

# HEALING TRAUMA THROUGH THE BODY IN EMDR THERAPY

Friday, January 22, 2021 from 9:00am-3:30pm

This course offers 5 CE hours

Bessel Van der Kolk, renowned expert in the field of trauma, stated, "The single most important issue for traumatized people is to find a sense of safety in their own bodies". Somatic Experiencing (SE), developed by Peter Levine, Ph.D., author of the best seller, *Waking the Tiger: Healing Trauma*, is a potent psychobiological approach to resolving symptoms of trauma and chronic stress. SE offers a framework to assess where a client is "stuck" in fight, flight or freeze and provides clinical tools to resolve these fixed physiological states that underlie many trauma symptoms. The goal of this workshop is to illustrate the importance of the body in treating trauma and offer tools to support greater physiological regulation in clients participating in EMDR therapy through didactic and experiential learning. EMDR trained practitioners will gain a basic understanding of SE and how to begin to apply somatic interventions to their EMDR practice. In addition, they will learn how the integration of SE and EMDR can lead to the potential for more embodied physiological, psychological and spiritual healing. *The minimum requirement for this workshop is completion of the EMDR Weekend 1 Training.*

## Course Objectives:

- Formulate a basic understanding of Somatic Experiencing (SE\*) and why it is a highly effective treatment for PTSD.
- Utilize at least 2 SE tools to support physiological and emotional regulation.
- Explain 2 ways that EMDR practitioners can use polyvagal theory to help determine a client's readiness to move forward in EMDR.
- Apply 2 principles of SE when taking clinical history during phase I of EMDR.
- List 2 reasons that SE can be highly effective in preparing clients for EMDR.
- Give examples of 2 somatic interweaves that can be used during EMDR reprocessing.
- Differentiate between dissociation/ disembodiment and ANS regulation during all 8 phases of EMDR.

## Presenters

Karen Cole, M.Ed., LPC, is an approved consultant for EMDR, is certified in Brainspotting and is completing her advanced training in Somatic Experiencing. She has worked with survivors of domestic violence, sex trafficking and commercial sex exploitation.

Rebecca Ehrke, Psy.D. is a Somatic Experiencing Practitioner and EMDR therapist with over 20 years of experience treating trauma and stress-related disorders. Dr. Ehrke has assisted at SE trainings in St. Louis, Kansas City, Chicago and New York and is the coordinator for the St. Louis SE training.

Cost: 80.00 (5 CE hours available for Psychologists, Social Workers, MFT's and Professional Counselors at an additional cost of 35.00 from R. Cassidy Seminars) EMDRIA credits pending approval.

**To register for this event, please contact Rebecca Ehrke at [rebecca.ehrke@gmail.com](mailto:rebecca.ehrke@gmail.com). For more information about this workshop, please go <https://www.rehrketherapy.com/UpcomingEvents.en.html>**