In the past 15+ years, beginning with Peter Levine’s Somatic Experiencing, body-centered psychotherapies for treating trauma have emerged. While EMDR uses the Body Scan to clear trauma stored in the body, many EMDR therapists have realized that some of the techniques from somatic psychotherapies can also be integrated into EMDR with great results. This workshop will:

1. frame Porges polyvagal theory and Schore’s right hemisphere and developmental postulates within the neural network understanding of the Adaptive Information Processing theory that underlies EMDR,

2. introduce ten key somatic interventions including somatic resourcing, tracking, discharging, pendulation, micro-movements, boundaries and more, all within a framework of somatic empathy (Stanley, 2006), and

3. identify where in the eight phase process of EMDR specific somatic elements can be utilize while maintaining the integrity of EMDR.

A few of the many examples of phased somatic interventions are:

Phase II: Preparation—a) teaching tracking internal sensations, b) facilitating somatic resourcing to strengthen the self through engaging the ventral vagal system, c) instructing in discharging sympathetic arousal, d) enabling internal coherency to be established through titrating between resources and disturbance to induce spontaneous oscillation;
Phase IV: Desensitization – the somatic interventions are set aside unless looping occurs, at which time somatic interweaves may include tracking, micro-movements, and boundaries;

Phase VII: Closure – via establishing coherency.

The workshop provides adequate practicum time to gain familiarity with the somatic methods.

Meet the Presenter

Sandra Paulsen, Ph.D., is a clinical and consulting psychologist and a senior practitioner and instructor of advanced EMDR procedures. She teaches advanced EMDR workshops in The United States, Canada and Europe. In addition to this workshop, she teaches “When there are no words: Reprocessing early trauma & neglect held in implicit memory” and “Looking Through The Eyes: EMDR and Ego State Therapy Across the Dissociative Continuum.”

Dr. Paulsen has had one year of training in Somatic Experiencing and one year of training in Somatic Transformation. She incorporates somatic therapy into her work with EMDR and Ego State Therapy as appropriate.

Dr. Paulsen is an EMDR Institute facilitator and EMDR International Association certified practitioner, consultant and advanced specialty workshop instructor. She is a Fellow of the International Society for the Study of Trauma and Dissociation. She has collaborated with John G. Watkins, originator of ego state therapy, and Ulrich Lanius and Sharon Stanley on somatic therapies.

Dr. Paulsen was invited faculty to the 1st World Congress on Ego State Therapy in Germany and the 3rd World Congress on Ego State Therapy in South Africa. Sandra gave an invited preconference workshop on EMDR and dissociation for the ISST&D in 2010, and was the invited Master Series Lecturer at the 2004 EMDRIA Conference in Montreal. Dr Paulsen moderates an internet forum about EMDR for the EMDR Institute at www.behavior.net; click on EMDR to read the forum and its archives for more information.

She was Assistant Professor of psychiatry and Associate Professor of Psychology at the University of Hawaii and Acting Chief Psychologist at Queens Medical Center in Honolulu.

For more information about Sandra, or on the Bainbridge Institute for Integrative Psychology, please go to www.bainbridgepsychology.com.

Who Should Attend?

Anyone who has completed at least half of an EMDRIA Approved Basic EMDR training. Full completion of an EMDRIA Approved Basic EMDR training is required for EMDRIA CEUs. This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Jill Strunk (jillstrunk1@gmail.com) if special accommodations are required.

Workshop Objectives

1. Explain the significance of neurobiological advances and somatic therapy for EMDR Practice;

2. Demonstrate elements of somatic therapy, including grounding, somatic empathy, somatic resourcing, tracking, spontaneous oscillation, evoked oscillation, micro-movements, utilizing discharge, releasing impact, and boundaries;

3. Describe four places in the standard protocol in which somatic interventions may be appropriately utilized.

Continuing Education

This workshop has been approved for 14 EMDRIA CEUs. The workshop has been designed to meet continuing education requirements for psychologists, social workers, licensed marriage and family therapists, licensed professional counselors, and psychiatric nurses. Certificates of Completion will be awarded to facilitate application to your credentialing board for 14 CEU’s. Jill Strunk, Ed.D., L.P. maintains responsibility for this program in accordance with EMDRIA standards.

Quotes from evaluations of this workshop in 2012

“Excellent! Well integrated many ideas in a coherent and very understandable way! Loved your sense of humor and your capacity to be present energetically, cognitively, and personally. Well done!”

“Great training! I’ve jotted down names of clients to use these techniques. I feel energized and excited. Thank you!”

“Please return and do again.”

“Very thorough, easy to follow and understand. Resonated with me very well. Sandra is so talented on so many levels.”
“Appreciated practicum experience. Very excited to use. Discovered this weekend my energy sense of others. Powerful. I just might have a hidden gift.”

“Powerful stuff! Sandra’s insight, wisdom, and examples were powerful. Poignant stories, great humor! Sandra, thank you for your presence.”

“This was an awesome workshop. Thank you very much.”

“Very powerful work! The micro-movements are among the most powerful things I have ever experienced as client and as clinician. To me, this will help tremendously with my client load, since 2/3 of my clients are complex PTSD.”
Workshop Location
The workshop will be held at
The Minnetonka Community Center
14600 Minnetonka Boulevard, Minnetonka, MN 55345
Phone: 952-939-8390

Directions:
From I-494, take the Minnetonka Boulevard Exit (Exit 17). Go right (west) on Minnetonka Blvd. to the second right, which is Williston Road. Turn right onto Williston Road and the large building on your right is the Community Center.
There is plenty of free parking

Hotels Nearby
A special room rate has been arranged at the Crowne Plaza Hotel Minneapolis West,
3131 Campus Drive, Plymouth, MN 55441, phone: 763-559-6600.
The special rate is $89 ($20 off the rack rate for weekends).
Mention EMDR Therapists to get this rate.

They have a free shuttle that will take you to and from the workshop. (It only goes within a 10 mile radius, so you would need to take the Super Shuttle to the airport.)
They also have complimentary wireless internet throughout the building.
You will have free access to their three-level Athletic club, with pool, hot tub and saunas, free weights, machines and racquet ball and basketball courts. There are also great walking/biking trails on the property.
It is conveniently located on I-494.

Some other hotels between 4.5 miles and 7.5 miles from the Community Center are (in order of distance):
Sheraton Minneapolis West Hotel, 12201 Ridgedale Drive, Minnetonka, MN 55305,
phone: 852-593-0000;
Hampton Inn Minneapolis: Minnetonka, 10420 Wayzata Blvd., Minnetonka, 55305,
phone: 952-541-1094;
Holiday Inn Express Hotel & Suites Minneapolis-Minnetonka, 10985 Red Circle Drive, Minnetonka, MN 55343, phone: 952-912-9999;
Residence Inn by Marriott Minneapolis-Plymouth, 2750 Annapolis Circle, N.,
Plymouth, MN 55441, phone: 763-577-1600;
Marriott Minneapolis Southwest, 5801 Opus Parkway, Minnetonka, MN 55343, phone:
952-935-5500;
Springhill Suites by Marriott Minneapolis-Eden Prairie, 11552 Leona Road, Eden Prairie, MN 55344, phone: 952-944-7700.
### Workshop Contents and Schedule

#### Saturday, May 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 – 9:00</td>
<td>Registration and continental breakfast</td>
</tr>
<tr>
<td>9:00 – 10:15</td>
<td>Neurobiology of the felt sense and attachment</td>
</tr>
<tr>
<td>10:15 – 10:30</td>
<td>Break</td>
</tr>
<tr>
<td>10:30 – 11:30</td>
<td>First four methods (Grounding; Somatic Empathy; Tracking “felt sense”; and Somatic Resourcing)</td>
</tr>
<tr>
<td>11:30 – 12:00</td>
<td>Somatic Resourcing Exercise 1 and demo, as time permits.</td>
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<tr>
<td>12:00 – 12:30</td>
<td>Porges Polyvagal Theory</td>
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<tr>
<td>12:30 – 1:45</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:45 – 2:15</td>
<td>Live demo of first four methods</td>
</tr>
<tr>
<td>2:15 – 2:45</td>
<td>Debriefing demo and additional lecture</td>
</tr>
<tr>
<td>2:45 – 3:45</td>
<td>Practicum 1-A</td>
</tr>
<tr>
<td>3:45 – 4:00</td>
<td>Break</td>
</tr>
<tr>
<td>4:00 – 4:30</td>
<td>Q &amp; A on practicum questions and experience</td>
</tr>
<tr>
<td>4:30 – 5:15</td>
<td>Practicum 1-B, Q &amp; A, and additional lecture</td>
</tr>
<tr>
<td>5:15 – 5:30</td>
<td>Q &amp; A and Wrap up day</td>
</tr>
</tbody>
</table>

#### Sunday, May 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 – 9:00</td>
<td>Continental breakfast</td>
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<tr>
<td>9:00 – 9:15</td>
<td>Q &amp; A from Day 1 and opening activity</td>
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<tr>
<td>9:15 – 10:30</td>
<td>More methods (Evoked Oscillation, including Optimal Arousal Window; Utilizing Discharging, including Spiegel coherency; Spontaneous Oscillation; Micro-movements, including Ogden “Action Intrinsic”; Release Impact; Boundaries, with group demo if time permits)</td>
</tr>
<tr>
<td>10:30 – 10:45</td>
<td>Break</td>
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<tr>
<td>10:45 – 11:15</td>
<td>Micro-movements demo and Q &amp; A</td>
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<tr>
<td>11:15 – 11:45</td>
<td>Micro-movements Practice A</td>
</tr>
<tr>
<td>11:45 – 12:15</td>
<td>Micro-movements Practice B</td>
</tr>
<tr>
<td>12:15 – 12:30</td>
<td>Comparison of EMDR and Somatic Methods</td>
</tr>
<tr>
<td>12:30 – 1:45</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:45 – 2:30</td>
<td>Video demo</td>
</tr>
<tr>
<td>2:30 – 3:45</td>
<td>Practicum II-A – Any or all of the eight methods</td>
</tr>
<tr>
<td>3:45 – 4:00</td>
<td>Break</td>
</tr>
<tr>
<td>4:00 – 5:00</td>
<td>Practicum II-B – Any or all of the eight methods</td>
</tr>
<tr>
<td>5:00 – 5:30</td>
<td>Q &amp; A, Integrating Somatic Methods Into EMDR Phases, wrap-up, evaluations</td>
</tr>
</tbody>
</table>
Registration

The Embodied Self: May 3-4, 2014
Somatic Methods 9:00 – 5:30 (8:30 registration)
For EMDR Practitioners Minnetonka Community Center
With Sandra Paulsen, Ph.D. 14600 Minnetonka Boulevard
Minnetonka, MN 55345

Name (with initials of degrees and licenses)

License type, number, and state: Year completed EMDR training

Work Address, City, State and Zip Code

Work Phone: e-mail:

Tuition

___$275 if postmarked by April 18, 2014
___$300 if postmarked AFTER April 18, 2014
___$250 if postmarked by April 18, 2014 & three or more people in a group (don’t need to send registration together, just list other members of group)
I am registering with ______________________ & ______________________
___$200 if HAP trained and/or working 30+ hours in a non-profit and postmarked by April 18, 2014
___$200 if full time student at ______________ and postmarked by April 18, 2014
___$200 if attended this workshop in 2012 locally and postmarked by April 18, 2014
(Tuition less a $10 processing fee is refundable if you cancel before July 12, 2013)

Method of payment (check one) Amount of payment
___Check (payable to Jill Strunk) ___ money order ___ Visa ___ Master Card

Card #: Expiration date: _____________

Signature of cardholder

Printed name of cardholder

Please return this form with payment to:
Jill Strunk, Ed.D., L.P. Phone: 952-936-7547
4001 Huntingdon Drive Fax: 952-936-2260
Minnetonka, MN 55305 e-mail: jillstrunk1@gmail.com