

Sandra has authored books and book chapters and presented numerous conference presentations and workshops to assist other mental health practitioners to acquire the complex skill sets needed to be able to utilize EMDR with very complex trauma. Her 2009 publication, **Looking Through the Eyes of Trauma and Dissociation: An Illustrated Guide for EMDR Therapists and Clients** serves both professionals and the public in understanding ego state work and dissociation. Her 2014 publication with Ulrich Lanius and Frank Corrigan, **The Neurobiology and Treatment of Traumatic Dissociation: Toward an Embodied Self** integrates EMDR, ego state work, dissociation theory, somatic therapy, the early trauma approach, and the neurobiology of trauma and dissociation.

Most recently, Sandra has collaborated with Ana Gomez by providing vivid illustrations for a book written for children struggling with complex trauma and dissociation, entitled **All the Colors of Me: My First Book About Dissociation**, and published the highly anticipated book on treating pre-verbal trauma using an integrative EMDR therapy approach, entitled **When There Are No Words: Repairing Early Trauma and Neglect from the Attachment Period with EMDR Therapy**. She has also done extensive executive coaching and performance enhancement over many years.

Dr. Paulsen teaches workshops internationally, to date including such locations as Hong Kong, Japan, Norway, England, Scotland, the Netherlands, France, Canada, Brazil, South Africa and the numerous locations in the United States. ***Sandra's workshops are also available as online courses, offered through the Steve Frankel Group.***

Sandra's additional interests are in Native American spirituality, intuition, and cross cultural psychology having achieved her Ph.D. and M.A. in psychology at the University of Hawaii at Manoa, emphasizing pacific and Asian cultures, and having studied anthropology at the University of Arizona before completing her undergraduate work in psychology at the University of California at Berkeley. She has lived along the Pacific Rim for nearly all of her adult life in Hawaii, California and Washington, maintaining strong connections with Hawaii and Japan. Additionally, she follows the Red Road in her personal spiritual pursuits. She built a healing center in the forest on Bainbridge Island for doing the brief intensive work and is assisted by a team of highly trained canine professionals.