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# Awake Mind EMDR Newsletter

## Summer 2011



Dear Julie,

Therapists often say that it takes time to integrate EMDR into their clinical work. They also say that, however long they've been doing EMDR, new challenging client issues come up. I encourage you to take advantage of consultation groups (including peer consultation), EMDR books on specialized topics, and attending advanced trainings and conferences.

This quarterly newsletter focuses on EMDR and Performance Enhancement. I hope the resources are helpful.

I look forward to seeing some of you at my Mindfulness, Meditation & EMDR workshop in Boulder, Colorado in October (see below for more info).

Joyful Summer!  
Julie Greene

### EMDR Resources Performance Enhancement

Consider doing more performance enhancement with your clients in all areas of their lives -- work, sports, hobbies, relationships. Here are a few resources:

- David Grand free information at his website. [link](#)
- Foster, S., & Lendl, L. (2002, March). Peak performance EMDR: Adapting trauma treatment to positive psychology outcomes and self-actualization. EMDRIA Newsletter, 7(1), 4-7. (Available free if a member of EMDRIA.) [link to EMDRIA](#)
- EMDR Solutions II (2009). Robin Shapiro (Editor). [link to Amazon](#)
  - Chapter 14: EMDR and Performance. By David Grand.
  - Chapter 15: EMDR and Positive Psychology. By Ann Marie McKelvey.
  - Chapter 16: EMDR and Coaching. By Ann Marie McKelvey.
- Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols: Basics and Special Situations (2009). Dr. Marilyn Luber PhD (Editor). [link to preview book at Amazon](#)
  - Chapter 32: Enhancing Positive Emotion and Performance with EMDR. By John Hartung.
  - Chapter 33: EMDR Performance Enhancement Psychology Protocol. By Jennifer Lendl and Sandra Foster.
- EMDR 'Performance Enhancement' for the Workplace: A Practitioners' Manual. (2003) By Jennifer Lendl, Ph.D. & Sandra Foster, Ph.D. [link to EMDR HAP Store](#)

### 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](#)



## EMDR Consultation with Julie

### Individual Phone Consultation

If you have a difficult case you'd like to discuss one-on-one.  
\$100/hour. Pro-rated in 15 minute segments, minimum 1/2 hour.

### New Phone Group

Beginning September a new 1 hour phone group for clinicians after EMDR Basic Training.  
(These hours qualify for EMDR Certification.)

- Second Tuesday of the month (Sept. 13, Oct. 11, Nov. 8, Dec. 13, Jan. 10)
- Noon-1 pm Mountain Time
- Commitment to attend 5 sessions
- Fee of \$150 (payable in advance)
- Limited to 4 participants

Please respond to this email if you would like to join this consultation group.

## Next EMDR Basic Training

-- *let your friends and colleagues know* --

### Boulder, CO

Level I September 9-11, 2011

Level II January 13-15, 2012

[more info](#)



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