

TOWARD AN EMBODIED SELF: SOMATIC METHODS FOR EMDR PRACTITIONERS

The neurobiology of attachment and trauma has resulted in the recent emergence of somatic interventions for treating trauma. This workshop will frame Porges polyvagal theory, Schore's right hemisphere and developmental postulates within the neural network understanding of the Adaptive Information Processing theory that underlies EMDR; introduce several key somatic interventions including: somatic resourcing, tracking, discharging, pendulation, micromovements, and boundaries, with a framework of somatic empathy (Stanley, 2006), and 3) identify where in the eight step process of EMDR specific somatic elements can be utilized while maintaining the integrity of EMDR. Examples are for Phase One: Treatment Planning: identifying whether the individual can move directly to EMDR or needs "wires hooked up" to the soma; for Phase Two: Preparation via a) teaching tracking internal sensations, b) 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 Four: Desensitization in which the somatic interventions are set aside unless looping occurs, for which somatic interweaves may include tracking, micro-movements, boundaries; and Phase Seven: Closure via establishing internal coherency, as a few among other phased somatic interventions. The workshop provides substantial practicum time to gain familiarity with the somatic methods.

Somatic therapy and certain neurobiological advances enable us to use EMDR with those cut off from body awareness. This workshop 1) synthesizes those advances with AIP, 2) defines basic somatic interventions and 3) identifies where in the eight steps of EMDR to use specific somatic elements while maintaining EMDR integrity.