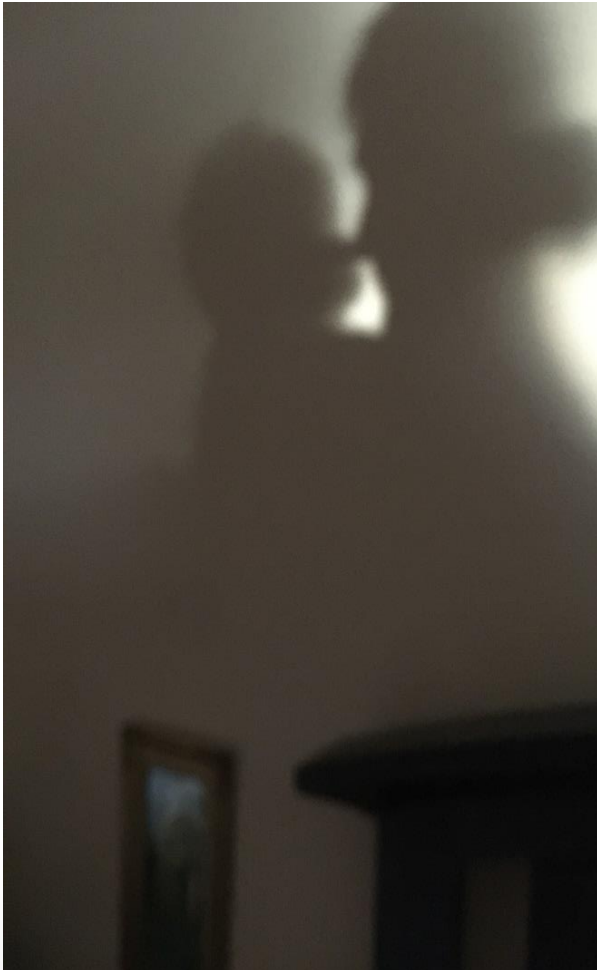


Created for Connection: Building and Sustaining Relationships that Heal

Amber Hartman, LMSW, IMH-E® (III)

Pamela Crljenica, LMSW, IMH-E® (III)

Introductions...



Amber Hartman, LMSW, IMH-E®(III)

Work:

Infant Mental Health 15 years:
7 years homebased, out-patient,
Sienna Heights University Adjunct
4 years, supervised PAT program,
reflective supervision, private
practice, EMDR trained

Personal:

Mom of three, Yooper transplant,
ACEs 8/10*, converted to
Catholicism in 2016, passionate
about spirituality in practice and
reflective supervision

Introductions...



Pamela Crljenica, LMSW, IMH-E® (III)

Work:

Homebased family therapy 13 years, IMH last 8 years, faculty at Michigan State University for 6 years, private practice and consultation, EMDR trained

Personal:

Mom of two, married to a war refugee/immigrant, ACEs 0, passionate about work with clinicians

Many thanks to...

- Katie O'Shea, co-creator of the EMDR Early Trauma Protocol "When There Are No Words"
- Bonnie Badenoch, expert on Interpersonal Neurobiology (IPNB) and author of Healing the Heart of Trauma
- Jim Knipe, EMDR therapist and author of EMDR Toolbox: Theory and Treatment of Complex PTSD and Dissociation
- Our clients and supervisees, especially those that allowed us to share their stories with you today

Foundational Principles

- 1) We are created for connection. We are hard-wired to attach and bond our whole lives; inclusive of both infant attachment and adult love.
- 2) We will use whatever strategies (even problematic ones) we can to remain connected with our “person”.
- 3) Trauma is the bad things that happen AND the good things that don't.
- 4) Healing occurs in the context of connected, supportive relationships. Painful events that are not seen and held by another don't have the relational support to integrate. In other words, who was with you before, during, and after the trauma?
- 5) One way to support this innate drive to connect is by developing and sustaining reflective capacity.

Format of this Workshop:

- **Created for Connection: Building and Sustaining Relationships That Heal**
 - Title refers to both the relationships with clients and more importantly the relationships we have with our “selves.”
 - Our systems were created with an innate capacity to heal.
- **Process oriented**
 - We will conduct the workshop in much the same manner as you would conduct a session using these techniques.
 - We want you to experience calming your left hemisphere in order to connect right to right with us and parts of yourself...the parallel process.
- **Experiential**
 - It a requirement that all EMDR therapists personally experience EMDR. Shouldn't all therapists be required to do their own work?
 - You will have an opportunity to experience each of the strategies presented both for professional learning and personal growth.

Workshop Outline

- 1) Experiential Exercise #1- Container
- 2) Lecture
 - a) Adaptive Information Processing Model
 - b) Window of Tolerance
 - c) Inner Community
- 3) Case Examples
 - a) Reflective supervision “Babette”
 - b) Reflective supervision “Katie”
 - c) Infant Mental Health client “Mom”
- 4) Experiential Exercise #2- What’s the Part of You Look Like...?
- 5) Questions and Conclusion
- 6) Containment

Experiential Exercise #1: Container



Preparation for Container

- You have a sample script on the next slides and in your materials.
- We will:
 - 1) Demonstrate Container with a volunteer
 - 2) Review the sample script and tips for this exercise
 - 3) Guide everyone in practicing Container
- We're telling you this in advance because we know that **our systems are meant to focus on one thing at a time**, and we want you to be able to give each of these experiences your full attention.

Sample Script for Container

“We all have things that have happened to us and stuff that may come up from time to time, so we need to have a way to set that stuff aside until we can give it our full attention. Our systems are made to be able to do this, with our right hemispheres storing experiences until we can give them our full attention and learn (or unlearn) all that we need to. This will be what happens during our time together...we’ll take stuff out bit by bit so you can learn (or unlearn) from it, **and we’ll do it together.** Until then, you need a place where you can store this stuff, and you can help your right hemisphere by picturing a place or container to set that stuff aside for now. What comes to mind as a place where anything that needs to be reviewed can be stored until you can give it your full attention? It can be a picture in your mind or you can leave it here with me in my box.”

Sample Script for Container

If client pictures something, ask what to call it...this is their cue word. Or, they may select your container.

“Now, just focus on your *cue word/my container* and let everything that needs to be reviewed from the past, the present, and the future be set aside for now. Let me know when it’s all in, or if you’re having any trouble.”

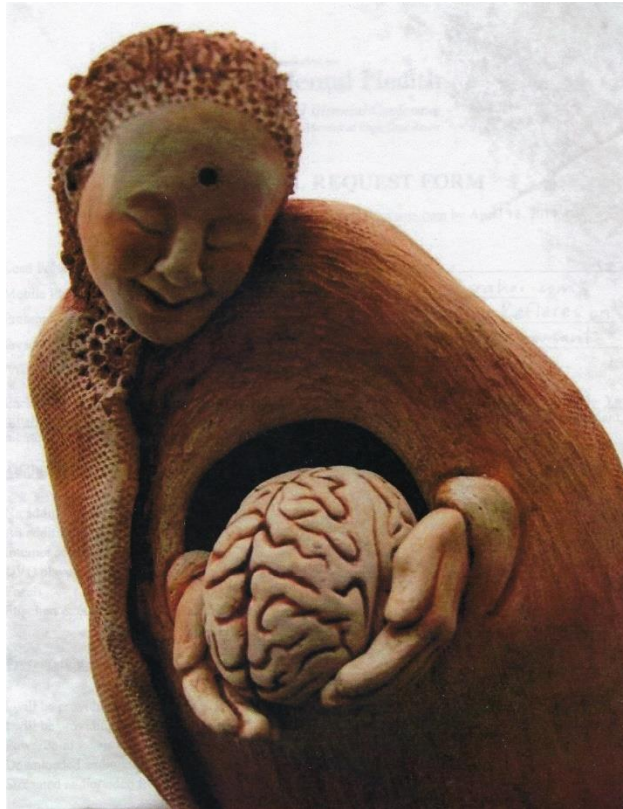
Ask client to practice containing until your next appointment, perhaps at times of transition such as waking up in the morning or going from work to home. Let them know that their brain is made to do this and the more they practice the easier it will get to do this, even with very distressing content. Acknowledge that their container may change or develop over time and that this is totally fine.

Tips for Container

- Should NOT be something that you see in day to day life...as this may be activating.
- Should have a way to keep material inside (i.e., a lock or a “time stamp” until next session).
- Container can develop or change...as you practice you may realize that you need something different, bigger, or stronger.
- Feelings do NOT go in the container, but “whatever the feelings are about” can.
- Parts of self do NOT go in the container...this requires a Safe Place.
- Should feel like looking at the material easily and effortlessly and/or a felt-sense vs. itemizing.
- If it’s difficult to set something aside, it might just mean it’s ready to be cleared and that you need support and connection.



“It is more important for me to trust my people than it is for them to trust me.”



- Bonnie Badenoch
Healing The Heart
of Trauma, pg. 38

Image courtesy of Bonnie Badenoch

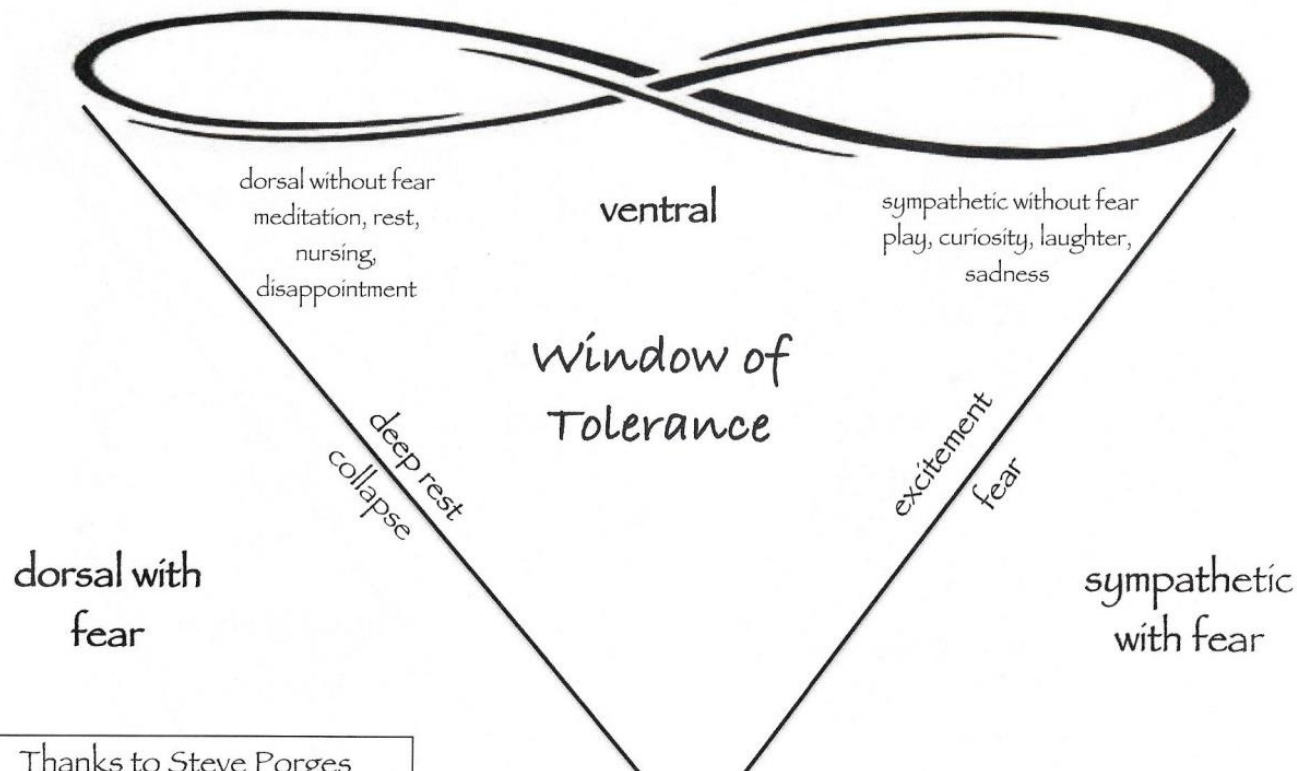
EMDR Adaptive Information Processing (AIP) Model

- “The natural tendency of the brain’s information processing system to move to toward a state of mental health.”
- Shapiro, 2018
- This work requires the same level of embodied trust in this process as exists for the trust in the body’s ability to heal from *primarily* physical injury.
 - Examples : cut finger, passing by a fatal car accident
- Infant Mental Health perspective adds the critical role of attachment in this process, i.e., healing occurs in the context of connected relationships.

Window of Tolerance

Autonomic Nervous System

Expanding and Contracting Window of Tolerance

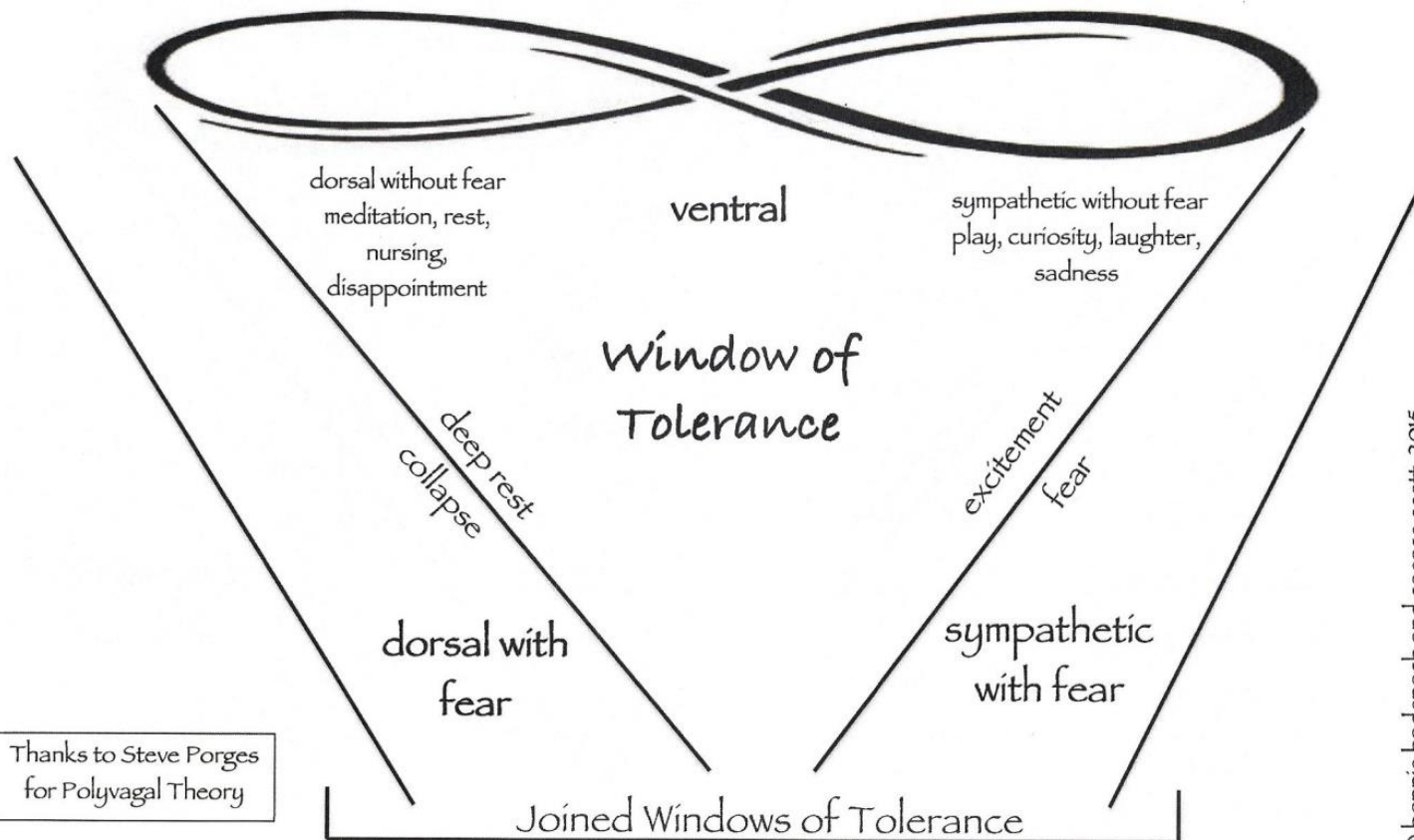


Thanks to Steve Porges
for the Polyvagal Theory

Joined Window of Tolerance

Autonomic Nervous System

Expanding and Contracting Joined Windows of Tolerance



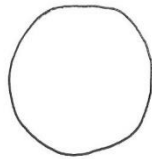
Inner Community

- EMDR “Language of Ovals” theory of personality structure identifies all parts of an individual’s personality as adaptive, functional, protective, and designed to maintain relationships. (Knipe, 2015)
- “It is quite a gift that our inner world includes the others in the memory so there can be inner resolution, especially when no outer reconciliation is possible. This is the essence of inner community work.” (Badenoch, 2018)

Basic principle:

Just be with whoever is in the room.

Inner Community...Manager



MANAGER

JOB: Look "normal!"
Don't jeopardize
relationships.

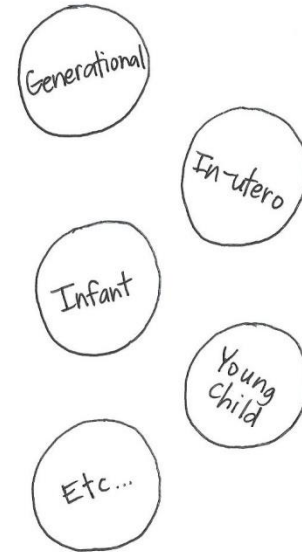
Adapted from the work of Bonnie Badenoch and Jim Knipe

Inner Community...Wounded Parts



MANAGER

JOB: Look "normal."
Don't jeopardize
relationships.

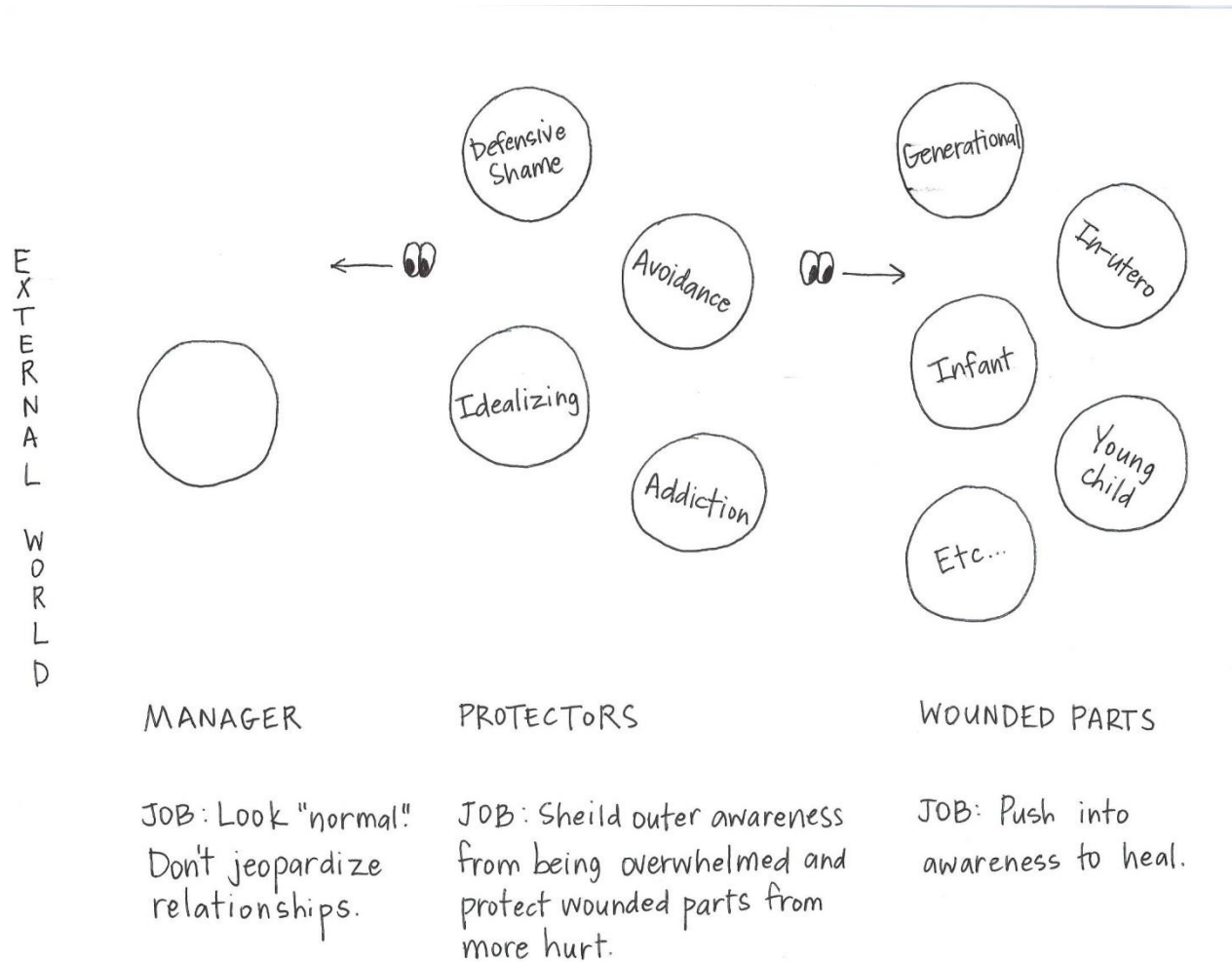


WOUNDED PARTS

JOB: Push into
awareness to heal.

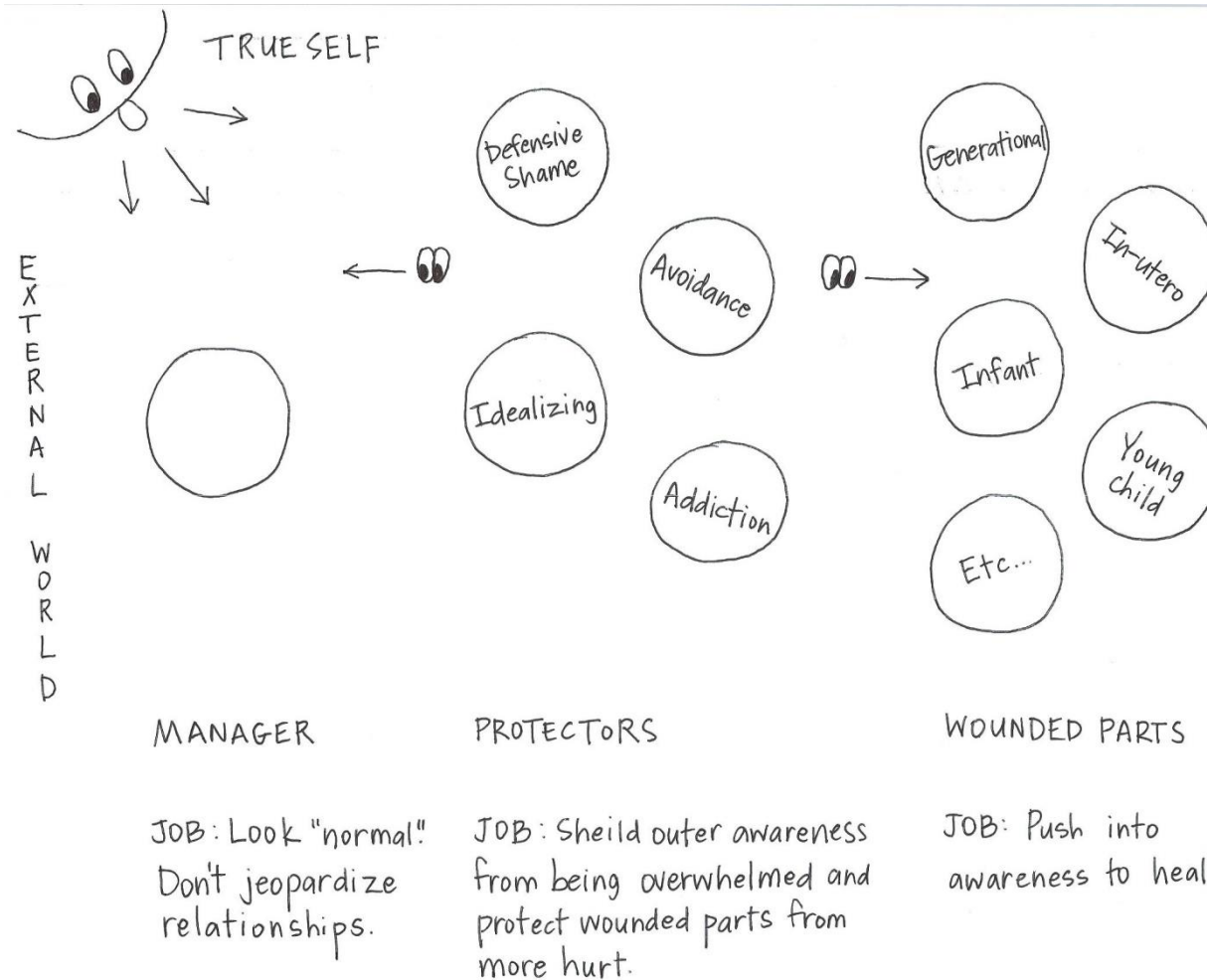
Adapted from the work of Bonnie Badenoch and Jim Knipe

Inner Community...Protectors



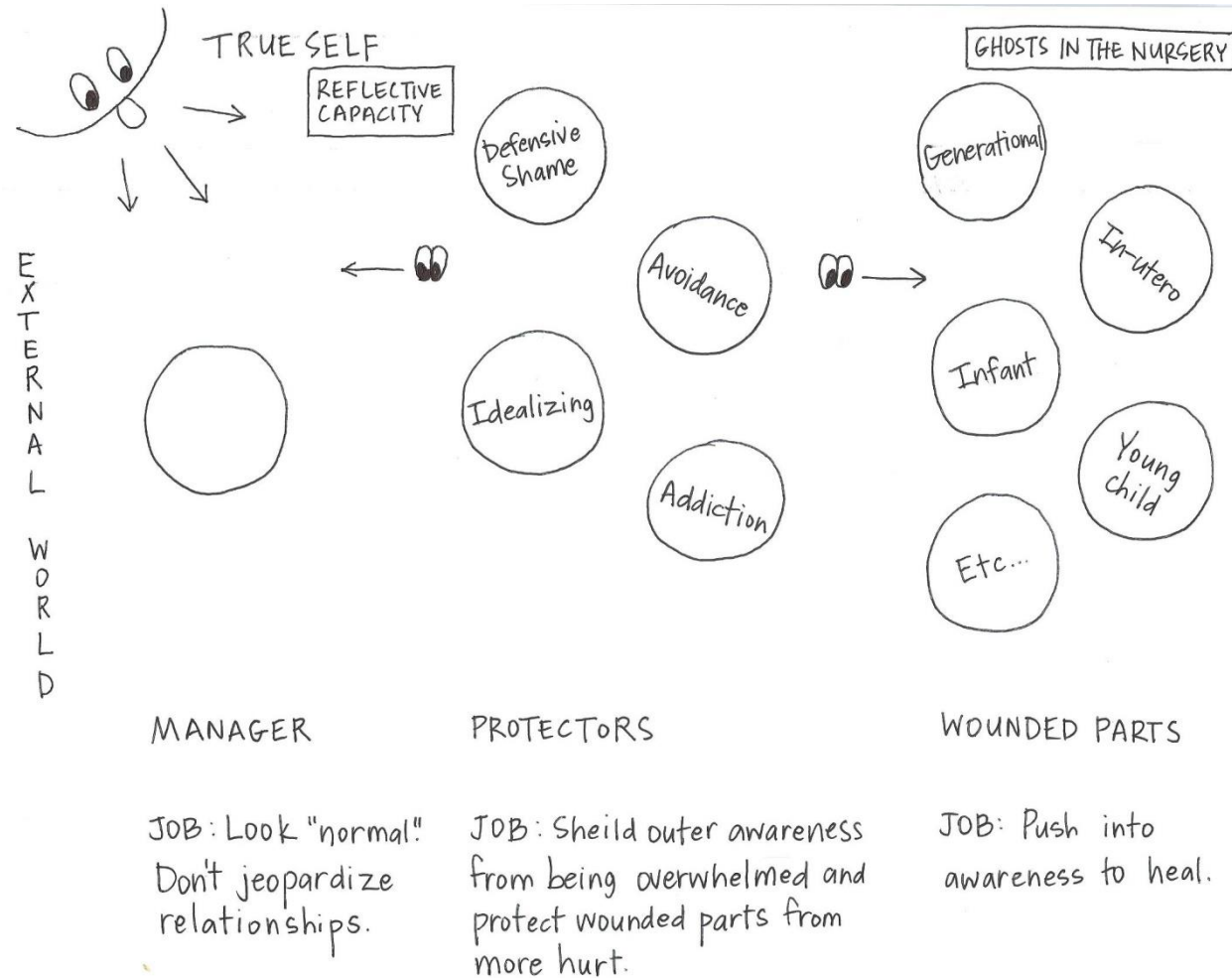
Adapted from the work of Bonnie Badenoch and Jim Knipe

Inner Community...“True Self”



Adapted from the work of Bonnie Badenoch and Jim Knipe

Inner Community and IMH



Adapted from the work of Bonnie Badenoch and Jim Knipe

Inner Community



Inner Community



Reflective Supervision Case

Example 1: Babette

- Wonderful employee woefully behind on paperwork
- Worked to identify the part struggling in reflective supervision
- Once part was identified, employee was able to catch up on all paperwork before the end of following week
- Addendum: New job, same part needing to be healed...demonstrates the importance of continued treatment

Reflective Supervision

Example 2: Katie

- Working with a very difficult case, many recent challenges
- Reflective supervision begins with much “idle chatter”, transitions to the “real issue”:
“I think it’s time to stop seeing the kids with dad.”
- Identified and cared for the part that was struggling.
- Comfortable and confident she could continue work with children at father’s home with increased sense of empathy.
- Addendum: This has continued to be the case for many months after.

Infant Mental Health

Case Example

- Mom with trauma history, death of both parents, broken marriage, difficulty parenting her children due to distress.
- 2.5 years in, distress due to lack of phone call from husband.
- Identified and cared for 5 year old part: “I just talked to her.” Able to continue parenting her children.
- Addendum: Very intense processing, co-worker in office building activated and distressed by what she could hear.

“Our job is to keep our hearts open in hell.”

- Steve Levin



Bloody Saturday - a crying Chinese baby amid the bombed-out ruins of Shanghai's South Railway Station, 1937

Experiential Exercise #2

“What’s The Part of You Look Like...?”



Image courtesy of Bonnie Badenoch

Preparation for “What’s The Part of You Look Like...?”

- You have a sample script on the next slides and in your materials.
- Please know that we will contain whatever comes up at the end.
- We invite you get comfortable in your chair, close your eyes, and take a few deep breaths.
- Bring to mind a recent time that you were struggling with your work...though we trust that your system will bring forward whatever part of you needs help right here today, and it may not have to do with work; just know that **all parts of you are welcome here.**

Sample Script for “What’s The Part of You Look Like...?”

“What does the part of you look like that was struggling with that? Don’t try, but just notice, easily and effortlessly, whatever comes up. Now, sit with whatever you’re noticing for a moment. Just notice what you notice and know that it’s where you’re at right now and that’s ok. Now, you might deepen the experience by noticing what emotions arise in you as you sit with this today. Perhaps you feel something in your body. If so, you may put a hand there and just notice. Can you move towards compassion for that part of yourself? This isn’t always easy. Just notice whatever answer comes. Whatever answer you get, take a moment to sit with this idea of compassion for all parts of yourself, especially parts of you that may struggle at times in this difficult work that you do. Can you thank that part for coming forward today?”

Adapted from the work of Katie O’Shea

Sample Script for “What’s The Part of You Look Like...?”

“As we move to ground ourselves back to the present moment, we invite you to take a few deep breaths. Slowly invite movement back into your body, noticing any areas of stress or tension in your body and taking a moment with those areas. We invite you to slowly open your eyes and notice where you are at right here, right now, in the present moment. When you are ready, return the room.”

Tip:

Considering what this part may need for repair and healing in order to move forward is an area for further exploration.

Adapted from the work of Katie O’Shea

Questions?

Evaluations and Follow-up

- **Objectives**

- 1. Integrate EMDR concepts regarding personality structure with the Infant Mental Health concept of reflective capacity. (Inner Community)
- 2. Learn and apply the EMDR "Container" technique in relationship-based Infant Mental Health practice.

- **Interest and Recommendations**

- This is our first time presenting this material-was it what you needed?
- Is there interest in a longer session to dive deeper?

