

Awake Mind EMDR Newsletter

Summer 2014



Dear Julie,

This quarterly newsletter for EMDR clinicians looks at **memory reconsolidation**. Neuroscience research since 2004 has clarified the process of memory reconsolidation, showing the potential for healing when a "corrective" experience takes place. This may be one of the fundamental brain processes occurring with EMDR.

Awake Mind EMDR Basic Trainings are coming up in northern Idaho and Denver this Fall, and the new advanced training is scheduled for San Diego, CA and Austin, TX in the new year. More info below.

Best to you!
Julie Greene

p.s. For those of you in the Denver area the EMDRIA conference is in Denver on Sept. 25-28, 2014. [Link to more information](#). Also, the Denver network meeting is a great resource ([contact Jenny Bridges](#)).

Memory Reconsolidation

Memory reconsolidation is the brain process that unlocks the neural connections of a learned emotional response and then erases it in the nervous system. It occurs when the following sequence of events take place:



1. **Reactivation:** The client must access and reactivate a memory, feeling the old emotional response.
2. **Mismatch/Contradiction:** While the memory is reactivated, an experience contradicts the problematic learning or memory pattern. This unlocks the synapses maintaining the old response.
3. **Creation of New Learning:** Within the subsequent five hours, further experiences reinforce the new learning, rewriting and replacing the unlocked emotional response.



For example, let's say when broccoli is served my memory network is activated with "I hate broccoli". Then one day a friend encourages me to try it with curiosity and I enjoy it (the mismatch experience). And in the following hours the friend and I keep laughing about it: "Oh, that broccoli was terrific! Isn't that amazing!" The new memory pattern is established.

What is significant for our EMDR work? It is crucial to support the client during Desensitization Phase in accessing the old emotional response and then experiencing the "mismatch". Using interweaves, for instance, helps create the mismatch experience. Also, it is important to help the client stay focused on the positive Installation Phase experience at the end of an EMDR session and to encourage them to reinforce that new learning in their lives in the 5 hours after the session.

References

Ecker, Ticic, & Hulley (2012) **Unlocking the Emotional Brain**. New York: Routledge.
[Link to Free Chapter 1](#)

Interview with Bruce Ecker by Richard Hill, January 7, 2013. [Link to interview](#)

Ecker & Toomey (2008) **Depotential of symptom-producing implicit memory in coherence therapy**. Journal of Constructivist Psychology, 2008
[Link to free article](#)

Ricky Greenwald's EMDR blog: **Got Memory Reconsolidation?** Sept. 4, 2013. [Link to free blog](#)

Earning Secure Attachment: EMDR, Mindfulness & Self-Compassion

-- New Advanced EMDR Training with Julie Greene, LPC --

San Diego, CA

January 30 - 31, 2015 (Friday & Saturday)

Austin, TX

February 27 - 28, 2015 (Friday & Saturday)

*For clinicians finished Level I of EMDR Basic Training
Limited to 24 people, so register early
[For more info and to register](#)*



Next EMDR Basic Trainings

-- Let your friends and colleagues know --

Bonnors Ferry, ID

Level I October 24 - 26, 2014
Level II April 24 - 26, 2015

Denver, CO

Level I December 12 - 14, 2014
Level II May 15 - 17, 2015

[For more info and to register](#)



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