

# Interventions for EMDR Therapists: Helping Dysregulated, Dissociative Clients Learn to Self-Soothe

90-Minute On-Demand Webinar Presentation  
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## Outline

### Presenter Intro

### Why We're Here

### Introduction

### Background

Childhood Wounding  
Parts of Self  
Getting Triggered  
Calming a Triggered Part

### Advance Preparation

Mobilize Resources  
Anchors for Soothing  
Establish a Special Safe Place

### Calming Painful Emotions

Handout Worksheet  
Verify Wounded Part is Triggered  
Bring Resource Team Forward  
Attune, Validate, Empathize  
Orient to Present Time  
Explain About the Recording

### After the Calm

Invite Part to Settle In  
Self-Soothing Between Sessions

### Odds & Ends

Benefits and Limitations  
Neurobiology  
Additional Training

## Learning Objectives

Participants will be able to...

1. Describe how and why we get triggered in adulthood, because of unresolved wounds from childhood.
2. Help clients mobilize an internal Resource Team.
3. Participants will be able to help clients pair their Resource Team to an anchor, like a scent, music, or object.
4. Help clients establish a Special Safe Place where their wounded parts can hang out with the Resources, to rest and play.
5. Use the webinar worksheet to help calm a client's triggered parts of self, in session.
6. Help wounded parts settle in to their Special Safe Place to rest and play, after they're soothed.
7. Reassure wounded child parts their perception of "reliving" an old trauma is just a harmless recording playing back.
8. Support clients in using a self-help handout to calm wounded parts on their own, when triggered between sessions.
9. Explain how these interventions align with Porges' *Polyvagal Theory* and Shapiro's *AIP Model*.

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