

EMDR Europe Strasbourg 2018

Conference Presentation Proposal - Gus Murray

Title:

Working with Body Memories in EMDR Therapy

Abstract:

EMDR therapy has been shown to be highly effective in enabling clients to access, process and resolve explicit memories that are accessible to conscious awareness. However, it is widely known that traumatic experiences are often transmuted into emotional and body memories that are held in an implicit and embedded form dissociated from conscious awareness. Such memories do not typically emerge during regular history-taking. Instead they present in a variety of symptomatic ways and it can be extremely difficult for clinicians to identify and access associated memory networks and make them available for targeting and processing. Drawing on some of the relevant literature on emotional and body memory (Ledoux 2002, Levine 2015), this presentation will provide participants with a summary overview of these concepts and their application in EMDR therapy. With the aid of video demonstrations, the presentation will then address the clinical challenges involved in accessing and processing these memories in EMDR therapy.

- The presentation will introduce and illustrate a method to enable clients to access implicit emotional and body memories starting from the somatic presentation.
- It will address the challenges of managing the hyperarousal and hypo arousal that arises when emotional and body memories are accessed and it will demonstrate the use of interweaves to assist in regulating the autonomic nervous system.
- It will demonstrate the expanded use of the therapeutic relationship to facilitate co-regulation and the maintenance of dual attention when this is strained by the disturbance that arises from emotional and somatic memories.
- It will show how body memories can be processed and resolved with EMDR Therapy

Learning objectives:

Participants will:

Participants will learn

1. To understand the nature and role of somatic memories and their implicit and embedded presence.
2. To access and target somatic memories with EMDR Therapy
3. To facilitate clients to process and resolve body memories with EMDR Therapy

What is new, unique, and/or innovative about the material :

- Notwithstanding the effectiveness of EMDR therapy in accessing and resolving explicit memories, it is widely acknowledged that a considerable challenge still exists to achieve similar success in the accessing and resolving implicit and embedded emotional and somatic memories dissociated from conscious awareness. This presentation provides a change of focus from accessing memories through targeting events that are already known to finding ways to access and target implicit and embedded memories that are held emotionally and somatically and dissociated from conscious awareness. It presents and illustrates methodologies to assist in identifying and accessing these memories. Acknowledging the challenges of maintaining dual attention and regulating the autonomic nervous system in the face of the inevitable hyperarousal and hypo arousal that arises when these memories are accessed, the presentation introduces and demonstrates regulation and relationship interweaves to assist in this process. Finally, it will show how body memories can be processed and resolved with EMDR Therapy.