

Minnesota EMDR presents...



*The
'Brief Look'
Seminars
with
Michael J. Masey,
Ph.D. LP*

The 'Brief Look' seminars are three-hour sessions in which the fundamentals of the topic are presented through slide presentations, discussions, and experiential exercises. Anyone can attend, although the material is directed toward therapists who are being trained in EMDR.

*Seminars are held at the Minnetonka Community
Center*

14600 Minnetonka Boulevard
Minnetonka, MN 55345



Seminar 1: A Brief Look at EMDR and SHAME

The ways in which the affect and emotion of shame influence personal change is one of the least known and most troublesome aspects of psychotherapeutic work. Shame affects every aspect of emotional life, and along with emotional flooding, represents the most common sources of looping in EMDR processing.

The presence of shame is difficult to detect, has often not been a conscious part of the client's experience, and by its very nature both hides underlying issues and creates confusion.

This presentation outlines the basic nature of the shame experience; the role it plays in blocking EMDR processing of symptoms; the tools that EMDR uses to help the client move through the shame experience; and the ways shame affects the cognitive systems of responsibility/self-blame, safety, and control (choice). I will discuss the many faces of shame in clinical work—how it occurs in trauma, depression, attachment, and social violence; the neurophysiology of the shame response; some ways to educate the client about shame; and how to work with it in implicit memory networks, cognitively, and as a body sensation when it occurs during processing.

Monday Evening March 9, 2015 6:30 – 9:30 PM



*A Brief Look
at
The Presenter*



Michael J. Maley Ph.D. is a Licensed Psychologist in private practice in psychology in Minnetonka, MN. At the present time he is an EMDR Approved Consultant and one of the sponsors of the EMDR Institute trainings in Minnesota. He has taught Advanced EMDR specialty workshops in Shame, Somatic Resourcing, Somatic Disorders, and Trauma. He was a senior trainer for the International Institute for Bioenergetic Analysis and currently teaches seminars on the somatic dimensions of trauma treatment for the New Zealand Bioenergetic Society.

He also currently teaches at St. Mary's University in the Human Development Program, and is an Instructor for BioGeometry Energy Systems, Ltd. (An environmental science for balancing homes, environments, and the body).

He is the author of *Living in the Question: An Exploration of Formlessness, Change, and Healing*, and a co-author of *The Book of the Eights*.

Registration Information

- The cost of each of these seminars is **\$75**. Registration is required in advance since they are held at the **Minnetonka Community Center** and all financial transactions have to be done before the seminar and not at the Center. Call me at (952) 542 9480 if this is a problem or if you will be a late registrant.
- No CEU's have been established in advance through the various boards. At the seminar you will be given a complete syllabus and enough description of the workshop contents to submit to your license board for 3 CEU's.
- Send the Registration form in with your payment....Checks made to MN-EMDR....

Name _____

Phone _____

Email Address _____

**Shame Workshop Monday evening...
March 9, 2015 6:30-9:30 PM**

**Send to: Minnesota EMDR
2717 Hidden Creek Lane
Wayzata, MN 55391
(952) 542 0480**