

Anxiety, Depression and Stress Management

March 18-19, 2019 | London, UK



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Being brief with EMDR


Standard EMDR is known for its 8 phases and 3-pronged approach to processing traumatic memories. EMDR's unrestricted processing frequently opens associated channels that had not been identified or exceed the patient's window of tolerance, often extending treatment to multiple sessions. A more focused, briefer approach to EMDR treatment may help manage client processing and number of sessions. The Brief approach to EMDR uses a neurological networking perspective in case conceptualization. Beliefs are the verbalization of neural networks emotions and sensations, therefore, by identifying the negative and adaptive core beliefs associated with the client's presenting concerns, these neural networks can be quickly identified and transferred to a Targeting Sequence Plan. Once identified, the patient and clinician can determine what to target and how much of the neural network to process. Processing is managed by using a variable speed application of BLS, i.e., The

Processing Continuum: EMD[^], EMD^r, EMDR. Processing may be restricted to a single incident, contained to part of the neural network, or opened to the entire neural network processing. Regardless of the processing modality negative and positive neural networks are linked, bound and consolidated into an adaptive, functional network. This keynote address will give participants an introduction on how to be Brief with EMDR.

Speaker Biography

Roy Kiessling was initially trained by Francine Shapiro in 1994, became an Institute facilitator in 1997, a trainer for HAP (USA) in 2001 and a senior trainer for her Institute in 2006. In 2013, he resigned his positions and formed EMDR Consulting. Since 2013 EMDR Consulting has grown to be one of the largest training organization in the US. EMDR Consulting's training approach stresses an integrative EMDR approach based upon core beliefs, The Processing Continuum and neural network consolidation. His presenting experience includes over 360 EMDR trainings, conference presentations and advanced trainings in the US, Canada, Russia and the Middle East.

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