

When there are no words: Reprocessing early trauma & neglect held in implicit memory

Presented by Sandra Paulsen, Ph.D.

May 16-17, 2015 9:00 – 5:30

Crowne Plaza Hotel 5401 Green Valley Drive, Bloomington, MN 55437

Approved for 14 EMDRIA CEUs

CEUs applied for the MN Boards of psychology, social work and marriage and family therapy

We have long known that babies are influenced by environment even in the womb and that the first three years of life are the most formative. However, memory is not stored in words at that early age, so in this workshop you will learn an adaptation of the standard EMDR protocol to reprocess trauma from those very early years. **This protocol can be used with people of all ages.**

The challenges of using EMDR for early trauma and neglect are that 1) EMDR readily targets explicit memories, but early trauma is held in implicit memory in the right hemisphere and is not typically subject to direct recall, and 2) Accessing the felt sense of early experience can be overwhelming if it includes the paucity of internal resources of a neglected baby.

This workshop addresses both problems by careful preparation and systematic trauma reprocessing. The preparation includes: A) containment, B) bringing the body to a “safe state” (as opposed to a safe place), and C) resetting innate resources, which appear to directly act upon primary-process affective and safety circuits to down-regulate the experience of emotional and physical intensity. After the three preparation steps, the method systematically reprocesses early trauma, in the absence of explicit memory. It targets consecutive time periods beginning before birth, releases emotional and somatic distress, and installs positive experiences. As a result, the client builds a foundation of a felt sense of attachment and belonging, with emergent positive cognitions, enabling the client to meet the next developmental milestone in sequence.

Sandra has collaborated on the Early Trauma EMDR protocol with originator Katie O’Shea, M.S. since 2006, has extended its use with complex cases, has established theoretical bases for the efficacy of the protocol, and has taught the workshop extensively in The United States, Canada, and Europe.

“I personally use this protocol more than any other I have learned in an advanced workshop. I highly recommend that every EMDR therapist add it to his/her list of competencies.” – Jill Strunk, Ed.D., L.P.

Workshop Objectives

- 1. Identify challenges to applying EMDR to early developmental trauma,**
- 2. Prepare the client for early trauma processing with client-friendly education,**
- 3. Efficiently re-install innate affective resources without accessing disturbing material,**
- 4. Systematically target early disturbance held in implicit memory, and**
- 5. Use imaginal and experiential interweaves to stimulate blocked processing and ensure reprocessing is complete.**



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. She has taught this workshop “When there are no words: Reprocessing early trauma & neglect held in implicit memory” for six years as well as workshops on EMDR and dissociation and EMDR combined with somatic techniques.

Sandra is coauthoring a book with Katie O’Shea on the use of EMDR for very early trauma held in explicit memory, including with complex cases.

She published “Looking Through the Eyes of Trauma and Dissociation: An Illustrated Guide for EMDR Therapists” in 2009. She co-authored a book published in 2012 “Neurobiology and Treatment of Traumatic Dissociation: Towards an Embodied Self.” by Lanius, Paulsen, and Corrigan. She also published EMDR chapters in Corsini’s “Encyclopedia of Psychology” and “Handbook of Innovative Psychotherapy,” R. Shapiro’s “EMDR Solutions II,” Forgash & Copeley’s “Healing the Heart of Trauma,” and Luber’s “EMDR Scripted Protocols II.”

Sandra 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.

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 has collaborated with John G. Watkins, originator of ego state therapy, and with Ulrich Lanius and Sharon Stanley on somatic therapies. 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.

Workshop Contents and Schedule

Saturday, May 16

8:30 – 9:15: Registration and continental breakfast and Introductory Remarks

9:15 – 10:30: Challenges of Processing Early trauma, Attachment, Affect Regulation & the Brain

Neuroscience hypotheses for implicit memories held in the right hemisphere; impact of prenatal experience; mental constructs, implicit memory, accessed memory experienced in an infant state can be overwhelming, more somatic, less cognitive.

10:30 – 10:45: Break

10:45 – 11:45: Steps 1 and 2, Theory and Practice

EMDR Phase I: History and Phase II: Preparation

Step 1 = Container and Step 2 = Safe State

History including dissociation and attachment issues, known early traumas, resource capacity, other. Psycho-education with “Client Friendly” Methods. Preparation steps including containment and ventral vagal or “safe state” skills base.

11:45 – 12:30: Demo of Step 1, Container and Step 2, Safe State

12:30 – 1:30: Lunch on your own

1:30 -- 5:30: Step 3 Theory, How to & Practice Steps 1, 2 and 3.

EMDR Phase II: Preparation. Step 3 = Resetting the Affective Circuits

Videos, Discussion, and Q&A with Resetting the Affective Circuits.

Practicum with Container, Safe State and Innate Affective Resources.

(Break from 3:25 – 3:30)

Sunday, May 17

9:00 – 9:30: Q & A from yesterday.

9:30 – 10:30: Step 4 = Clearing Trauma by Time Frames

Temporal Integrationism, Somatic Awareness, Imagination and the Brain.

10:30 – 10:45: Break

10:45 - 12:30: EMDR Phases III and IV: Targeting and Desensitization through time segments from beginning of life

EMDR Phases IV through VIII: Interweaves and Installation by time frame through closure.

Includes video.

12:30 -- 1:30: Lunch on your own

1:30 -- 5:30: Q & A and video debrief and Practicum of Step 4, Clearing Early Trauma by Time Frame. Wrap up and Closure.

Who Should Attend?

Completion of at least half of an EMDRIA-Approved Basic EMDR training is required for attendance. EMDRIA CEUs can only be granted to those who have completed a full EMDRIA-Approved Basic EMDR training. Others will get a CEU certificate to submit to licensing boards.

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.

Continuing Education

Approval has been granted 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 CEUs. Keep this flier to send along with the Certificate. Jill Strunk, Ed.D., L.P. maintains responsibility for this program in accordance with EMDRIA standards.

Workshop Location

The workshop will be held at

**The Hotel Crowne Plaza Bloomington/MSP Airport/Mall of America,
5401 Green Valley Drive, Bloomington, MN 55437.
Phone 952-831-8000.**

There is a free shuttle to and from the Minneapolis/St. Paul Airport.

A block of rooms has been reserved at the discounted rate of \$89.00 + tax. In order to get this rate, you must reserve your room by Saturday, May 2, 2015.

Directions: From I-494 take Normandale Blvd South (Highway 100 becomes Normandale south of I-494). Then take a right at the first light, then again take a right at the first light, then continue about a block to the hotel. (You can see the hotel from I-494.)

There is plenty of free parking surrounding the building.

Other hotels nearby:

There are several other hotels just across Normandale, about a ½ mile walk over the highway bridge:

Country Inn & Suites, Bloomington:

5120 American Blvd., W, Bloomington, MN 55437. 952-831-9595.

Staybridge Suites:

5150 American Blvd., W., Bloomington, MN 55437. 1-800-225-1237

LaQuinta Inn & Suites, Bloomington:

5151 American Blvd., W., Bloomington, MN 55437. 952-430-1200.

Hilton Garden Inn, Bloomington:

5140 American Blvd., W., Bloomington, MN 55437. 952-831-1012.

Registration

**When There Are No Words:
Reprocessing Early trauma & Neglect
Held in Implicit Memory**

**May 16-17, 2015
9:00 a.m. – 5:30 p.m.
(8:30 Registration &
continental breakfast)**

Presented by Sandra Paulsen, Ph.D.

**Crowne Plaza Hotel
5401 Green Valley Drive
Bloomington, MN 55437**

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 19, 2012

\$300 if postmarked AFTER April 19, 2012

\$250 if postmarked by April 19 & three or more people register together

\$200 if HAP trained and/or working 30+ hours in a non-profit

\$175 if previously attended this training with Katie O'Shea in Minnesota

(Sandra includes how to use the protocol with complex and dissociative clients)

(Tuition less a \$10 processing fee is refundable if you cancel before April 19; Refunds for missing the workshop because of weather will not be granted, except in the unlikely event that it is cancelled)

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:

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4001 Huntingdon Drive
Minnetonka, MN 55305

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