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Awake Mind EMDR Newsletter Spring 2012



Dear Julie,

This quarterly newsletter highlights a few different topics, including Francine Shapiro's new book "Getting Past Your Past", and a couple of new EMDR scripts you might find helpful.

Happy Spring!
Julie Greene

Getting Past Your Past: "Self-Help EMDR"?

Francine Shapiro wrote her new book for laypeople. The book is marketed as self-help EMDR, which highlights the questions "How much EMDR can people do for themselves and what part requires a trained EMDR therapist?" or "Are we out of a job?"



Getting Past Your Past covers much of the groundwork of EMDR Phases One, Two, and Three. Shapiro teaches people about trauma stored in memory networks, how it is triggered by present day events, and how to use floatback techniques to identify touchstone memories. She introduces the components of EMDR (image, cognition, emotion, body sensation), with particular attention on the negative and positive cognitions. The book includes the Calm/Safe Place tool and other resource development strategies like the Future Template. Shapiro also provides many wonderful EMDR client examples.

I believe this book will expand public awareness of EMDR. The concepts introduced can strengthen readers' current functioning, and encourage them to find a trained EMDR therapist to do their deeper work. Clinicians may find themselves busier than ever.

New Awake Mind EMDR Resources

- [Container Script](#) (*link to PDF*). For many years I've been teaching the "Container" as a client tool during EMDR Basic Training. At the request of several recent trainees, I've written a script that might be helpful.
- [Future Template Script](#) (*link to PDF*). This template can be used as a resource development strategy before even starting trauma work. It can also be used to strengthen new behaviors and self-concept after clearing past trauma.
- [Newsletter Archive](#) (*link to website*). You asked for it, you got it! Past newsletters are now posted at my website, including EMDR Newsletters and Mindfulness Newsletters.

Polyvagal Theory Article

At my EMDR Basic Trainings in the past couple of years we address the significance of Steven Porges polyvagal theory. He identified two different aspects of the parasympathetic system: the social engagement "ventral vagal system" and the shut-down "dorsal vagal system". I recently found a clear overview of his theory, with great cartoon pictures, done by Ravi Dykema in *Nexus* in 2006: [How Your Nervous System Sabotages Your Ability to Relate](#) (*link to article at Nexus website*).

Conjoint Couples Research Needs Volunteers

Many of you have read Mark Moses' article on conjoint couples therapy, published in the EMDRIA Newsletter in 2003. (The conjoint couples approach has each partner witnessing the other partner's EMDR work.) Elizabeth Legg is researching this approach, and is looking for clinicians and clients who have used it. Please contact her at 720-244-1468 or legg4874@bears.unco.edu to participate in this research.

Mindfulness, Meditation & EMDR

*Advanced EMDR Workshop - 12 EMDRIA credits
with Julie Greene, LPC*

Seattle, Washington
November 9 - 10, 2012
[more info](#)



Next EMDR Basic Training

-- let your friends and colleagues know --

Boulder, CO
Level I September 28 - 30, 2012 (Friday-Sunday)
Level II January 18 - 20, 2013 (Friday-Sunday)
[more info](#)



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