

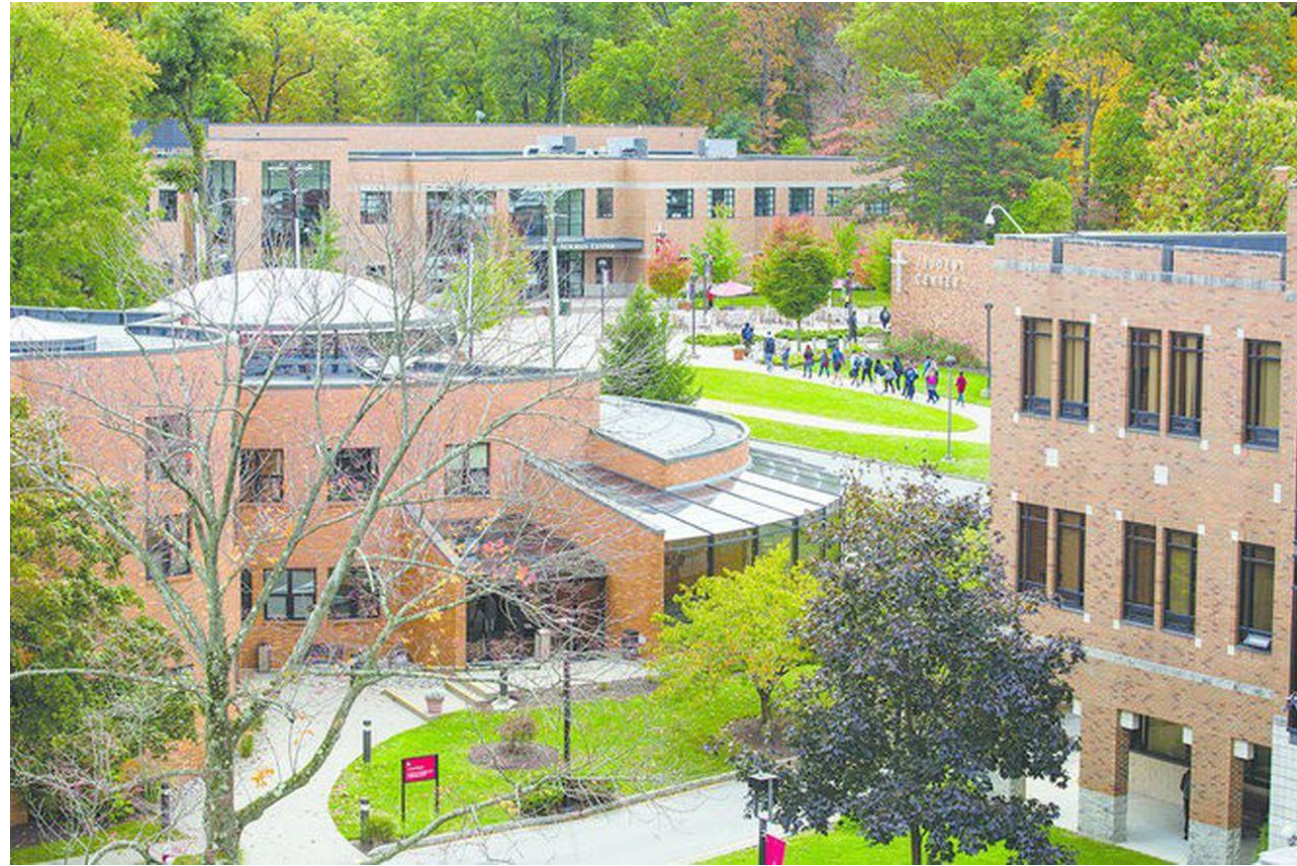
The Benefits of Providing EMDR Therapy in a Short-Term Counseling Setting

Presented by Robin Davenport, MS, LPC, ACS

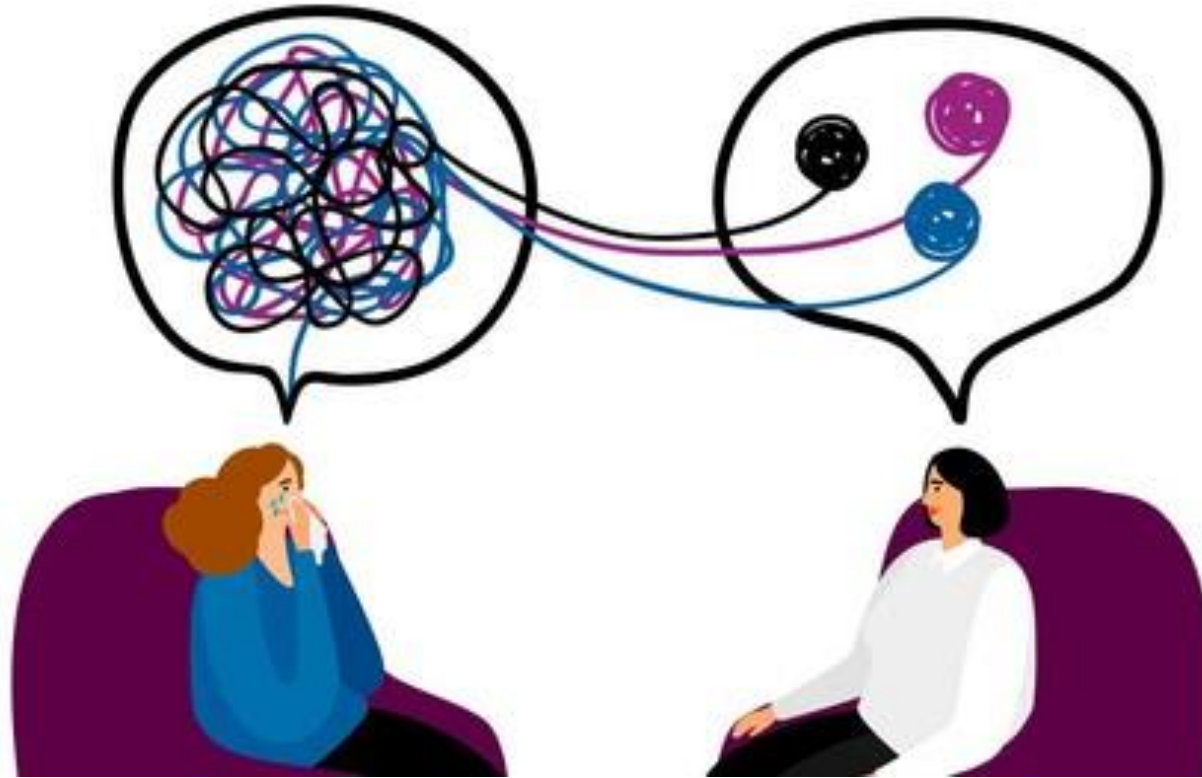
Executive Director of Counseling Services

Caldwell University

Caldwell University



Externalization of Voices Exercise



My Goals for Today

- Provide Snapshot of EMDR
- Introduce you to a floatback technique
- Learn a resourcing exercise
- Questions

Big “T” Trauma



Small “t” trauma





No No No No No No

Yes Yes Yes Yes Yes

Dr. Francine Shapiro, Developer of EMDR





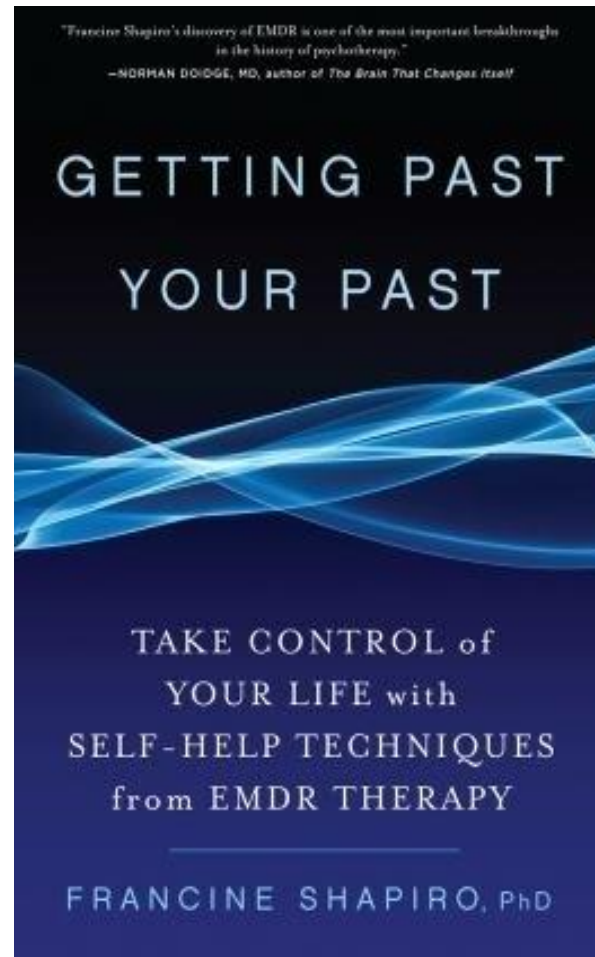
8-Stage Model or AIP Model

- Phase One: History
- Phase Two: Preparation
- Phase Three: Assessment
- Phase Four: Desensitization
- Phase Five: Installation
- Phase Six: Body Scan
- Phase Seven: Closure
- Phase Eight: Reevaluation

Assessment Stage

- Image
- Negative Belief
- Preferred Positive Belief and Rating
- Emotions
- SUDS (Subjective Units of Distress) Rating
- Body Disturbance

Floatback Technique or Affect Scan



Butterfly Hug



Resourcing Demonstration



The Benefits of EMDR Treatment



Clinical Bodies that Endorse EMDR

- The American Psychiatric Association
- The American Psychological Association
- The International Society for Traumatic Stress Studies
- The National Alliance on Mental Illness
- The Substance Abuse and Mental Health Services Administration
- The U.K. National Institute for Health and Care Excellence
- The U.S. Department of Veterans Affairs/Department of Defense
- The Cochrane Database of Systematic Reviews
- The World Health Organization, among many other national and international organizations.

References

Questions?