

# CANADIAN EMDR WORKSHOP

(June 2021)

*Improve your treatment outcomes...*

If you are not being routinely exhilarated by your current EMDR outcomes, it is time to refresh & revitalize your EMDR competence. The Niagara Stress & Trauma Clinic created this workshop to help you consolidate & enhance your EMDR skills, and increase both your confidence & comfort as an EMDR clinician.

| Format       | Date                        |
|--------------|-----------------------------|
| Live Webinar | July 21, 2021<br>1pm-4pm ET |
| Live Webinar | Oct. 22, 2021<br>1pm-4pm ET |

**Presenter:** Barbara Horne MASc, RMFT, EMDRIA-Approved Consultant  
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**Fee:** \$115 plus HST (\$129.95) CAN

**Prerequisite:** Completion of an entire EMDRIA-Approved Basic EMDR Training program

**CE Credits:** Approved for 3 CE Credits

## Polyvagal Theory for Practical Use in EMDR Therapy

Polyvagal Theory (PVT) is a splendid foundation for EMDR Therapy, helping us to assess and improve the client's dual-awareness, or status in the "window of affect tolerance" (Siegel/Ogden), during both preparation and reprocessing work.

In this live webinar, PVT is offered in an accessible form that you will be able to directly teach to your clients.

- The therapeutic context is a perfect platform for using Porges' "Social Engagement System" for the direct purpose of co-regulating with your clients, giving them an experiential version of dual awareness (ventral vagal tone).
- To fight, flee or shutdown are adaptive defenses when there is danger or life-threat. Clients tend to live in 'trauma time' – in the SNS circuitry of anger/anxiety (fight/flight) or the dorsal vagal circuitry of hopelessness/shutdown, mis attuned with both the current (safer) reality & their (increased adult) resources.
- Learning to note, and working directly with, the state of both of our nervous systems enhances attunement and allows us to create those state-changes towards ventral vagal regulation of safety & dual awareness in the session, during any Phase of EMDR Therapy.
- PVT-informed additions to our usual stabilization tools in Phase 2 (Geller, 2017 & Dana, 2018 & 2020) will be introduced as well as PVT-informed target selection, with implications for intervention during reprocessing (Phases 3 – 8).
- As EMDR therapists, we have the further fabulous means of helping our clients achieve more regular ventral safety by helping them reprocess stuck trauma using the Standard Protocol.

When we have a neuroception of safety, our vagus nerve dampens defenses by putting on the vagal brake. This live webinar will put the vagal brake on any apprehensions you hitherto had about being able to integrate PVT into your EMDR work with clients!

### About the Training Staff:

Barbara Horne MASc, RMFT is an EMDRIA-Approved Consultant and director of the *Niagara Stress & Trauma Clinic's* EMDR training program since 2007. She has personally taught over 100 EMDRIA-Approved Basic EMDR programs in Central & Eastern Canada, training thousands of Canadian EMDR clinicians. Barbara is also an experienced speaker, having presented on EMDR at provincial, national and international conferences.

\*The Provider maintains responsibility for these programs and their content in accordance with EMDRIA Standards\*.