

Title: The Integration of EMDR and Somatic Awareness

1 CE

Description/Abstract: Working with trauma requires you, as a therapist, to work not only with negative beliefs and intense emotions but also with the body itself. It keeps the score. Often those with trauma histories are disconnected from their bodies. In this 1-hour workshop you will learn practical skills to address somatic awareness with clients, necessary for effective preparation and the reprocessing phases of EMDR Therapy.

Goals/Objectives:

- Learn and apply bringing somatic awareness of emotional material into Phase 2 resourcing.
- Develop and practice skills to assist clients to identifying emotions and connect to their physical bodies thereby widening their affective window of tolerance during reprocessing.

Timed Outline/Content:

12:45pm – 1:00pm	Registration & Sign In/Log On
1:00pm – 1:50pm	Developing somatic awareness in Phase 2 work <ul style="list-style-type: none">▪ Identify emotions and practice locating them in the body without judgment▪ Practice skills related to beliefs, emotions and body awareness to increase emotional tolerance
1:50pm – 2:00pm	Wrap Up, Q & A