

# DMT Informed EMDR for Resourcing and Reprocessing of Impactful Life Experiences

Wednesday, March 20, 8:30PM – 9:45PM EST

## PRESENTATION DESCRIPTION

Eye Movement Desensitization and Reprocessing (EMDR) therapy uses a framework known as the adaptive information processing model which believes that “most pathologies are derived from earlier life experiences that set in motion a continued pattern of affect, behavior, cognitions, and consequent identities...the continued influence of these early experiences is due in large part to present-day stimuli eliciting the negative affect and beliefs embodied in these memories” (Shapiro, 2018, p. 15-16). As therapists, it is our job to be curious about a client’s memory network and the ways their memories were stored. For most clients, these memories are experienced in the body at some levels. Therefore, it is crucial to include the body in the therapeutic process. For example, what happens when we start asking about physical impulses surrounding memories or beliefs about Self? Rather than just noticing sensations in the body, can we get curious about how the body wants to respond to those sensations? This allows for deeper processing including access to pre-verbal memory and integration of new information at the physical level, enhancing accessibility to these new resources in the future. This training provides a brief overview of the eight phases of EMDR with a primary focus on the integration of dance/movement therapy (D/MT) at each phase. Participants will learn tools for increasing awareness of nervous system activation and for managing a system in hyper- or hypo-aroused states. Seamless interweaves of movement and somatic interventions to support therapeutic processing will be taught and case examples provided. While this presentation will focus on D/MT-informed-EMDR therapy, application of each technique within other treatment approaches for a range of populations will also be discussed. Finally, this presentation will acknowledge ongoing questions and considerations for the integration of D/MT with EMDR therapy.

## LEARNING OBJECTIVES

1. Describe the eight phases of EMDR therapy and integration of D/MT at each phase.
2. Apply D/MT and somatic interweaves into sessions with clients to support processing and resource building.
3. Consider integration of skills from D/MT informed EMDR therapy into a variety of therapeutic approaches and frameworks.

## CONTINUING EDUCATION

1.25 ADTA CE; 1.25 NBCC CE

## PRESENTER INFORMATION



**Genevieve Fuller, BC-DMT, LMHC** believes therapy must include a meeting of the whole, interconnected systems of a person including, but not limited to: internal systems, social, cultural, and spiritual ecosystems. She is a BC-DMT and LMHC in Massachusetts and currently pursuing EMDR certification. In her private practice, her work primarily focuses on the use of D/MT-and IFS-informed EMDR to support adults in their restoration process from trauma and other impactful life experiences. She is a clinical instructor at Lesley for D/MT students in their first internship and has previously worked in community mental health, at a PHP and domestic violence agency.