

The body remembers

Early trauma and EMDR

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EMDR Europe Conference, the Hague
17-19 June 2016

Secure attachment

MOVIE
MOVIE

Secure attachment



Safe attachment caregiver

Attunement in a nonverbal bond

Regulating and coregulating stress

Selfesteem and healthy relationships.

Secure attachment & basic needs

▶ **Connection**

- In touch with your body and emotions
- Able to connect with others

▶ **Attunement**

- To our needs and emotions
- To recognize and nourish these needs

▶ **Trust**

- Healthy dependence and interdependence

▶ **Autonomy**

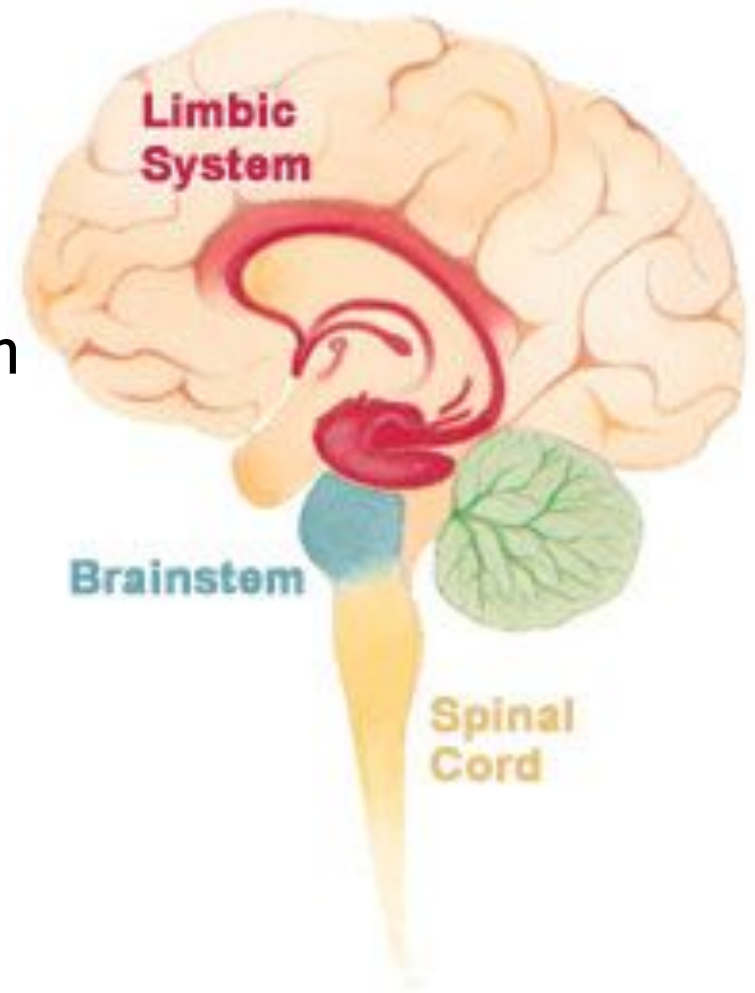
- Appropriate boundaries
- To say 'no' and set limits
- To speak out our mind without guilt or fear

▶ **Love–sexuality**

- To live with an open heart
- Capacity to integrate a loving relationship and a vital sexuality

Attachment and the brain

- ❖ Brain growth
Experiences are needed
- ❖ Brainstem/reptile brain
Limbic system/mammal brain
- ❖ Coregulation of biological system hormones: opiate/endorphin/cortisol
- ❖ Developmental cell death
“use it or loose it”



(Schore , Siegel e.a. (2005, 2011))

Possible indications Early Trauma and Neglect

- ❖ Traumatic pregnancy
- ❖ Mother's distress during pregnancy, delivery, after birth
- ❖ Premature birth
- ❖ Early medical illness
- ❖ Early surgery or hospitalizations
- ❖ Parent has psychiatric disease
- ❖ Domestic violence
- ❖ Traumatic experience
- ❖ Abuse or neglect
- ❖ Adopted, multiple placements
- ❖ Fetal alcohol syndrome

Possible indications Early Trauma and Neglect

- ❖ Depression
- ❖ Anxiety (flight)
- ❖ Anger (fight)
- ❖ Attachment problems
- ❖ Eating problems
- ❖ Sleep disorders
- ❖ Somatic symptoms
- ❖ Dissociative symptoms
- ❖ Pervasive emotional distress
- ❖ ADHD-behavior
- ❖ Floatback goes to very early trauma or patient senses it
- ❖ Standard EMDR doesn't work

Insecure attachment

- Selina, 29
- Born in India
- Adopted at age of 2



- Anxiety disorder
- Very tensed, backproblems
- Wants to hold control
- Not able to connect to people
- Not able to have a stable healthy relationship
- Anger
- Very insecure, low selfesteem
- No work

Attachment trauma and EMDR

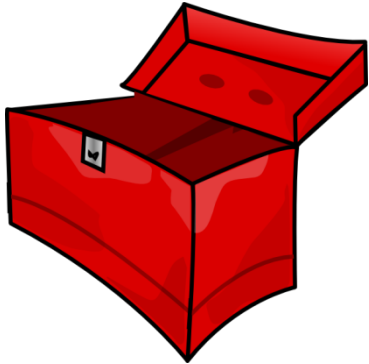
- ▶ Implicit vs explicit memory
- ▶ Right and left hemisphere
- ▶ Treatment:
 - from right to right hemisphere
 - Focusing on the implicit memory – the body sensations

Treatment, when there are no words

Early trauma protocol of Sandra Paulsen and Kate O'Shea

- ▶ Step 1: a container method
- ▶ Step 2: strengthen a resourced state
- ▶ Step 3: resetting the affective circuits
- ▶ Step 4: process early trauma by time frame

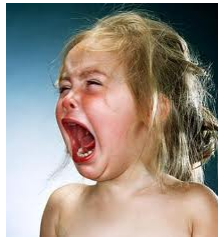
Step 1: container method



Step 2: create a safe state



Step 3: resetting the affective circuits



Treatment

step 4. EMDR when there are no words

- ▶ The good news is: the brain is plastic and changeable

In contrast to Standard EMDR we focus on:

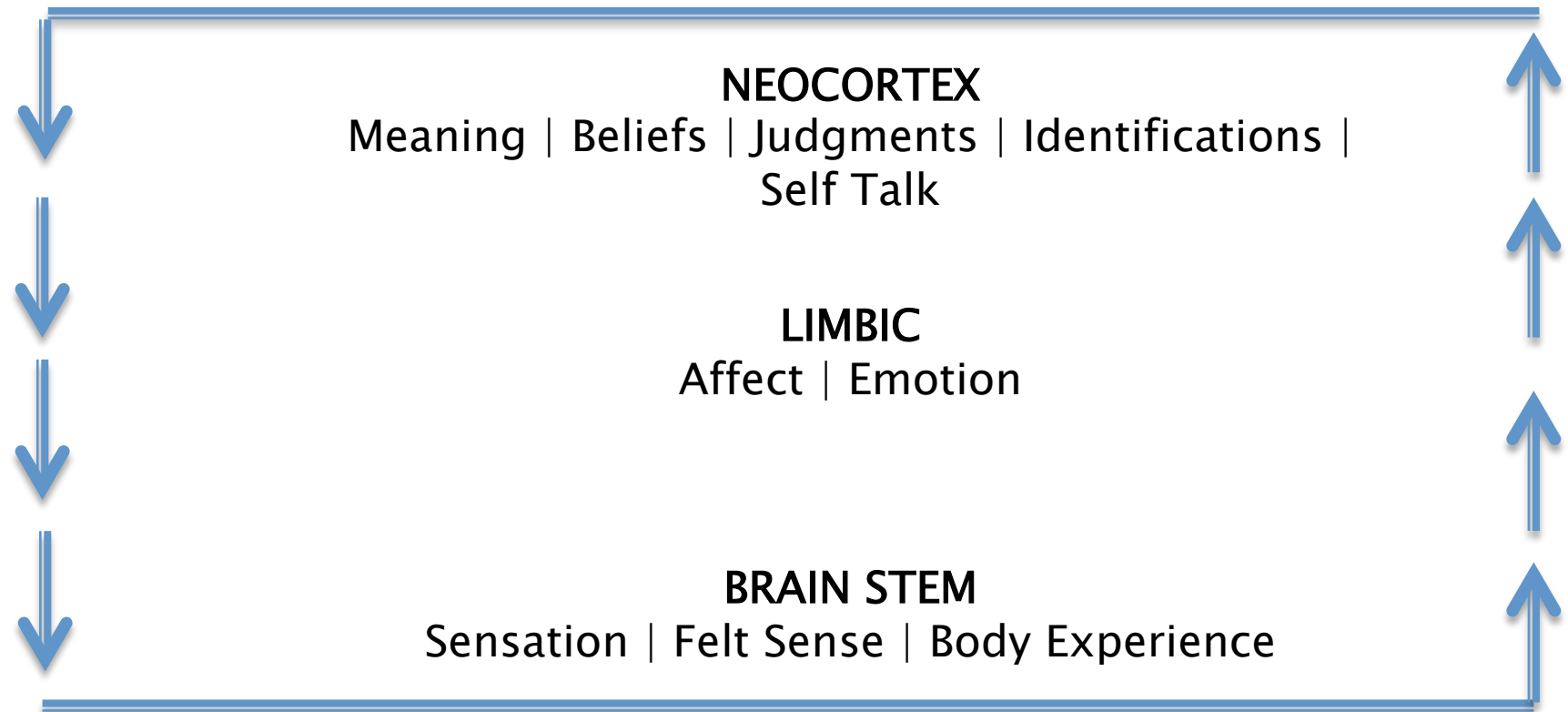
- ▶ the implicit memory
- ▶ the body language
- ▶ periods of time (instead of targets)

Conception, episodes in the womb, birth, 0–3 months, 4–6 months, 6–12 months, 2nd year

Treatment

step 4. body sensations get words

Information Moving Top-Down



Information Moving Bottom Up

Take home message



Thank you !



Kent, P. There is no such thing as a DRAGON!

The body remembers!

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- ▶ Rothschild, B. (2000) The Body Remembers, The Psychophysiology of Trauma and Trauma Treatment