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Awake Mind EMDR Newsletter

Spring 2011



Dear Julie,

Hope you are well and enjoying the transition to spring. I've got my quarterly newsletter up and running -- to share with you some EMDR news and resources, including my schedule of trainings. Let me know if you have any questions about EMDR training and consultation.

Best regards,
Julie Greene

EMDR News

EMDR Now Covered by TRICARE

As of 11/03/2010, Eye Movement Desensitization and Reprocessing (EMDR) is now a TRICARE-covered benefit for the treatment of post-traumatic stress disorder (PTSD) in adults. This is significant for military vets and their families as many are covered by Tricare. [more info](#)

EMDR & Children Conference

For more training on EMDR with children -- Bob Tinker and Sandra Wilson are presenting at a conference in Colorado Springs, CO on May 20-22, 2011. [more info](#)

EMDR Resources

Bilateral CDs

If clients would like to use bilateral stimulation at home, having a CD playing music bilaterally is an option (in addition to self-tapping). Three choices I recommend are:

- David Grand: Best of Biolateral II [more info](#)
- Robert Yourell: UpLevel: EMDR-Inspired Stable Bilateral Soundspace [more info](#)
- Mark Grant: Calm and Confident CD [more info](#)

Books

At the Minneapolis EMDRIA conference in October 2010, I was very impressed with sessions by Phil Manfield and Sandra Paulsen/Ulrich Lanius related to working with dissociation and complex PTSD. Below are relevant helpful resources:

- Manfield, P. (2010). *Dyadic resourcing: Creating a foundation for trauma processing*. Cornucopia Publishers. [more info](#)
- Shapiro, R. (Ed.) (2009). *EMDR Solutions II: For Depression, Eating Disorders, Performance, and More*. New York: Norton. [more info](#)
 - Chapter by Sandra Paulsen & Ulrich Lanius on somatic and ego state interventions
 - Chapters by Katie O'Shea on preparation strategies and early childhood trauma

Mindfulness, Meditation & EMDR

Advanced EMDR Workshop: 12 CEUs
with Julie Greene, LPC

Boulder, CO
October 21-22, 2011 (Friday & Saturday)
(Limited to 24 participants so register early)

Regular Fee: \$350. Early Bird: \$300.
Special Discount Fee: \$275 (if you did EMDR Basic
Training with Julie Greene and register by August 21)
[more info](#)



Next EMDR Basic Training

-- let your friends and colleagues know --

Boulder, CO
Level I May 13-15
Level II November 11-13
[more info](#)



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