**EMDR Resource Integration & Trauma Processing**

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EMDR is a process of using bilateral stimulation to help process experiences that cause you distress or that have been traumatic. It can also be used to help strengthen and integrate your own inner resources so that you can call on them in challenging situations. EMDR is a highly effective treatment for Post Traumatic Stress Disorder. It has also been used successfully to treat panic attacks, addictions, phobias, performance anxiety, grief and for stress reduction.

EMDR can help people shift from emotionally charged, subjective and self-referential memories to a more objective and distanced sense of what happened. You don’t forget what happened, but you activate your own wholeness and natural drive towards health in your approach to the problem or memory. People frequently feel a heightened capacity to deal with whatever comes up for them moving forward as a result. Often the information you process will become integrated very quickly.

We can use EMDR to strengthen your own resources through bilateral stimulation (BLS). Calling to mind peaceful places, real or imagined supports and experiences of past success can help you negotiate future challenges. Integrating these supports may help lay down new neural pathways to be used later. We can also consider using EMDR to address specific problems, memories or concerns.(2)

Laurel Parnell, who trained me in EMDR, outlines six basic principles that guide this type of resource integration:

1. We are essentially whole. This wholeness is our true nature. The expression of our wholeness is wisdom, compassion, equanimity, power and joy.
2. Within each of us is the potential to realize this wholeness. Indeed, this wholeness wants to be realized, impels us to realize it.
3. We also have within us a reservoir of positive stored experiences. These can include experiences of loving and being loved, and of feeling comforted, competent, powerful, happy, joyful, peaceful and calm.
4. We become unhappy when we are not able to access our wholeness, our reservoir of positive experiences, or when we are out of balance.
5. We have a natural healing system that, when accessed and activated using bilateral stimulation, can restore us to balance.
6. We can access, strengthen, and integrate our wholeness and our reservoir of resources by integrating them with bilateral stimulation.(1)

Your emotional safety is my primary concern. You will be able to stop the process at any time. We will determine the type of bilateral stimulation that feels most comfortable for you. The EMDR International Association is a good source for more information on-line ([www.emdria.org](http://www.emdria.org)). Laurel Parnell’s website is also helpful resource. ([www.emdrinfo.com](http://www.emdrinfo.com)).

1. Parnell, L. (2008). *Tapping in: A step-by-step guide to activating your healing resources through bilateral stimulation*. Sounds True: Boulder, CO. 20-21.
2. Parnell, L. (2007). A therapist’s guide to EMDR: Tools and techniques for successful treatment. Sounds True: Boulder, CO

**Possible Resources for EMDR Integration**

Peaceful place

Where are you at your best?

Images from nature

Nurturing figures

 Circle of nurturing & support

Wise figures

Internal wisdom

Protective figures

Circle of protection

Protective adult self

Inner strength

Who has the qualities you need to address this situation?

Calm and peaceful figures

Powerful figures

Memories of love and being loved

Memories of feeling peaceful

Memories of feeling resourceful

Memories of feeling in control

Memories of feeling strong

Memories of overcoming difficulties

Memories of making good decisions

Memories of not giving into destructive urges

Memories of other people overcoming difficulties

Insights and life lessons

Image of goals actualized

Image of a positive future

Image of approaching problem or performing successfully

Higher power

A song or prayer that is comforting, inspiring, empowering

Experiences of:

Gratitude

Joy

Wonder

Beauty

Humor & laughter

Inspiration

Expansion

Freedom

Image of the heart as place of refuge

Loving-kindness meditation

Precious life (gratitude) meditation