post. Just go to the website, create a login, and follow the option to "Create my Directory Entry." [Click here to access it now.](#)

We are grateful YOU are a part of our GOEMDRIAN Inc community. If you have questions or concerns you may contact me.

Mary Beth Griffis
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marybethgriffis@gmail.com

The Greater Orlando EMDRIA Regional Network (GOEMDRIAN) is a collaboration of mental health professionals serving our local community by promoting excellence in EMDR therapy.

GOEMDRIAN and Windermere Counseling, 104 W 6th Ave, Windermere, FL 34786

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