

Awake Mind EMDR Therapy Newsletter Spring 2015



Dear Julie,

This newsletter for EMDR clinicians looks at **the shift in terminology from "EMDR" to "EMDR Therapy"**. It seems like a small change, but has a powerful impact on everyone's perceptions of EMDR Therapy.

The last session of my advanced training "Earning Secure Attachment" is taking place October 24-25 in Boulder, CO. And EMDR Basic Trainings are coming up this Fall in Boulder, CO and the last session I'll be teaching in Santa Fe, NM. More info below.

I am now living up on Vancouver Island in Canada, and still travelling down to the U.S. to teach EMDR. Please note that my business address and phone number have changed and update your records accordingly. Thanks!

*Awake Mind (and/or Julie Greene)
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Best to you!
Julie Greene

EMDR Therapy

In 2013 the World Health Organization (WHO) recommended only EMDR and trauma-focused CBT as psychotherapy treatments for PTSD in adults, adolescents and children. The WHO description of EMDR clearly highlights EMDR as a therapy, not a technique:

"This therapy (EMDR) is based on the idea that negative thoughts, feelings and behaviours are the result of unprocessed memories. The treatment involves standardized procedures that include focusing simultaneously on (a) spontaneous associations of traumatic images, thoughts, emotions, and bodily sensations and (b) bilateral stimulation that is most commonly in the form of repeated eye movements.

"Like CBT with a trauma focus, EMDR aims to reduce subjective distress and strengthen adaptive beliefs related to the traumatic event. Unlike CBT with a trauma focus, EMDR does not involve (a) detailed descriptions of the event, (b) direct challenging of beliefs, (c) extended exposure, or (d) homework."

At the 2014 EMDRIA annual conference Francine Shapiro announced the change in terminology from "EMDR" to "EMDR Therapy". She references the WHO publication in her rationale, as well as highlighting the key differences between EMDR Therapy, Psychodynamic Therapy, and Cognitive Behavioral Therapy. EMDRIA Board President Mark Nickerson communicated this change to the EMDRIA membership in October, 2014, asking us to make this shift in our speaking and marketing materials.



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After 17 years saying "EMDR" I have found it challenging to make this change -- like learning a new language! The term "EMDR Therapy" emphasizes that it is a complete therapy approach and not just a technique. The shift of language helps clients and other clinicians understand that EMDR Therapy is a distinct form of psychotherapy. I encourage you to make this change to "EMDR Therapy" and be patient if it takes a while to get used to.

References

1. **Mark Nickerson Email to EMDRIA Membership.** October 30, 2014. Includes a letter from Francine Shapiro outlining the rationale for the change. ([Click here for PDF](#))
2. **World Health Organization (2013).** *Guidelines for the management of conditions that are specifically related to stress.* ([Click here for link to PDF](#))

Earning Secure Attachment: EMDR, Mindfulness & Self-Compassion

Last Session of this *Advanced EMDR Training with Julie Greene*

Boulder, Colorado

October 24 - 25, 2015 (Saturday & Sunday)

*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 --

Boulder, CO

Level I September 18 - 20, 2015

Level II April 1 - 3, 2016

Santa Fe, NM

(Last Session at this location)

Level I October 2 - 4, 2015

Level II March 18 - 20, 2016

[For more info and to register](#)



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