

Treatment Integration of Hypnosis and Eye Movement Desensitization Reprocessing (EMDR) with Trauma

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Goals of Training

- 1) Participants will state the 8 Phases of EMDR Treatment Process
- 2) Participant will be able to make at least three comparisons between EMDR and Hypnosis
- 3) Participants will be able to list at least three characteristics of PTSD
- 4) Participants will learn to apply at least three techniques of using EMDR and Hypnosis together

What is EMDR?

- EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that helps clients to recuperate from emotional distress due to disturbing or traumatic experiences.
- An accelerated psychological treatment for dealing with:
 - Traumatically stored memories
 - Addiction related to specific “Feeling States”
- A psychological treatment that taps into clients natural healing process

What can trauma do to us?

- Disrupts our information processing system that helps us to integrate, adapt, and resolve traumatic experiences (van der Kolk & Fisler, 1995)
- Holds our present emotions, sensations, and thoughts/beliefs hostage even though the traumatic event is in the past (State Dependent Form). Trauma is re-experienced when it is triggered.

What does EMDR do?

- Targets traumatic material
- Reignites information processing
- Allows traumatic memories to be processed and resolved
- Reestablishes psychological functioning by activating the Adaptive Information Process (AIP)

The EMDR Process

- The following are identified:
 - Traumatic memory
 - Associated thoughts
 - Associated emotions
 - Associated somatic distress
- Sets of bilateral stimulation (BLS) are used with the client as they experience elements of the memory.
- In between sets of BLS, the client and therapist discuss the processing of traumatic material.

The EMDR Process (cont.)

- The traumatic information is fully processed and resolved.
- Past experiences, present day concerns, and positive expectations about the future are explored and reinforced or “installed”.
- Provide Example of what EMDR would look like in a session - Case Example Trauma and Feeling State Addiction Protocol (FSAP).

The EMDR Process - (cont.)

- What is Bilateral Stimulation (BLS)?
- (BLS) - left to right or right to left
- Can be in the form of:
 - Eye movements
 - Taps
 - Tones
- Two Types of Saccades
 1. Longer sets of roughly 20 to 50 Saccades. Intended to deal with trauma oriented material.
 2. Short sets of roughly 6 to 12 Saccades. Intended to deal with installation for Resources, Positive Cognitions/Insights, and Positive sensations.

8 Phases of EMDR Process

- 1. Client History and Treatment Planning
- 2. Client Preparation
- 3. Assessment
- 4. Desensitization
- 5. Installation
- 6. Body Scan
- 7. Closure
- 8. Reevaluation

Comparisons EMDR & Hypnosis

- Electroencephalographic (EEG) readings demonstrate that EMDR does not generate brain wave patterns associated with hypnotic trance (Shapiro, 2001).
- EMDR has distinct and separate features and are not associated with hypnosis (Nicosia, 1995).
- Gilligan (2002) - Hypnosis and EMDR are distinct approaches, but suggests that both share in common an emphasis on a special learning state.

Comparisons

EMDR & Hypnosis - Cont.

- The Brain has a “bottom-up organization”.
- The bottom regions (i.e., brainstem) control the most simple autonomic functions (i.e. respiration, heart rate and blood pressure)
- Middle and Top regions (i.e. limbic and cortex) control more complex functions (e.g., planning, analysis, higher executive function, & regulating emotions).

(Perry, B. and Marcellus, J. 1997).

Comparisons

EMDR & Hypnosis - Cont.

- EMDR is a bottom-up therapy
 - Designed to activate targeted memories from the brainstem up, which is the same order that the brain developed
 - The brainstem generate visceral “fight, flight, freeze” responses
- CBT therapies are top down (cortex or top of the brain first)
 - Higher-level executive functions (e.g., problem solving, decision-making, rational thinking).
 - Last to develop.
- Important Note: Childhood trauma may be locked into nervous system prior to higher brain functioning. No or fewer resources exist to cope with the trauma. Executive functioning does not come into play until later on developmentally.

Comparisons

EMDR & Hypnosis - Cont.

Language and Trauma

- Trauma experiences can affect language making it difficult to describe. It appears that victims rely more on visualization to provide an account of the event but struggle to provide a verbal description or narrative of the event
- The Broca's area of brain (language area) is reduced when attempting to recall traumatic events (van der Kolk, 1997). This can have an impact on the effectiveness of traditional psychotherapy and psychoeducation that rely heavily on language.
- Hypnosis and EMDR not only includes verbal content but involve imagery and revivification. The reduced dependency on language makes hypnosis and EMDR ideal for re-processing traumatic sensory, perceptual, and affective material.

When PTSD Strikes - EMDR

- The Parts of the Brain when PTSD occurs:
 - Brainstem (fight/flight/freeze) -Activated
 - Limbic system (emotions) - Activated
 - Cortex (rational, analytical thought) - Not activated
- PTSD Triggers
 - Brain's frontal lobes can effectively shut down
 - Leaves mostly the brainstem (i.e.sensory circuits and limbic areas) dominating operations (Van der Kolk, 1997; Siegel, 1999)

When PTSD Strikes - EMDR Cont.

- EMDR rebuilds the bridge between
- Cognitions
- Emotions
- Sensations
- This promotes processing & integrating of traumatic information from one's past so that it is more adaptive in the present.

When PTSD Strikes - EMDR - Cont.

- When a victim experiences a traumatic event that they are unable to process the trauma to an adaptive state and it becomes “frozen in their brain and nervous system” along with all of the emotional, cognitive, and sensory sensations associated with the original trauma. (Siegel, 1999; van der Kolk, 1999).
- Pre and post EMDR treatment shows an increased normalization of affected areas of the brain. (Amen, 2002; Levin, Lazrove, and van der Kolk, 1999).

Hypnosis & EMDR Together

- How do we integrate the two treatments?
 1. Hypnosis helps to develop Assessment Phase of EMDR
 2. Hypnosis can help w/ resource development
 - Standard Trauma Protocol
 - Feeling State Addiction Protocol
 3. Hypnosis can help to release stuck EMDR processing

Hypnosis & EMDR Together

Dev. of Assessment Phase of EMDR

Ways to integrate Hypnosis into Assessment Phase of EMDR

- The vividness of hypnosis can help to Identifying EMDR targets for clients (Shapiro 2001)
 - Time Tunneling Technique and/or Affective Bridge to recall details associated with trauma - Better than EMDR Float Back Technique
- The vividness of hypnosis can help to recover most disturbing elements of trauma in hypnosis to flesh out all the Negative Cognitions (NC's) to promote thorough processing.

Hypnosis & EMDR Together

Dev. of Assessment Phase of EMDR - Cont.

- Further develop Positive Cognitions (PC's) by:
 - Parts Mediation to relieve self-blame that provided an internal locus of control. Reframing can help patients to recognize and give themselves credit for what they did to survive. This way of approaching their traumatic past allows them to change their self-image from that of a victim to that of a survivor.
 - Hypnosis imagery that is positive can help Increase the strength of & install PC's
- When NC's decrease and PC's increase, less EMDR processing is needed and it is not as emotionally taxing on the client.

Hypnosis & EMDR Together

Resource Development

- Leeds (1995) coined the term “resource installation” - An EMDR strategy of combining positive imagery with short sets of Bi-Lateral Stimulation (BLS).
- Leeds (1996) expanded this to Resource Development and Installation (RDI) involving an number of interventions (e.g., skills building, use of metaphors, art therapy, imagery, and hypnosis) for developing resources used while applying BLS for the installation or strengthening of these resources and without using BLS.
- RDI is established before trauma processing in EMDR.

Hypnosis & EMDR Together

Resource Development - Cont.

- RDI is needed due to EMDR potentially being very emotional for the client. RDI soothes the client during EMDR processing and can make the entire process less emotionally taxing. RDI may not be as important to use if clients have strong internal resources and ego states.

Bilateral Stimulation (BLS) - Cont.

When do we use BLS in Hypnosis to install resources?

- 1) Direct suggestion
- 2) During affirmations
- 3) Insights and break through moments
- 4) During positive imagery
- 5) During physiological safety with body parts - can be used to work through sensory trauma in body scan

Hypnosis & EMDR Together

Resource Development - Cont.

Phase 2 of EMDR Trauma Protocol - Client Preparation

- Safe place imagery originated as a clinical hypnosis imagery technique (Brown & Fromm, 1986; Korn & Johnson, 1983).
- Safe place imagery combined with BLS is an EMDR technique for providing a positive context for the introduction of BLS as a tool for managing anxiety and arousal during trauma processing (Leeds, 2009; Shapiro, 2001).

Hypnosis & EMDR Together

Resource Development - Cont.

- Hypnosis can be used to make the safe place:
 - When client cannot do so on own
 - By incorporating anchors to make it easier to recall in EMDR processing
 - More vivid
 - Incorporate elements of the therapist office and the therapist

Hypnosis & EMDR Together

Resource Development - Cont.

- Age Regression Hypnosis- Recall a time when you felt resourceful, powerful, in control, confident and then adding BLS. This regressed time can be linked to an anchor, trigger cue, and/or post hypnotic suggestion. These things can be used to develop or identify a safe place.
- Important Note: Remember, BLS helps to install resources, PC's, and positive sensory material.

Hypnosis & EMDR Together

Resource Development - Cont.

Relaxation - Self-Soothing

- In the initial stage of treatment, hypnosis can be used for relaxation, sense of mastery and ego strengthening (Philips, 2001).
- Relaxation work can be used to self-soothe in between EMDR sessions because processing can continue after a session is completed. Sometimes this can create stress for the client. Mastery and a sense of an internal locus of control can be established when the client can manage his or her anxiety.
- Hypnosis that targets sleeping problems or bruxism can also enhance self-soothing in between EMDR sessions.

Hypnosis & EMDR Together

Resource Development - Cont.

Body Part Safety

- Some trauma clients may have body part safety concerns. For example, a sexual abuse victim may believe that their genitals betrayed them during sexual their sexual abuse.
- If a client struggles with body part safety, hypnosis can be used. Once a comfortable body part is identified in hypnosis, suggestions to expand this comfortable feeling can be expanded to the rest of the body. This can be a useful technique when dealing with clients during Phase 6: Body Scan to expand calmness and serenity (Philips, 2000).
- Example - “Talking Liver” - Ego State w/ other body parts in substance abuse treatment

Hypnosis & EMDR Together

Resource Development - Cont.

Trigger Desensitization

- Trauma processing in EMDR can be very stressful. Certain triggers can be especially explosive and the client may avoid EMDR. Hypnosis habituation to triggers can make EMDR processing less stressful.

Process:

1. Review their earlier traumatic experiences while in trance
2. Client reports subjective level of distress on a scale ranged from 0 to 10
3. If the anxiety up to 8 or above or is intolerable, the client signals for a pause (ideomotor), and the client accesses their safe place to relax.
4. Exposure continued once the client gains a comfortable control over the memory.

Hypnosis & EMDR Together

Resource Development - Cont.

Desensitization of Event in Hypnosis

- If EMDR processing trauma event is too stressful for the client to process, then...
- The event can be made less stressful with desensitization w/ hypnosis
 - Split Screen (Spiegel & Spiegel, 1987)
 - Safe place/Disturbing Event - Pleasant/Disturbing Event
 - Struggle/Success
 - Remote Control

Hypnosis & EMDR Together

Resource Development - Cont.

Continued

- Alternating images between negative and positive images (Desland, 1997).
- Glass Separation/Divider in between client and event
- Movie Theater - Exposure of Event
 - Play - Fast, Rewind - Fast, Play - Fast, Rewind - Fast (Repeat Process)
- Important Note: Once images have been observed, images can be reframed.

Hypnosis & EMDR Together

Resource Development - Cont.

Future Templating

- Hypnosis techniques for future progression
 - Erickson's "crystal ball" technique
 - Client is invited to imagine a crystal ball and to look in that ball to discover something about what will be different when their treatment is completed. As positive content emerges, add BLS to install a positive future.

Hypnosis & EMDR Together

Resource Development - Cont.

Continued

- Future progression - Fork in the road...“Low Road” and “High Road” - BLS used on high road only.

Important Note: All Future Templating can be used during Client Preparation (Phase 2) to build confidence of a positive outcome w/ EMDR and/or during Installation (Phase 5) to project positive future after treatment. Anchors, post hypnotic suggestions, post hypnotic emergence suggestions all further this work. Can also be used once treatment is completed to project future success.

Hypnosis & EMDR Together

Resource Development - Cont.

Informed Child on Steroids

- RDI with BLS can “beef up” the “adult’s” resources before conducting “Informed Child Technique” in age regression.
- The stronger the “Adult” with ego strength, the better the information to be passed on to the “younger versions” of the client.

Hypnosis & EMDR Together Combating Stuck Processing

- Occasionally EMDR processing can become stuck when
 - Emotions during processing are too low or high (therapeutic window)
 - Feeder memories
 - Complex traumas
 - All of the targets, NC's, and PC's are not known
 - Sensory material is overwhelming
 - Secondary gain is present
 - Client lack of information

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

Trauma processing occurs in three cognitive domains

- - Past (Responsibility, Guilt, and Self-esteem)
- - Present (Safety and Vulnerability)
- - Future (Choice and Control)

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

Hypnosis can Remove "Blocking" of Processing in EMDR

Common reasons for Blocking - Fear of:

- - Being abandoned
- - Not being able to contain emotions (e.g., angry and not knowing what will happen).
- - Lose of control
- - Guilty
- - Not being believed by others
- - Memories not being accurate

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

Continued

- - Betraying loved ones - not being loyal
- - Revealing family secrets (harm self or others dear to client)
- - Shame
- - Being worse than originally thought
- - Losing identity
- - More responsibility & expectations w/ getting “well”
- - Being judged and/or rejected

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

Using hypnosis to deal with stuck processing in EMDR

- 1) Hypnotic Metaphor or Metaphorical stories in hypnosis tailored to provide information to dislodge stuck processing
- 2) Age regression with Informed child to
 - Time of stuck processing event if not before this
 - Neutralizing Subsequent Sensitizing Events that “feed” or “reinforce the trauma
- 3) Identification of specific ego states that need EMDR & using resources of other stronger ego states to assist the weaker ego states

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

Continued

4) Hypnotic exercises that involve approaching the individual(s) that is feared due to judgment, retaliation, shame, guilt, etc. The hypnotic trance environment can provide safety for the client. This can involve individuals that are alive or dead. Once the individual(s) are dealt with and emotional obstacles are removed in hypnosis, processing can continue.

5) Secondary gain preventing EMDR processing can be removed with parts mediation.

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

6) Socratic questioning with hypnosis can be done to coach the client through stuck processing. Gestalt techniques can be used to enhance this. Gestalt experiences in hypnosis are usually superior than without hypnosis. Gestalt experiences without hypnosis usually do not have the same fidelity as they do when the client is in hypnosis.

Hypnosis & EMDR Together Combating Stuck Processing - (cont.)

- Hypnotherapist can use BLS to install these insights making them even stronger.
- All of these methods can be used by a EMDR therapist in the form of cognitive interweaves during the desensitization phase of EMDR if processing becomes stuck.
- Positive insights that come from hypnosis can also be used during the preparation phase & installation phase of EMDR.

Take Home Messages

- EMDR & Hypnosis work well to treat trauma
- EMDR & Hypnosis can compliment each other to help clients
- EMDR therapists & Hypnotherapists can and should work together to help clients
- EMDR and hypnosis should not be viewed as an “Either/Or” form of treatment with providers being adversaries

EMDR Information

- www.emdr.com
 - EMDR Institute
- www.emdria.org
 - EMDR International Association
- Proper training in EMDR is required before applying it in a therapeutic setting with clients.

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