

## EMDR Therapy & Mindfulness: Creative and Engaged Solutions for Trauma-Focused Care

Presenter: Dr. Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT, RYT-500, RMT (she/they)

April 14-15, 2023

8:45am - 4:30pm (CDT)

### CONTENT AND TIMELINE

#### DAY ONE:

8:45am – 10:15am	Part 1: Foundations and Fundamentals of Mindfulness
10:15am – 10:30am	Break
10:30am – 12:00pm	Part 2: Exploring Dr. Shapiro’s Own Mindfulness and Embodied Practices and Their Role in the History of EMDR Therapy
12:00pm – 1:15pm	Lunch
1:15pm – 2:45pm	Part 3: Continued Experiential Practice with Mindfulness and Weaving Connections to EMDR Therapy
2:45pm – 3:00pm	Break
3:00pm – 4:30pm	Part 4: Expanding Skills with Navigating Dissociation

#### DAY TWO:

8:45am – 10:15am	Part 1: Creative Mindfulness - Introducing Expressive Arts Therapy
10:15am – 10:30am	Break
10:30am – 12:00pm	Part 2: Structuring Mindful Expressive Arts Practices to Enhance EMDR Therapy
12:00pm – 1:15pm	Lunch
1:15pm – 2:45pm	Part 3: Demonstration & Discussion
2:45pm – 3:00pm	Break
3:00pm – 4:30pm	Part 4: Clinical Wrap-Up, Final Practices, Final Q & A

### LEARNING OBJECTIVES—PARTICIPANTS WILL BE ABLE TO:

1. Summarize the history of how mindfulness practice and mind-body medicine played a formative role in Shapiro’s development of EMDR therapy
2. Define mindfulness from a variety of perspectives (e.g., linguistic, spiritual, clinical) and explain what is meant by a mindfulness-informed intervention
3. Explain mindfulness as *the opposite of dissociation* and why extra care is needed in why/how we teach mindfulness skills to clients who dissociate
4. Describe 10 mindfulness-informed interventions in clinical situations, particularly as a component of EMDR Therapy Phases 2 & 7, making appropriate adaptations in the spirit of trauma-focused care
5. Demonstrate these same skills in clinically difficult situations within the EMDR therapy framework (e.g., working with complex trauma, managing abreactions, navigating dissociative presentations, addressing addiction)
6. Describe 5-6 fundamentals of teaching mindfulness skills in a trauma-informed way and seamlessly blend that teaching style into the practice of EMDR Therapy
7. Identify how mindfulness philosophy and strategy shows up in all the procedural steps of Phases 3-6, which can assist participants who struggle with applying the protocol
8. Define expressive arts therapy and explain what makes it an ideal system for both working with trauma and enhancing EMDR Therapy
9. Translate all of the basic mindfulness skills covered in the course to more creative interventions using the expressive arts
10. Choose the various practices covered in this course for working with a variety of client populations, more fully considering the notion of meeting someone where they are “at”
11. Develop a personal mindfulness practice for addressing secondary trauma and vicarious traumatization, which will translate into more effective delivery of EMDR therapy and clinical services overall for practitioners
12. Explain (and make clinical applications based on that explanation) the relational imperative in EMDR Therapy and connect how mindfulness and expressive arts practice helps to enhance that relationship