

**The Embodied Self:**  
**Somatic Methods for EMDR Practitioners**  
*Presented by Sandra Paulsen,*  
*Ph.D.*

May 3-4, 2014 9:00 – 5:30  
Minnetonka Community Center  
14600 Minnetonka Boulevard, Minnetonka, MN 55345  
**14 EMDRIA CEUs Have Been Approved**

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 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 1<sup>st</sup> World Congress on Ego State Therapy in Germany and the 3<sup>rd</sup> 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](http://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.

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 and Embodied Self.” by Lanius, Paulsen, and Corrigan. She has also published EMDR chapters in Corsini’s “Encyclopedia of Psychology” and “Handbook of Innovative Psychotherapy,” R. Shapiro’s “EMDR Solutions II,” Forgash & Copley’s “Healing the Heart of Trauma,” and Luber’s “EMDR Scripted Protocols II.”

For more information about Sandra, or on the Bainbridge Institute for Integrative Psychology, please go to [www.bainbridgepsychology.com](http://www.bainbridgepsychology.com).

## Who Should Attend?

Anyone who has completed at least  $\frac{3}{4}$  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](mailto:jillstrunk1@gmail.com)) if special accommodations are required.

## This workshop will be helpful for EMDR therapists who:

- want to use EMDR with their more complex cases
- are puzzling over what happened when they tried to use EMDR on a complex PTSD client
- want additional strategies for getting 'stuck' EMDRs 'unstuck,' and decreasing client resistance
- do not screen for dissociation before doing EMDR because they aren't trained to treat it, and don't really want to find it.
- had academic advisors or clinical supervisors who told them that DID is very rare and they'd likely never see it in their practice.
- really want to work toward integration and are afraid that if they work with parts they will make the dissociation more severe.
- paid little attention in the EMDR trainings when they were told to screen for dissociation before doing EMDR because, after all, they don't treat dissociative disorders.
- screen faithfully for dissociation, but go ahead and do the unmodified standard protocol of EMDR anyway
- are aware that they or their colleagues have actually injured patients by using the standard EMDR protocol on DID patients, or just stopped using EMDR after hair-raising experiences that left them feeling deskilled, demoralized, and frightened.
- are contemplating giving up therapy in order to tend sheep in New Zealand after using EMDR on a complex trauma client.

## Continuing Education

EMDRIA has approved 14 CEU's for this workshop. 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.

## **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, July 27

- 8:30 – 9:00:** Registration and continental breakfast
- 9:00 -- 10:00:** Introductory remarks; overview of developmental and Ego State Theory; Presenting an integrated theory; and introducing ACT-AS-If Phased Approaches to Treatment and ISST&D Treatment Guidelines.
- 10:00 – 10:30:** Assessment, Affect and Soma Tolerance, Dissociative Disorder; If DID and Intolerance, If Capacity is less than the pain, go to Resource.
- 10:30 – 10:45: Break**
- 10:45 – 12:00:** Containment: Utilize Amnesia, Resonance; Boundaries; Educate re Emotions, Fight/Flight/Freeze; Utilize Hypnosis, Ego State, Conference Room; Closure Steps, Resource States.
- 12:00 – 12:30:** Empathy & Attachment
- 12:30 – 1:30: Lunch on your own (a map of nearby restaurants will be provided)**
- 1:30 -- 2:00:** Trauma Accessing – Ego and Object Awareness
- 2:00 -- 2:30:** Trauma Accessing – Intersubjectivity and Reenactment
- 2:30 -- 3:00:** Video
- 3:15 – 3:30:** Trauma Accessing – Ego State: Pacing, Orienting, Appreciating
- 3:30 – 3:45: Break**
- 3:45 – 4:15:** Trauma Accessing – Ego State: Defusing Conflicts With Monsters, Introjects
- 4:15 – 4:45:** Trauma Accessing – Ego States: Compassion, Containment
- 4:45 – 5:00:** Ego State Lite – Practicum – who Has Something To Say About That Project
- 5:00 – 5:15:** Practicum Debrief
- 5:15 – 5:30:** Debrief and Wrap Up Day

## Sunday, July 28

- 8:30 – 9:00:** Continental breakfast
- 9:00 – 9:30:** Q & A from Day 1
- 9:30 – 10:00: Developmental Theory & Dissociation**
- 10:00 – 10:15:** ACT-AS-IF Middle A – Abreaction ...ARCHITECTS Phases of EMDR for DID
- 10:15 – 10:30:** Tactical Integrationism & Titration
- 10:30 – 10:45: Break**
- 10:45 – 11:00:** ARCHITECTS
- 11:00 – 11:15:** A – Access – R – Refine
- 11:15 – 11:30:** C – Consent – H and I –Hypnosis/Imagery
- 11:30 – 11:45:** T – Titration and Fractionation
- 11:45 – 12:00:** E – EMDR (BLS)
- 12:00 – 1:00: Lunch on your own**
- 1:00 -- 1:30:** Ego State Interweaves
- 1:30 – 2:15:** Video
- 2:15 – 2:30:** Discussion of Video
- 2:30 – 2:45:** C – Closure of Incomplete
- 2:45 – 3:00:** T – Tranquility/Technology and S – Stabilize/Synthesize
- 3:00 – 3:30:** Q & A
- 3:30 – 3:45: Break**
- 3:45 – 4:15:** Summary of Ego State in EMDR
- 4:15 – 4:45:** Case Consultation
- 5:00 – 5:30:** Q & A, Wrap Up

# Registration

*Looking Through The Eyes:  
EMDR & Ego State Therapy  
Across the Dissociative Continuum  
With Sandra Paulsen, Ph.D.*

May 3-4, 2014  
9:00 – 5:30 (8:30 registration)  
Minnetonka Community Center  
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 2011 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.  
4001 Huntingdon Drive  
Minnetonka, MN 55305

Phone: 952-936-7547  
Fax: 952-936-2260  
e-mail: jillstrunk1@gmail.com