



# Helping Clients Help themselves: Navigating the Inner Landscape Using EMDR and IFS-Based Tools

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# Our Journey Together Today

- ▶ EMDR and IFS: The basics
- ▶ Exercise #1: Guided meditation to experience your Self energy
- ▶ Gambling Addiction Cycle through an IFS lens
- ▶ Exercise #2: Soothing Exile parts using the Peaceful Place Resource

# EMDR

- ▶ EMDR stands for Eye Movement Desensitization and Reprocessing.
- ▶ It draws on the understanding that rapid eye movement (REM) sleep is a time when memories from the day are processed.
- ▶ It recognizes that traumatic memories are unable to be processed effectively during REM sleep as they overwhelm the brain and are not stored in the same way. This leads the traumatized person to relive the traumatic experience.
- ▶ Using eye movements or some other form of what is called bilateral stimulation, an EMDR therapist uses the brain's natural adaptive information processing (AIP) system to enable it to work through traumatic memories that have gotten "stuck." In effect, the therapist is manually doing what the overwhelmed brain could not do at the time: processing and storing the memories.

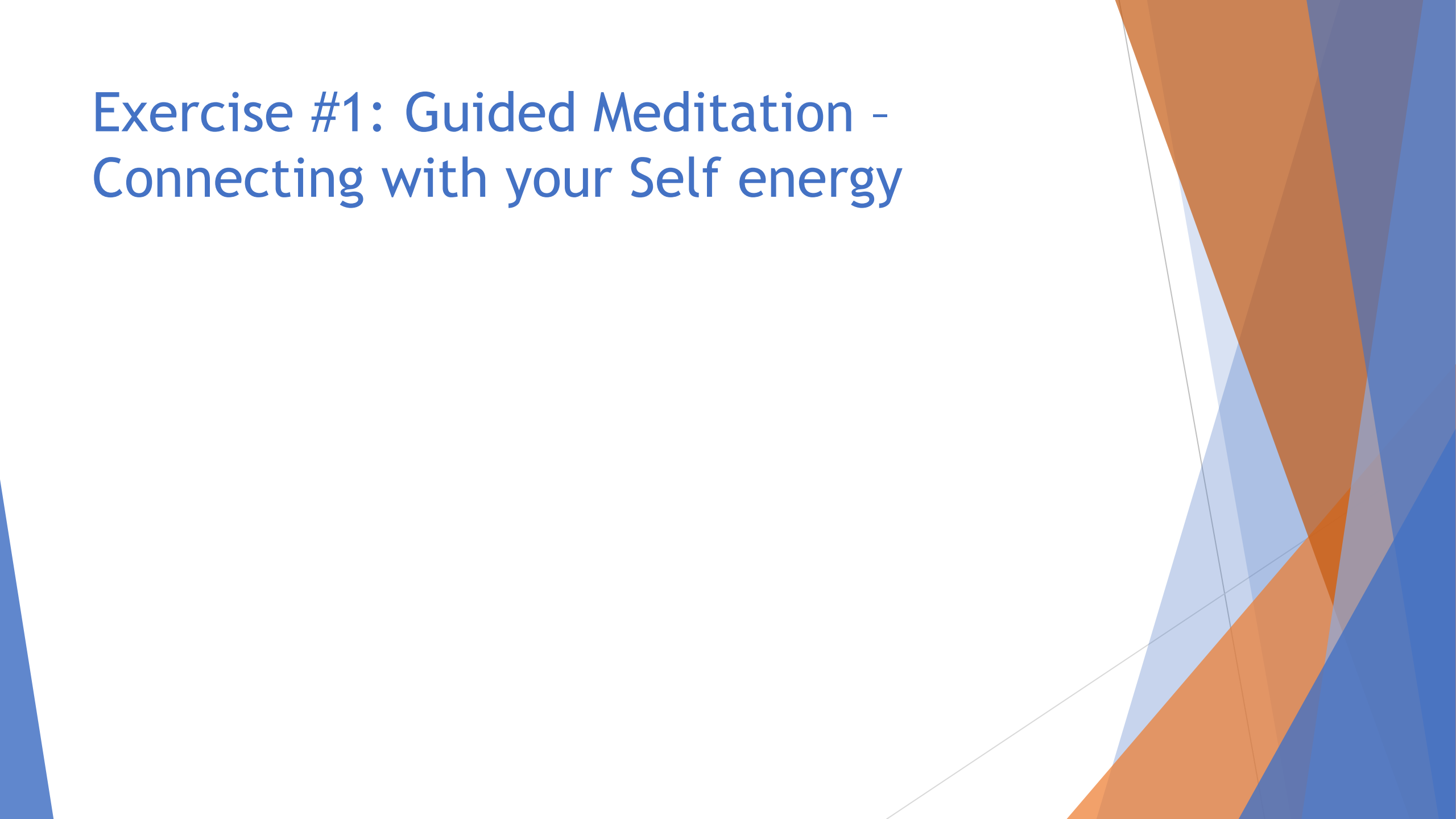
# EMDR is an 8-Phase Protocol

- ▶ Phase 1 - History taking and treatment planning
- ▶ Phase 2 - Preparation Phase
- ▶ Phase 3 - Assessment
- ▶ Phase 4 - Desensitization
- ▶ Phase 5 - Installation
- ▶ Phase 6 - Body Scan
- ▶ Phase 7 - Closure
- ▶ Phase 8 - Reevaluation

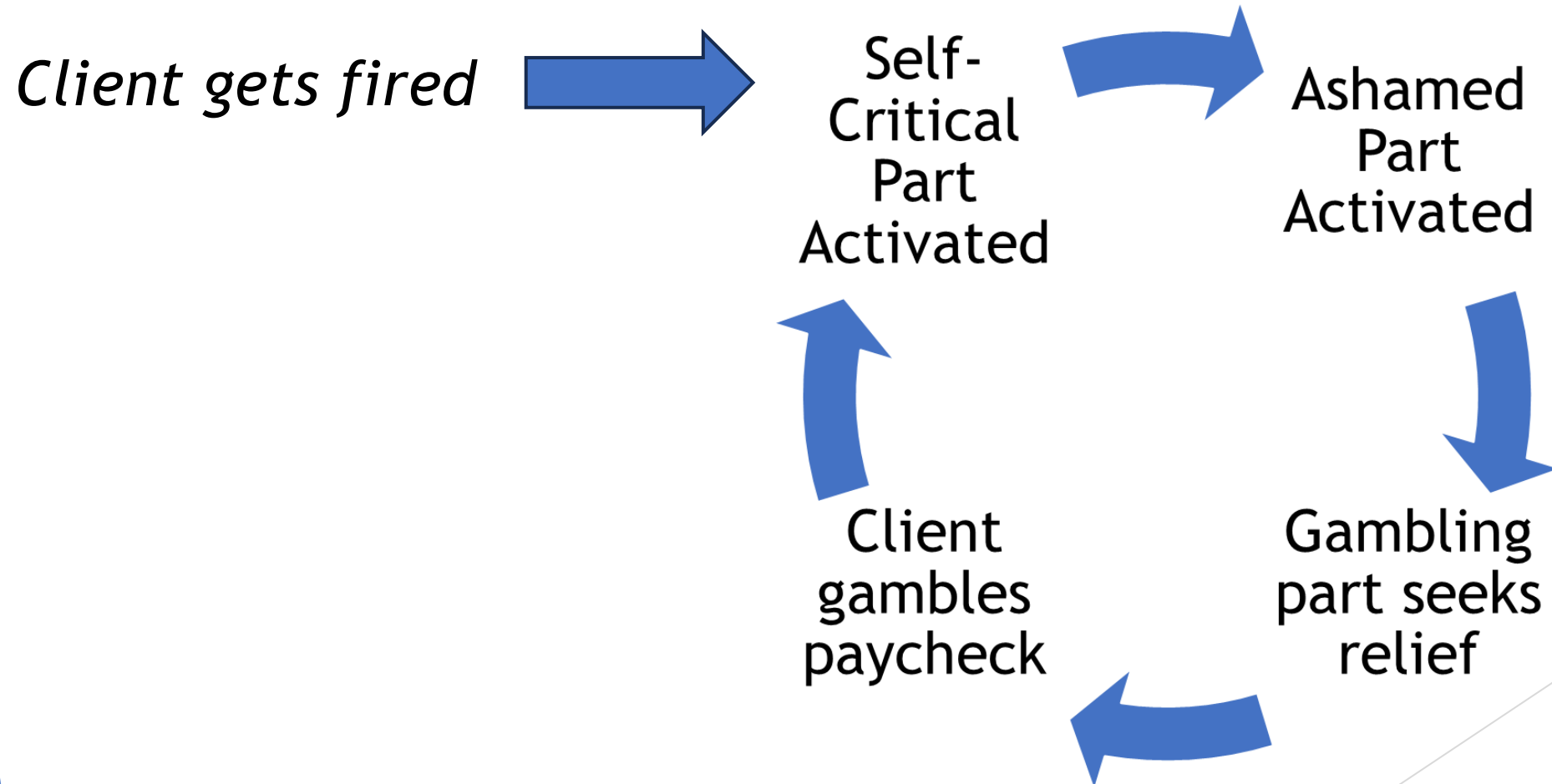
# IFS in a wee-bitty nutshell

- ▶ IFS, Internal Family Systems, is based on the theory that the psyche is made up of parts and Self.
- ▶ Self is our innate, loving, non-judgmental essence and is comprised of 8 C's and 5 P's: curiosity, compassion, calmness, courage, creativity, connectedness, clarity, confidence, presence, perspective, persistence, playfulness, and patience.
- ▶ Parts, on the other hand, are aspects of us that function independently and take on roles within the internal system. They are either:
  - ▶ Exiles, who carry pain from trauma, or...
  - ▶ Protectors, who either try to prevent exiles from getting activated or reactively respond after exiles are already activated. In short, they attempt to avoid pain before it happens or reduce pain once it starts.
- ▶ In IFS, parts all have positive intentions for us, but have a limited view and usually cannot see the negative consequences they often cause.

# Exercise #1: Guided Meditation - Connecting with your Self energy



# Gambling Addiction Cycle through an IFS lens



## Exercise #2: Soothing Exile parts using Peaceful Place Resource






# Let's stay in touch!

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- ~ Gambling program development and clinical supervision for tribal nations
- ~ Intensive EMDR and IFS-based therapy program treating trauma, gambling addiction, and substance use disorders in my downtown Seattle office and by video for clients in WA, FL, AK and outside the United States.