

# Body, Mind and Heart

A publication that promotes total growth.

Volume II, Issue I

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What is EMDR?	Upcoming Events
<p>By Melinda Fry, PLPC, EMDR trained</p> <p>EMDR—Eye Movement Desensitization and Reprocessing is a powerful tool used in psychotherapy to help people gain relief from many forms of psychological distress. In 1987, Francine Shapiro, Ph.D. made a personal observation that rapid eye movement lessened the intensity of disturbing emotional distress. She began studying the effects of artificially stimulating eye movements while thinking of a disturbing event. Dr. Shapiro’s theory became EMDR.</p> <p>A basic tenet of EMDR theory is that the mind can heal from emotional trauma in the same way the body heals from physical trauma. For example, the body will work hard to expel a splinter under the skin. The wound festers and can be very painful. Once the splinter is removed the body quickly and naturally heals the wound. EMDR demonstrates basically the same order with mental processes. The brain like the body naturally moves toward health. If the effects of trauma block the information process system, the wound can cause intense suffering. Once the emotional block is removed – healing can resume.</p> <p>Traumas come in all shapes, sizes and levels of intensity. It doesn’t need to be a big trauma to have an impact on your life. It can be a small event that leaves a stressful imprint. Regardless of the magnitude of the event, if it prevents you from living a full and fearless life filled with joy and love – it is a trauma and EMDR can help you heal.</p> <p>People process the events of life in unique ways that vary according to many factors. If an event is not processed, it remains in the mind and body in its original state. It gets “frozen in time” with all the sights, sounds, smells, thoughts, emotions and body sensations that were present at the time it happened. The event remains unprocessed in the right brain where it is subjected to triggers that can create a state of constant arousal for impending danger. Nightmares and flashbacks are common signals of this process. Posttraumatic stress plays havoc on the mind, body, soul and our relationships.</p> <p>Today’s EMDR techniques include using a series of right to left eye movements, hand taps (tactile) or sound (tones). The goal is to cross over the body’s centerline from one side to the other to release the unprocessed information that is “stuck” in the right brain and allow healing to occur. EMDR is used for trauma, anxiety, low self-esteem, panic attacks, complicated grief, fears/phobias, and performance anxiety. It can help build positive qualities and inner resources. EMDR is not magic – it simply facilitates your natural ability to heal yourself.</p>	<p><b>Art Therapy Day</b> Arnell Etherington, Ph.D., MFT, ATR-BC is a Licensed Psychologist and Registered Art Therapist – Board Certified who will be here from San Francisco for a weekend of workshops.</p> <p>This day-long workshop will explore a variety of ways to begin to use art therapy as part of your personal journey toward health and healing. You will experience mandalas, lifeline collages, problem-solving techniques and the art journal. Class size is limited and we will work in a quiet closed group. All materials are included. <b>Come and enjoy!</b> <b>Saturday, January 18, 2003</b> <b>10 a.m. – 4 p.m.</b> <b>Cost: \$65.00.</b></p> <p><b>Sandplay Workshop</b> Arnell Etherington, Ph.D. is also a Sandplay specialist. In this one-day workshop for therapists, professionals and students she will review the basic tenets of sandplay and its use in psychotherapy. You will view the video of Dora Kalff working with clients. Your understanding of the sandplay figures and their meanings will deepen through experientials and review of the study symbols. <b>Come and enjoy!</b> <b>Sunday, January 19, 2003</b> <b>10 a.m. – 5 p.m.</b> <b>Cost: \$80</b> <b>CEU’s in art therapy.</b> <b>***Call 781-9400 to register.</b> <b>Advanced registration required for both programs.</b></p>

## **GET OVER IT?**

By Donna Kitchen, LCSW

After coaxing one of my friends to read the article, 'The Toughest Challenge', from the last Body, Mind and Heart Newsletter, she let me know in no uncertain terms that if she told her husband it bothered her when he snored, his response would be, "Get over it!". So here goes!

If someone tells you to "get over it" after you have carefully crafted expressing your bothered to them, one of two things have occurred. Either you have not done a good job of expressing yourself, or he is not receptive to the fact that you are asking for help.

If he says "get over it", the first task is to ask if he understands that you do know that this is your problem. You do, don't you? So often we think we have claimed the problem when really, underneath it all, we believe it is the other person's problem (in other words, their fault that we have a problem). If that is your underlying belief, you will communicate that in some way unwittingly. Reiterate to him that it is totally your problem and that you are willing to solve it in some way. Explain that what you are asking is if he is willing to help you to get your problem solved.

I can just hear my friend saying, "How can his snoring be my problem?" When I reread my last article I see that I don't make clear a very important FACT. Any emotion you feel is your problem. We spend our lives trying to make our feelings someone else's problem, usually unconsciously. Our goal is to get these things conscious. If I have feelings about your snoring -- it is my problem.

If you reiterate your problem to your husband and he still says, "get over it", try asking him why he isn't willing to help you with your problem. You can explain that it makes problem-solving for you more difficult if he does not help, but that you will still find a way to solve your problem. You can explain that you are sad that he does not want to help you and it is hard for you to understand why he doesn't and you would like to know why. Does he know? Can he tell you? He may think nothing can be done. He may fear you want him to have a surgery to solve the problem and that could be scaring him. Try to get him to respond to you. Sometimes our husbands really want us to ask for help and want to help us, but need a little encouragement.

While I am addressing this problem with a husband, it can just as easily be the wife who snores or says "get over it" when you present your bothered. The skills outlined above may be used with husbands, wives, partners, co-workers, friends and grown children.

**This newsletter is a joint venture of Meramec Counseling and Blueprint for Health.** We hope you enjoy reading it. Let us know what you think. Your feedback is greatly appreciated.

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## **Create Valentine's Day cards that come from your heart!**

Marian Hirsch, LCSW will teach you new techniques so you can make special valentines for your loved ones.

**Don't miss out!**

**Saturday, February 1**

**12 noon - 4 p.m.**

**Cost: \$15**

**Materials included.**

**Place: Marian Hirsch's house**

**Call 781-9400 to register.**

**Advance registration is required.**

## **Jane Thurnell-Read teaches Energy Mismatches**

Jane Thurnell-Read will be in St. Louis in September to teach a one-day workshop on Energy Mismatches. She is a Health Kinesiologist from Cornwall, England. She has been studying the principles of Health Kinesiology and holistic healing for over twenty years and teaches lay people and professionals in an upbeat, entertaining style.

### **In March Issue:**

- David Grove's upcoming workshop.
- Article: What is Health Kinesiology? What is an Energy Mismatch?
- More details about Jane Read's workshop.
- Upcoming programs for energy and self-nurturing.
- Report from Donna and Melinda about their latest training about Internal Family Systems Therapy.
- What is HIPAA?

**\*\*\*\* Please notify us if your address changes. \*\*\*\***

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