



Processing in the
Fast Lane - Helping
a client through
intense emotional
experiences during
EMDR therapy:

Roger Solomon
Ad de Jongh
Derek Farrell

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Intense Emotional Experiences



- Within EMDR Therapy the basic intervention for assisting in intense emotional experiences
 - Structural Dissociation
 - *Sympathetic/Parasympathetic*
 - Window of Tolerance
 - Acceleration or Deceleration
- Interweaves
 - Cognitive
 - Somatic
 - Relational

- [illegible]

- Client needs to expand upon their perceptions and feelings at the time of the incident
- Client needs to consider the relationship between the experience and the present experience
- Client needs to consider some future element connected with their experience

Specific Techniques



- Turning up the 'Therapeutic Attunement'
- Doing the simple things well
- Speaking the unspeakable
- Blind2Therapist – 'You don't have to say anything – just notice'
- Flash-forward: Catastrophic dimensions, worst fear, Cognitions: Choice & Control
- Pendulation

Testimony: Medium of Historical Transmission and Healing



- 'Whether testimony provides healing for the victim of trauma, the agent of trauma, or the community within which the trauma is experienced, the fact remains that the testimony narrative often provides the dialogue that will end the narrative memory (Laub, 1992)

Testimony: Medium of Historical Transmission and Healing

- Testimony is a dialogue process of exploration and reconciliation of two worlds – the one that was brutally destroyed and the one that is fundamentally different, and may also remain so (van EE, 2011)



'That Gentleman' by Andrew Wyeth

Tom Clarke: "his voice is gentle, his wit keen, and his wisdom enormous. He is not a character, but a very dignified gentleman who might otherwise have gone unrecorded."



Intense Emotion: Testimony



- Spoken
- Written
- Pictorial
- Art
- Significance of the power of words
- Power of silence

The Power of Silence



- Sometimes an experience is so profound that there are simply no words – the powerfulness of this moment centres upon our ability to endure in silence. Silence in itself can be a profoundly eloquent reply.

Emotions

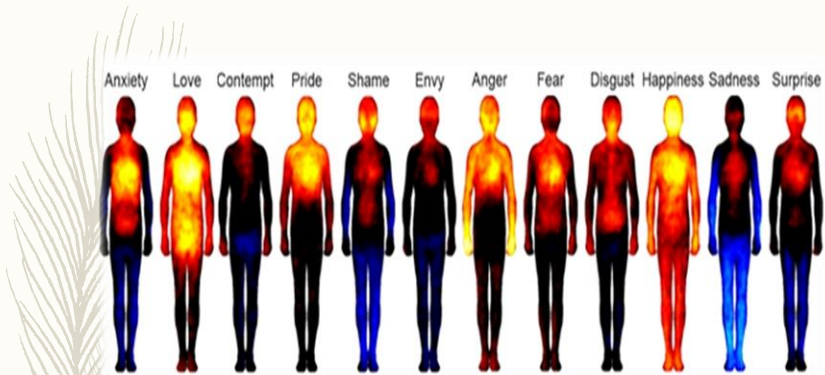


- Emotion
 - Yields momentary feelings and intuitions
 - Feeling flit through working memory
 - Integrated over time in a sense of an emotion
 - Emotions tend to be more stable and deeply experienced than 'feelings'
 - Emotional states are still fleeting
 - Body and the brain together aggregate feeling states into more stable moods and affects
 - "The Body keeps the score"

Bodily Maps of Emotions

(Nummenmaa et al, 2014)

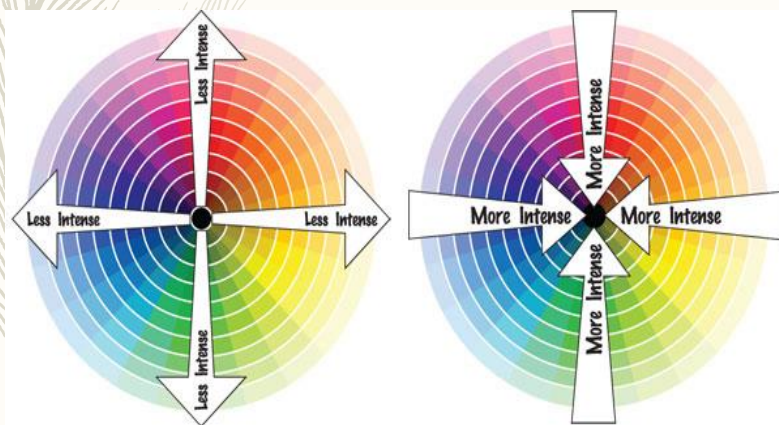
- Emotions are often felt in the body, and somatosensory feedback has been proposed to trigger conscious emotional experiences. Here we reveal maps of bodily sensations associated with different emotions using a unique topographical self-report method.
- In five experiments, participants (n = 701) were shown two silhouettes of bodies alongside emotional words, stories, movies, or facial expressions. They were asked to color the bodily regions whose activity they felt increasing or decreasing while viewing each stimulus.
- Study used both Western and Eastern participants
- Culturally universal categorical somatotopic maps. Perception of these emotion-triggered bodily changes may play a key role in generating consciously felt emotions.



Nummenmaa, L., Glerean, E., Hari, R., & Hietanen, J. K. (2014). Bodily maps of emotions. *Proceedings of the National Academy of Sciences*, 111(2), 646-651.

<http://www.pnas.org/content/111/2/646.full.pdf>

Interweaves: Emotions as Colour



Vicarious Trauma – Bearing Witness

- Maya Angelou that, “There is no greater agony than bearing an untold story inside of you.”
- Exposure to graphic material
- Fear of avoidance
- Burden of responsibility



Victim & Perpetrator Narratives



- Japan revisionists deny WW2 sex slave atrocities
- <http://www.bbc.com/news/world-asia-33754932>
- Masayoshi Matsumoto
 - “As a 20-year-old he served as a medical orderly in northwest China. “There were six comfort women for our unit,” he tells me. “Once a month I would check them for sexually transmitted diseases.”
 - “Someone told me this, ‘One who fails to look back and perceive the past will repeat their wrongdoing’.

Dr Derek Farrell
University of Worcester
Email: d.farrell@worc.ac.uk

