

EMDR Resourcing: Helping Clients Strengthen their Inner Resources
Janie Sheedy, MA MFT
A Workshop for Mental Health Professionals

Syllabus

Course Description

Eye Movement Desensitization and Reprocessing (EMDR) is an effective therapeutic tool for helping individuals' process traumatic life events by addressing emotions, cognitions and physical sensations involved in the memory. Prior to processing traumatic material with EMDR, it is essential to help clients have internal access to a calm state, to enhance positive emotions and to strengthen positive memories. In as much, resourcing in and of itself is a valuable tool for clinicians to have to help contain their clients when addressing painful and traumatic events. This 2-hour training will give an overview of various methods of resourcing clients with eye-movements.

Course Objectives

1. Participants will gain an understanding of underlying assumptions of EMDR with an emphasis on bilateral stimulation.
2. Participants will learn how to help their clients access resources for achieving a calm internal state.
3. Participants will observe the utilization of various tools for resourcing their clients.

Course Overview/Outline

This course will present a basic overview of Eye Movement Desensitization and Reprocessing (EMDR) with a primary emphasis on resourcing as a means to help clients achieve an inner state of calm and develop a means to self soothe. This is especially important to help clients reregulate emotionally, particularly when they are activated by painful memories and emotions. This course will present different means of helping clients access positive feelings through:

- Utilizing different modes of bilateral stimulation
- Developing and enhancing a calm place
- Accessing an experience of a positive figure
- Providing a container, i.e. – sense of containment

Selected Bibliography

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Parnell, L. (2008). *Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation*. Boulder, CO: Sounds True, Inc.

Parnell, L. (2010-2015). *Resource Tapping*. Online Web Lecture, Alliant University.

Shapiro, F. (2001). *Eye Movement Desensitization and Reprocessing (EMDR): Basic Principles, Protocols, and Procedures, 2nd Edition*. New York, NY: The Guilford Press

Shapiro, F. (2013). *Getting Past Your Past with Self Help Techniques from EMDR Therapy*. New York, NY: Rodale Books

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About the Presenter

Janie Sheedy is a licensed Marriage and Family Therapist (MFC# 80846) working in private practice at two locations in Pleasant Hill and Pleasanton. Janie received her MA MFT from Western Seminary in 2008. She is board certified with the EMDR International Association (EMDRIA) as an EMDR Clinician. Janie likes working with individuals struggling with grief and loss, depression, anxiety and family-of-origin issues. Janie uses both a relational approach along with her skills, particularly utilizing EMDR. She loves people. Her greatest joy is in giving people a safe place to tell their stories. Her goal as a therapist is to help people resolve the painful aspects of their lives and to rewrite their story with a sense of depth and meaning. Janie continues to pursue learning additional training skills for using EMDR.