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Awake Mind EMDR Newsletter

Winter 2012



Dear Julie,

This quarterly newsletter focuses on **Complex PTSD and EMDR** and highlights several approaches for enhancing somatic awareness and affect tolerance in the preparation stage. This is a creative and important area -- working with many clients to develop the readiness to go ahead with trauma work.

Happy Winter!
Julie Greene

Somatic Awareness and Affect Tolerance Resources

Online Resources

- [Belleruth Naparstek website](#) Health Journeys has a few free downloads and others for sale.
- [Dan Siegel website](#) has free mindfulness tools at his resource page.
- [Focusing Resources website](#) has free audio downloads about Focusing (see book by Eugene Gendlin below).

Books

- Gendlin, Eugene (1981) **Focusing**. New York: Bantam Dell. The work of Gendlin underlies many later approaches in terms of the "felt sense in the body". This book is written for laypeople and is very simple and direct. [link to Amazon](#)
- Kurtz, Ron (1980). **Body-centered psychotherapy: The Hakomi method**. Mendicino, CA: LifeRhythm. Kurtz's work is also foundational in the field, in terms of tracking and allowing the wisdom of the body to be heard. [link to Amazon](#)
- Rothschild, Babette. (2000). **The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment**. New York: W.W. Norton. Wonderful theory and grounding of trauma in the body, and practical strategies for strengthening the body as a resource. [link to Amazon](#)
- Seubert, Andrew (2011). **The Courage to Feel: A practical guide to the power and freedom of emotional honesty**. West Conshohocken, PA: Infinity Publishing. Seubert is an EMDR clinician who works with eating disorders. This material can be used with individuals or groups. [link to Amazon](#)
- Brach, Tara (2003). **Radical Acceptance**. New York: Bantam Books. Brach's mindfulness approach addresses body awareness, emotions, and relationships. It is also available as audio from Sounds True. [link to Amazon](#)

Mindfulness, Meditation & EMDR

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

Austin, TX - March 30-31, 2012

[more info](#)



Next EMDR Basic Trainings

-- let your friends and colleagues know --

Santa Fe, NM

Level I April 13 - 15, 2012 (Friday-Sunday)

Level II October 26 - 28, 2012 (Friday-Sunday)

[more info](#)

Boulder, CO

Level I April 27 - 29, 2012 (Friday-Sunday)

Level II September 14 - 16, 2012 (Friday-Sunday)

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