

# Workshop 2

# TRAUMA

Christ's comfort in deep suffering

## Helping embodied souls: redemptive conversations about EMDR

Andrew Collins



Think of a memory...

'Processed'

vs

'Not processed'



# What is EMDR?

## Eye Movement Desensitisation and Reprocessing

It desensitises - removes the sensations of the memory

It reprocesses - allows the memory to settle in the past

Francine Shapiro and 'a chance discovery'

The development of a procedure of treatment

Recognized by NICE and WHO as a treatment for PTSD



# EMDR - the technique

Rapid eye movements from one fixed point to another

The patient follows the therapist's finger

While visualising the traumatic event and holding associated negative thoughts in mind

Creates 'bilateral stimulation'



# EMDR - the 8 stage process

1. Patient History
2. Preparation
3. Assessment
4. Desensitisation
5. Installation
6. Body Scan
7. Closure
8. Re-evaluation



# EMDR

The video



# EMDR - the 8 stage process

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# EMDR - what does it really do?

Re-experiencing symptoms are due to inadequate processing of past traumatic experiences

It's not just desensitisation of anxiety, it's the processing of memories

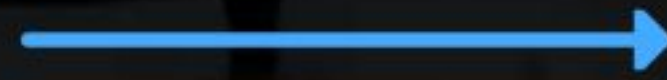
How? The Adaptive Information Processing Model



# EMDR - Adaptive Processing

## Unprocessed Memory

Intrusive, triggered, present  
Negative cognitions  
Overwhelming emotions



## Processed Memory

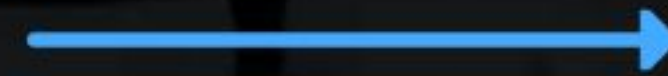
Stored, settled, past  
Appropriate cognitions  
Appropriate emotions



# *What's happening at the arrow?*

## Unprocessed Memory

Intrusive, triggered, present  
Negative cognitions  
Overwhelming emotions



## Processed Memory

Stored, settled, past  
Appropriate cognitions  
Appropriate emotions



# Appreciative Appraisal

- What is this approach noticing?
- What does it do well?
- What does it care about well?
- Are there any new insights that are helpful?



# Appreciative Appraisal

- It takes re-experiencing seriously
- It seeks to understand memory
- It doesn't minimise the past
- It cares about the brain and its processes
- It slows down and sits with hard things
- It begins to go deeper
- Settling of memories may prepare for further working through



# Critical Appraisal

- What is this approach overlooking?
- What gets more emphasis than it deserves?
- Are there presumptions about people and their problems that we would question?



# Critical Appraisal

- It can miss the meaning and significance of what happened
- Symptom reduction is the primary goal
- Faith could be placed in the technique rather than the Lord
- Integration of memory gets more attention than what the Lord says and how faith responds
- Could feel impersonal



# Biblical Interpretation

- What biblical truth is relevant to this approach?
- How would a biblical understanding of people and ministry speak into this approach?
- How might this approach affect the way that we approach ministry with people who have been affected by extreme suffering?



# Biblical Interpretation

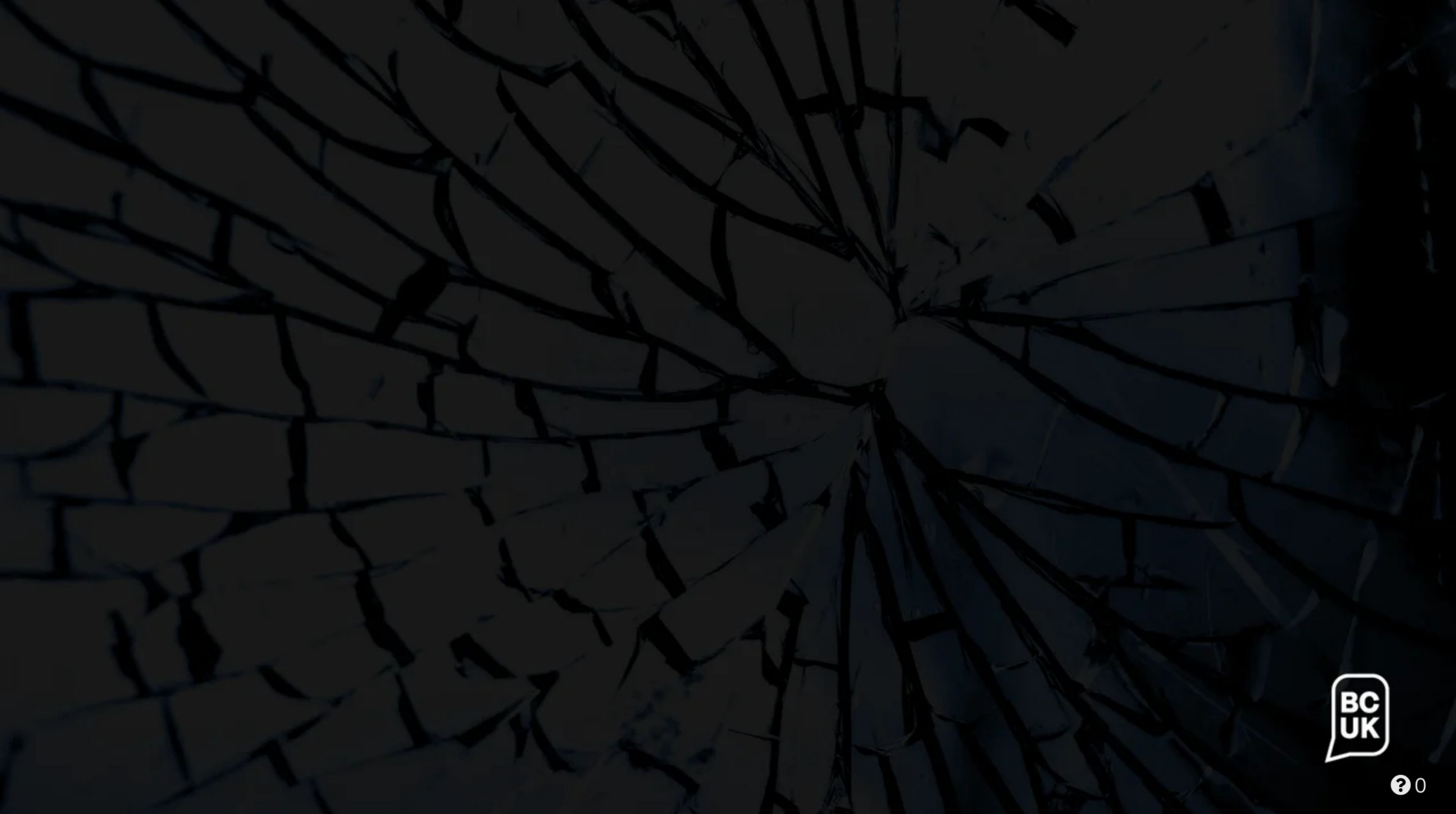
- We slow down with what happened
- We take the body into account
- We see the role of evil drawing near in the intensity of memory - God's 'terrors'
- When evil comes near it has a disintegrating impact - the shadow of death



# Biblical Interpretation

- God's word integrates and makes complete
- Can we redeem e.g. calming the waters to allow God's words to be heard
-



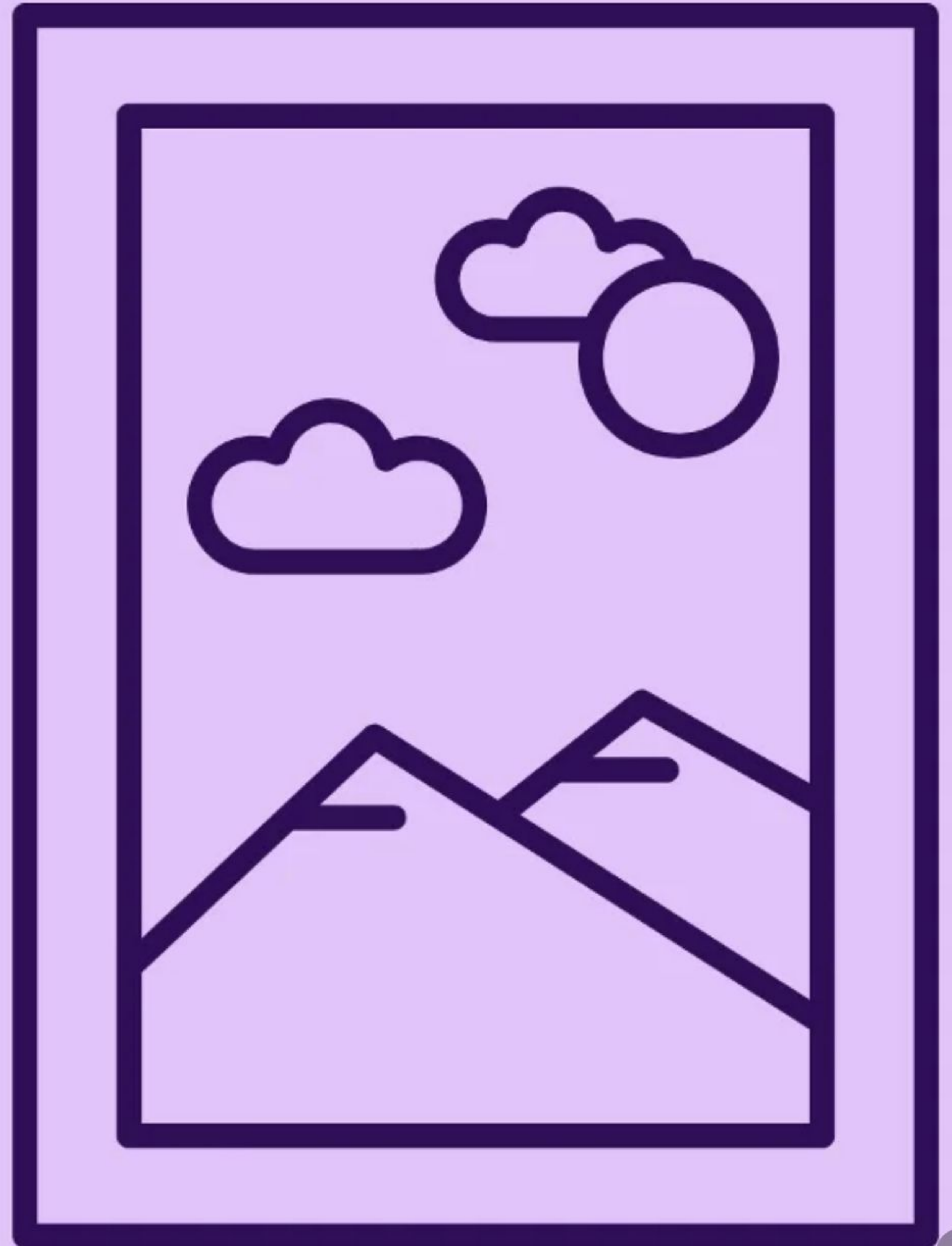




# Heading

## Body

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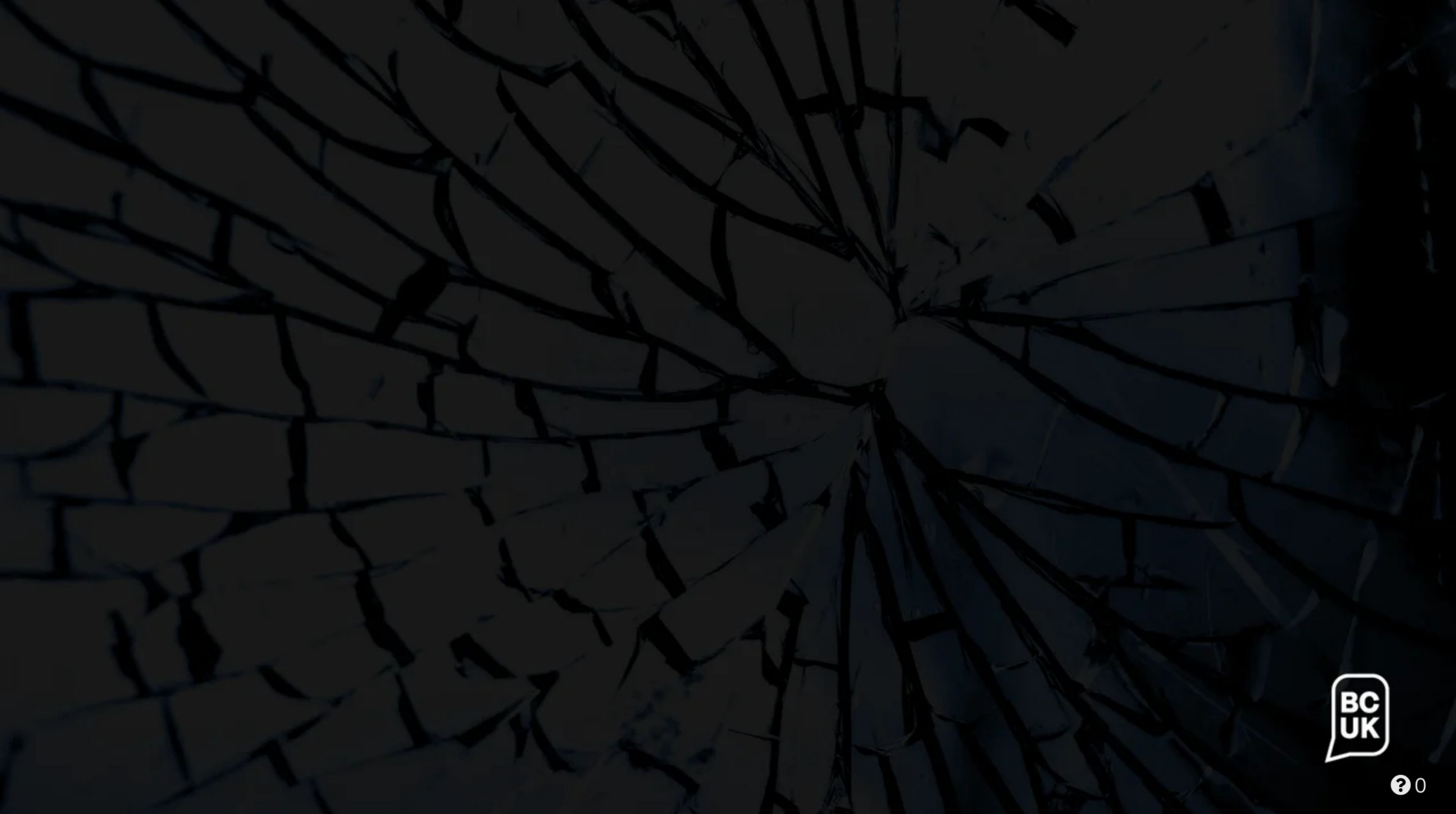




# Heading

- Bullets
- Bullets
- Bullets







# Q&A

**Top questions**

Pinned

Newest

Oldest

Answered

There are no unanswered questions.





