

Katie O'Shea's Preverbal Trauma Workshop is Back in AB!
Please forward this e-mail to anyone who might be interested.

When There Are No Words: Reprocessing Early Trauma and Neglect in Implicit Memory with EMDR

Presented by Katie O'Shea, M.S., LMHC

December 4-5, 2011

Calgary, Alberta

13.5 EMDRIA Credits

We have long known that babies are influenced by environment even in the womb and that the first three years of life are the most formative. However, memory is not stored in words at that early age, so Katie O'Shea has developed an adaptation of the standard EMDR protocol to reprocess trauma from those very early years. **This protocol can be used with people of all ages.**

The challenges of using EMDR for early trauma and neglect are that 1) EMDR readily targets explicit memories, but early trauma is held in implicit memory in the right hemisphere and is not typically subject to direct recall, and 2) Accessing the felt sense of early experience can be overwhelming if it includes the paucity of internal resources of a neglected baby.

This workshop addresses both problems by careful preparation and systematic trauma reprocessing. The preparation includes: A) containment, B) bringing the body to a "safe state" (as opposed to a safe place), and C) resetting innate resources, which appear to directly act upon primary-process affective and safety circuits to down-regulate the experience of emotional and physical intensity. After the three A-B-C preparation steps, the method systematically reprocesses early trauma, in the absence of explicit memory. It targets consecutive time periods beginning before birth, releases emotional and somatic distress, and installs positive experiences. As a result, the client builds a foundation of a felt sense of attachment and belonging, with emergent positive cognitions, enabling the client to meet the next developmental milestone in sequence.

The procedures of the Early Trauma Protocol were developed by Katie O'Shea based on what spontaneously emerged using the EMDR Standard Protocol, plus methods developed by many EMDR colleagues, particularly Sandra Paulsen's work treating ego states with EMDR. Katie and Sandra have collaborated on these methods since 2006.

Trainer

Katie O'Shea, MS LMHC, EMDRIA Approved Consultant, is one of the early EMDR Institute practitioners and facilitators with over 15,000 hours of experience with EMDR. Katie taught the Child Specialty at EMDR trainings for many years. She developed the specialized Early (0-3 yrs) Trauma Protocol in the late nineties and has presented all over the world. The method she discovered for clearing emotional circuits provides a simple and effective way to prepare clients for trauma reprocessing. Her specialization is a unique and essential contribution to the field of trauma recovery. Trauma that occurs before the age of 3 affects the lifespan and is particularly resonant in the ways in which it prolongs and increases subsequent (adult) trauma. In addition, Katie has worked extensively with abused, neglected and sexualized children, abused spouses, batterers (Domestic Violence), addictions of all kinds, and war veterans. She is a passionate advocate for children and for the abused and desolate child in traumatized adults. She has dedicated her career to the premise that early attachment wounds can be healed, positive self concept can be reestablished, and adults can redeem the trauma of childhood in loving and productive ways.

Workshop Contents and Schedule

Sunday, Dec 4, 2011

- 8:30 - 9:00:** Registration
- 9:00 - 10:00:** Challenges of processing implicit memory & overview of Early Trauma (ET) Protocol
- 10:00 - 10:30:** ET Protocol in EMDR Phase 1 – Client History & Phase 2—Preparation (Emotional First Aid)
- 10:30 - 10:45:** Break
- 10:45 - 11:30:** Preparation phase: ET Protocol Step A: “container” and ET Protocol Step B: “safe state.”
- 11:30 - 12:15:** Practicum from scripts for developing container and safe state.
- 12:15 - 1:30:** Lunch on your own
- 1:30 - 2:30:** Preparation phase: ET Protocol Step C: Updating innate resources, including safety and affective circuits
- 2:30 - 3:30:** Practicum 1: Updating innate resources
- 3:30 - 3:45:** Break
- 3:45 - 4:45:** Practicum 2: Updating innate resources
- 4:45 - 5:00:** Questions and Answers

Monday, December 5

- 8:30 - 9:00:** Networking time
- 9:00 - 9:15:** Q & A
- 9:15 - 10:15:** ET Protocol in EMDR Phase 3 – Assessment, Phase 4 – Desensitization by time frame, Phase 5 – Installation, Phase 6 – Body Scan, Phase 7 – Closure, and Phase 8 – Reevaluation
- 10:15 - 10:30:** Break
- 10:30 - 11:00:** Targeting early trauma with infants and children

11:00 - 12:00: Demonstration, video and discussion- Desensitization by time frame.

ET Protocol Step D: Targeting very early trauma by time fractions (Review, Release, Repair*), using “imaginative interweaves” to stimulate blocked processing, and installing positives.

12:00 - 1:15: Lunch on your own

1:15 - 1:45: Targeting early trauma with adolescents and adults - Video

1:45- 2:15: Discussion – Targeting by time frame when information is held in implicit form (ensuring Review, Release, Repair)

2:15 - 3:15: Practicum 1: Targeting early trauma by time fractions (Review, Release, Repair)

3:15 - 3:30: Break

3:30 - 4:30: Practicum 2: Targeting early trauma by time fractions

4:30 - 5:00: Q & A, Closure, evaluations and certificates

***Review, Release, Repair** = **Review** the experience to assign appropriate **Responsibility**; **Release** emotional and physical energy to reach a sense of **Safety**; and **Repair** the experience by imagining what was needed in order to have future **Choices**.

Workshop Objectives

Attendees will be able to:

1. Identify challenges to applying EMDR to early developmental trauma;
2. Prepare the client for early trauma processing with client-friendly education and tools;
3. Efficiently re-install innate resources without accessing disturbing material;
4. Systematically extend the Standard EMDR Protocol to access and reprocess very early trauma held in Implicit memory; and
5. Use “imaginative” interweaves to stimulate blocked processing and ensure that reprocessing is complete.

Workshop Location: Calgary – details given to registrants

Note: Please do not wear perfumes or colognes to this training to respect those with sensitivities. Thank you.

Continuing Education

This workshop has been approved 13.5 EMDRIA credits. The workshop has been designed to meet continuing education requirements for licensed marriage and family therapists, licensed professional counselors, and psychiatric nurses. Certificates of Completion will be awarded to facilitate application to your credentialing board for 13 CEUS's.

Who Should Attend?

Anyone who has completed an EMDRIA Approved Basic EMDR training, which is required for attendance.

Note: The Early Trauma Protocol follows the EMDR 8-phase Standard Protocol, with adaptations. The adaptations presented in this workshop are based on extensive clinical observation. There is no controlled research to substantiate the content at this time.

Registration Form

When There Are No Words:
Reprocessing Early Trauma and Neglect
in Implicit Memory with EMDR

December 4-5, 2011
9:00 – 4:30 (8:30 registration)

Presented by Katie O'Shea, M.S., LMHC

Location: Calgary, Alberta – More information with registration confirmation.

Name (with initials of degrees and licenses)

License type, number, and province:

Year completed EMDR training

Address, City, Province and Postal Code

Phone:

Fax:

e-mail:

Do you have any allergies? _____

Tuition

___ \$400 if postmarked after Oct 15, 2011

___ \$350 if three or more registrations sent together

___ \$300 for those who have taken the training before (in 2007)

Method of payment (check one)

___ Cheque (payable to Sue Genest) ___ money order ___ Email money transfer

Please return this form with payment to:

Sue Genest, MSc.

E-mail: sagenest@shaw.ca / Phone: 204-221-3619

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