Hack + Shrink = ?

Shrack ....... Psychlotherapist .......
EMDR - Refreshes The Parts Other Therapies Cannot Reach

Spells/Trance - Spellbusters
What is EMDR

The EMDR Therapy Protocol involves:

1. Accessing a distressing memory that generates a presently held level of disturbance: image, cognitions (beliefs), emotions and body sensations;
2. Stimulating this disturbing memory bi-laterally using Dual Attention;
3. Moving the memory – physiologically, in regard to subjective disturbance, and psychologically in terms of meaning;

This is done in regard to eight distinct phases considering the triadic elements of Past – Present – Future.

The Rest is Detail!!

Derek Farrell 2017
Variety of mainstream psychotherapeutic and research writings and language...
**Language of Parts**

- Internal working models (Bowlby)
- Complexes (Jung)
- Sub-personalities (Assagioli/transp..)
- Parent-Adult-Child (TA)
- Spiritual possession/demons..

**Memory Networks (cf Shapiro)**

- Energy networks (neural nets) still dysfunctionally determining a client’s experience of self and the world and the relationship between them.
- Need to be uncovered, addressed, metabolised, or removed from the system.
Working on the Introject (Klein)

Standard procedural steps, not just on the client’s own traumas, but on the attachment introjects (usually parental or sibling).

Parts: Structural Dissociation

Prof. Onno van der Hart
Dissociation (Knipe, vd Hart, Fisher)

Internal Family Systems (IFS)

- Exiles
- Managers
- Firefighters
- Protectors
- etc
Rachel Yahuda and the role of Genetics

Epigenetic transmission of sensitivity to trauma among survivors of the Holocaust and 9/11.

The Monarch...
Schema Therapy (Jeffrey Young)

Hoffman Process

- Seven-day intensive personal development course
- Developed by Bob Hoffman in the US some 40 years ago
- “Quadrinity” – emotional, intellectual, physical body, spiritual selves
- Meshes particularly well with Attachment-Focused EMDR
Psychodrama/Hellinger/Family Constellations

Jill Purce & New Age...

Healing Family and Ancestors - Ritual & Resonance Intensives
And, of course GESTALT!!!
Getting rid of Transgenerational Trauma through EMDR

Helene Deluigi, PhD
Lorraine University – Metz
20th EMDR Europe Conference 2019
Krakow, Poland, June 28th-30th
Case conceptualisation

- How did this person get to be this way?
- How did they learn to survive early distress/to self-soothe?
- What happened?

(Don’t even think about starting processing until you know clearly what you’re targeting, and WHY.)
Case Conceptualisation – 4 Levels

1. Personal Presenting Trauma
2. Personal Root Attachment-Related Meaning
3. Introjected Parent (their stuff...)
4. Collective Root (Group/Ethnic/etc)

Target Identification (Bridge/Floatback)
The Bridge

Event
Image (Moment)
Emotion
Body
Belief

• Trace it/drop back in time
• As far as you can
• Without censorship
• WDYG

Distress/Event
Image (Moment)
Emotion
Body
Thoughts/Belief

Session Structure (bridging/“petalling..”)

Past
Present

Image (Moment)
Emotion
Body
Thoughts/Belief

Image (Moment)
Emotion
Body
Thoughts/Belief
And Further Back

Short demo – a Volunteer???
IG-EMDR Simple Script - Safety

- Identify key, single attachment figure generating blocking/dysfunctional experience.
- Secure client’s permission to switch focus.
- Assuming agreement, ensure child part is safe and separate from the parent.

Before we do this work, let’s make sure little (client’s name) is safe, and remove him/her from this situation. Imagine pausing that scene we’ve just been working on – we’ll be back in a moment – and see your little self now being safely looked after by your resource team elsewhere (in another room? at the playground? where your little self would like to be?).

IG-EMDR 2 – Refocusing

- Take moment as client imagines child self in that safe/special place. BLS optional.
- Once secure, return to scene of the childhood target.

I’d like to ask you, as your adult/present self, to come with me back to that scene with your [mother] in the [e.g. kitchen]. I can’t see or hear your [mother]. You can. So I now need you to be, as it were, my interpreter.

I need you to convey my questions to him/her and relay their answers and experience back to me.

- Ask client for [mother’s] name. Ask them to check with [name] that OK to proceed.

We’re now going to do some EMDR with your [mother] on what just happened, so please ask them if they’re ready to do that.
IG-EMDR 3 — [Mother] Bridging...

• Having secured permission, set the scene for EMDR therapy ON THE [MOTHER]
  Now, please ask your [mother] to sit down, and I will sit opposite [her] in your imagination, just as I am sitting opposite you here now.
  Imagine yourself giving your [mother] the headphones/buzzers, and that the taps are being administered to, or that the headphones are sitting on the head of, your [mother].
  [Mother's name] I'd like you to go back a few moments to that scene [e.g. kitchen] where your little [client's name] was having the experience we've just been working on. In that moment, what are you [mother] feeling? Where are you feeling that in your body? What is your belief about yourself?

• Process, and bridge if necessary – NB into [mother’s] childhood
  Noticing that thought and that feeling in your body (as experienced by client as proxy)
  1. Drop/trace that back in time (optional: into your [mother’s] own childhood.
  2. As far as you can as [mother].
  3. Without censoring what comes up.

IG-EMDR 4 – Phase Four Reprocessing

• Agree/Identify [as mother] clear (childhood) target in space and time.
• Target as usual with Parnell’s Modified Protocol.
  1. In this experience, [mother’s name], what emotion are you feeling?
  2. Where are you feeling that in your/their body?
  3. What’s your belief about yourself
  BLS >>>
• Tap/process, prepared to intervene quicker than usual, with supportive/rescue interweaves.
  E.g. In this scene, what does that child need. Who can do that? Would you like to imagine that? >>>
• Process [mother’s] memory to sufficient resolution (optional SUDs and an appropriate PC). Tap in as usual. >>>
• If necessary, bridge even further back, to grandmother/father, up family line.
• Keep processing tightly focused.
Phases 5 and 6 - a

• Return to target, either addressing [mother] directly or asking client what they get.

  Coming back to the [location of the original target, e.g. the kitchen], I’d like to ask you [name] to bring your attention back now to where we began (optional: with that PC) and check what you get now. >>>

• There will usually be a significant change, with [mother] much less distressed. Once sufficiently cleared, and if appropriate, BLS.

  Ask your [mother] whether OK now to bring little [client’s name] back into the scene.
  If so, let’s imagine that, and just notice how that is. >>>

Phases 5 and 6 - b

• Once embedded (usually quite rapid), check with client’s original EMDR process.

  So, [client’s name], now as your present self and switching attention back to yourself from your mother, when you think of that target scene, what are you getting. How distressing does that scene feel now (SUDs if useful)? What’s your belief about yourself now?

• Tap in/reinforce PC, add body scan as usual.

• Once target clear, ensure that, in time for end of session, you bring the client completely, in appropriate stages, back out into the present.
Samuel

• With view to singing in synagogue for new year in October, first tapped in three qualities, of resilience, trust and commitment. Starting with helping elderly rabbi at 0545 every morning come rain or shine or snow. Then standing at the lectern getting through whatever happens. Then at daughter’s wedding, speaking and trusting that all will be well.

• Then bridged from feeling shape – cylinder black bubbling up and down cold heavy static, hard, smooth, to reading Hebrew for the first time, serried ranks of 5-year-olds before their parents with gold crowns at the beginning of their studies. He drops the book. Couldn’t catch anyone’s eye. Despair panic looking out. Agony. Covering up. Moving through the frame, will he be seen. Combination of anxiety and precocious maturity, as one of the tallest boys and also the eldest boy in his family of rabbis. In the school hall.

• Became aware of his mother, and how proud and excited she was. Bridging from feeling shape – cylinder black bubbling up and down cold heavy static, hard, smooth, to reading Hebrew for the first time, serried ranks of 5-year-olds before their parents with gold crowns at the beginning of their studies. He drops the book. Couldn’t catch anyone’s eye. Despair panic looking out. Agony. Covering up. Moving through the frame, will he be seen. Combination of anxiety and precocious maturity, as one of the tallest boys and also the eldest boy in his family of rabbis. In the school hall.

• Back into father’s parents’ story, who had stayed behind and never heard of again. I suggested he honour their journey and reimagine what might have happened to them – recognising that we couldn’t know whether they had died of starvation, disease, been shot, been in the camps. He imagined their funeral, officiating at with the Kaddish, with family around. Covering them over with earth. Connecting then back into how they in spirit (for no one is dead until the last person who knew them alive has also died) would see their little boy on the train. Proud and thrilled that he’s carrying their story, going on to procreate and keep the family and its traditions and culture going in England.

• Arriving at London rail station and families being allocated. Three sisters got out later. Settling down and surviving. Suggested he run the story now with the presence of his great grandparents in spirit, reimaging his grandfather’s Kindertransport story as it might and should have been. He saw grandmother as compassionate and kind, and grandfather seeing his children and grandchildren. “Worth living through what he went through.”

• Grandfather wrote some 18 books. The first of which he dedicated to Samuel with a carefully written forward. TEARS. Recalling his death, where grandmother sat with him for the required seven days.

• Back to mother running away from her parents at 10. Wanted to sleep out and now OK. Recalling grandfather’s 90th birthday where his mother spoke of him as Rock of Gibraltar. Mother revering her father, understanding and with compassion.

• Back to the School Hall, with grandfather there in spirit. Closure. Samuel’s mother embodies that story. And now, dropping the book doesn’t matter. The book carries the spirit. Recalling how in Vilna where books had been destroyed, elders had held children in a circle in place of the scrolls. Books were destroyed in the Holocaust, but that not did destroy what they contained.

• The cylinder on Return To Target was now smaller, with bullets now within. Which there may have been. Transforming into a heart. Integrated as we closed with the qualities at the outset, imagining the October singing and pushing the remaining tension out.
Session Structure Reminder

1. Image (Moment)
2. Emotion
3. Body
4. Thoughts/Belief
Kristina – Target identification

• Triggered by work colleague.
• Aware that this is old stuff.
• Bridged from the image/emotion/body/belief to kitchen aged 4 or so.
• With older sister and mother there...

ANCHORED IN TIME AND SPACE

Kristina’s Story 1: Target Identification
And Further Back

Kristina – Setting up IG-EMDR

- Freeze the scene.
- Get Kristina/child out (w/resource figs) and safe.
- Return (to bathroom) with adult client, and ask permission.
- Adult client as “interpreter”.
- Bridge into mother Ingead’s childhood story.
- Stranger in the kitchen at 3.
Kristina 2: Bridging into Mother’s story

Ingead Kitchen

Check your work

The Bath

Present Trigger

Future Template (back at work)

Ingead Kitchen
Kristina 3: Return to Target

Valeria and her Mother, Bruna

• Husband flying to Venice – Valeria terrified.
• Bridged from the image/emotion/body/belief.
• To being walked to school at 7 by mother, to collect term report.
• Valeria: Mega-anxious.
• Little Valeria out to safety, adult Valeria back as interpreter.
• Mother sitting on wall, ready for EMDR.

AS ALWAYS, ANCHORED IN TIME AND SPACE!!
Valeria – targeting Bruna, her mother

Explore in Pairs.....
Schopenhauer 1818

Der Wahrheit ist allerzeit nur ein kurzes Siegesfest beschieden zwischen den beiden langen Zeiträumen, wo sie als Paradox verdammt und als Trivial gering geschätzt wird.

Incorrectly if widely known as:
“All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.”

Theory and Research

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THANKS!!

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