



## **EMDR ADVANCED TRAINING**

### **WHEN THERE ARE NO WORDS:**

*Reprocessing Early Trauma & Neglect In Implicit Memory*

*With EMDR*

*Presented by:*

**KATIE OSHEA, MS, LCPC, LMHC**

**EMDRIA APPROVED CONSULTANT**

*Katie O'Shea, MS LMHC, EMDRIA Approved Consultant, is one of the original 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. Since the early nineties when she developed the specialized Early Childhood (0-3 yrs) Trauma Protocol she has presented all over the world. 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, she has worked extensively with abused, neglected and sexualized children, abused spouses, batterers (Domestic Violence), addicts 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.*

**WHERE: PEREZ CENTRE, 6184 Ash Street  
VANCOUVER, BC**

**WHEN: October 1 & 2, 2016**

**8:30 am – 5 pm**

**Who Should Attend?**

***This workshop is approved for 13.5 EMDRIA CE credits and is designed:***

- ***for licensed professional who completed an EMDRIA Approved Basic EMDR training, which is required for attendance.***
- ***to meet CE requirements for licensed MFTs, RSWs, RCCs, RPsychs, and psychiatric nurses.***

***Certificates of Completion are awarded to facilitate application to your credentialing board for 13 CEUS's.***

***Objectives: Participants will learn how to use an adaptation of the standard EMDR protocol, The Early Trauma Protocol, with individuals of all ages***

***Participants will be able to:***

- \* Identify challenges to applying EMDR to early developmental trauma***
- \* Prepare clients for early trauma processing using client-friendly education and tools***
- \* Efficiently re-install native resources without accessing disturbing material***
- \* Systematically extend the standard EMDR protocol to access and reprocess very early trauma held in implicit memory***
- \* Use "imaginative" interweaves to stimulate blocked processing and ensure that reprocessing is complete***

Questions? Contact:

Dr. Barbara Harris

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## OVERVIEW AND RATIONALE

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.

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.

## Workshop Contents and Schedule

### SATURDAY OCTOBER 1

- 8:30 - 9:00: Registration and continental breakfast
- 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 (there is a large food fair across the street in Oakridge mall)
- 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, with refreshments
- 3:45 - 4:45: Practicum 2: Updating innate resources
- 4:45 - 5:00: Questions and Answers

### SUNDAY OCTOBER 2

- 8:30 - 9:00: Continental breakfast
  - 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, refreshments
  - 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 choice

Dr. Barbara Harris

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# Registration Form

When There Are No Words: Reprocessing Early Trauma and Neglect  
In Implicit Memory With EMDR  
Presented by Katie O'Shea, M.S., LMHC

October 1 & 2, 2016  
6184 Ash St. Vancouver, BC

Full Name: \_\_\_\_\_

Mailing address \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Country: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

University/Organization: \_\_\_\_\_

Registering Body: \_\_\_\_\_

Registration number: \_\_\_\_\_

Date of EMDR Basic Training: \_\_\_\_\_ Location: \_\_\_\_\_

Registration Fees (Canadian Funds) Please check one:

\$325 before AUG 15, 2016     \$350 before Sept 15, 2016     \$375 after Sept. 1, 2016.

\$300 if postmarked by AUG 1, & three or more registrations sent together

Please indicate method of payment (check one)

Money order

Bank draft

Email money transfer (to [drbarbaraharris@hotmail.com](mailto:drbarbaraharris@hotmail.com)) from Canadian banks only

Cheque (payable to Barbara Harris) NOTE: Non-organization dispersed cheque payments must be received

BEFORE Sept. 15, 2016

Cheques can be mailed to:

Dr. Barbara Harris

#200-100 Park Royal, West Vancouver, BC,  
Canada V7T 1A2

PLEASE NOTE: Sponsor may cancel or postpone the workshop due to under-enrollment, presenter illness or inclement weather.

Cancellations/Changes and Refunds: Fees for late arrivals, and early departures will not be refunded. Fees will be refunded, less a \$20.00 processing fee, if cancellation or change resulting in a refund is received in writing no later than Sept. 20, 2016. After that date, fees are non-refundable. All refunds will be processed after the workshop)

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