

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. Describe how to guide clients to mobilize an internal Resource Team.
3. Describe how to guide clients to pair their Resource Team to an anchor, like a scent, music, or object.
4. Describe how to guide clients to 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. Describe how to guide wounded parts to settle in to their Special Safe Place to rest and play, after they're soothed.
7. Explain to wounded child parts that their perception of "reliving" an old trauma is just a harmless recording playing back.
8. Use the self-help handout to show clients how 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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