



EMDR

Eye Movement Desensitization and Reprocessing

By Charles E. McBride and Lesley Travers



IN THIS ISSUE

PAGE TWO

Three Trails Book Review,
"It Will Never Happen to Me"
Out & About
Our Outreach Involvement

PAGE THREE

Dr. Lesley Travers'
Sincerely, Supper Sloppy Joes
The More Things Change
Will Gratitude Add to Your Life?

PAGE FOUR

Continuation of the
front page Eye Movement
Desensitization and
Reprocessing column.

At Three Trails we are constantly trying to find ways to provide more services to our clients. With this in mind, we're happy to announce that we now have two therapists trained in EMDR (Shapiro, 1989) to provide counseling for those people who have experienced some sort of trauma. We wanted to briefly explain what EMDR is and tell you a little bit about each of the therapies these two counselors provide.

EMDR (eye movement desensitization and reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life events. It is widely assumed that severe emotional pain requires a long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma much in the same way as the body recovers from physical trauma. When you cut your hand, your body works to close the wound. If a foreign object or repeated injury irritates the wound, it festers and causes pain. Once the block is removed, healing resumes. EMDR therapy demonstrates that a similar sequence of events occurs with mental processes. The brain's information processing system naturally moves toward mental health. If the system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense suffering. In EMDR therapy sessions, clinicians help clients activate their natural healing processes.

Eye movements (or other bilateral stimulation) are used during the session. After the clinician has determined which memory to target first, he asks the client to hold different aspects of that event or thought in mind and to use his eyes to track the

(continued on page 4)



www.threetrailsefap.org
threetrails@threetrailsefap.org



Three Trails EFAP
812 South David Street
Casper, WY 82601



P: 307.237.5750
F: 307.237.5772

Three Trails Book Review

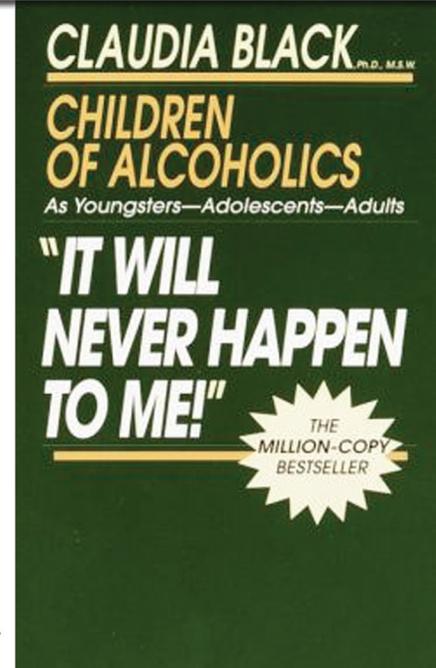
Book Review of Claudia Black's "It Will Never Happen to Me" by Bonda Zeller

Mixed into the Alcohol and Drugs section of the loan and return library at Three Trails, are books for families of a person with addiction. *It Will Never Happen to Me!* by Claudia Black is a book for children and/or families of alcoholics. The author uses her research as a guide to families, adults, and children faced with the challenges of addiction.

The book is easy to read and has many useful ideas for adults, parents, and helping professionals who work with families affected by alcoholism. One concept that she emphasizes throughout the book is the common rules of "Don't Talk, Don't Trust, Don't Feel". She believes that in many homes, families do not talk about the alcoholism for many reasons including denial, fear, and hope for change. Many Children of alcoholics often learn to trust themselves alone, which in itself is great for survival, yet they may have difficulty trusting the actions and intentions of others. Individuals try to bring stability to a sometimes unpredictable experience. One way to do this is by discounting feelings of being afraid, sadness, anger, embarrassment and guilt.

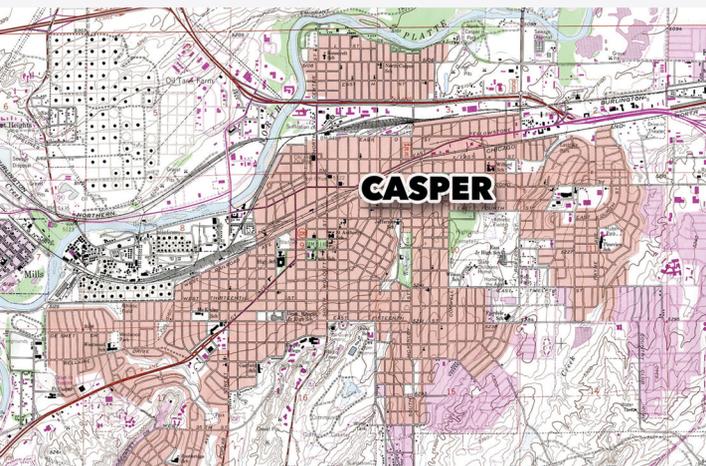
The author then offers suggestions to restructure the "rules" for those in the home and self-reflection activities for those who have grown up. An example is the problem solving exercise, "What if". A family member lists possible or actual problems, and then brainstorms 2-3 different possible ways to avoid danger or vulnerable positions if the problem is to occur.

In addition the book addresses family violence, physical abuse and sexual abuse and offers resources for those in need and for those who may help like school staff, counselors, and friends. Unlike *Courage to Change*, another Al-anon book in library, which has daily meditations to help families encourage their recovering alcoholic loved one, *It Will Never Happen to Me!* is a resource that leaves out spiritual messages.



threetrailsefap.org

OUT & ABOUT – Three Trails Recent Outreach Involvement



- March 21**, Three Trails EFAP hosted a financial literacy class that was provided by 1st Interstate Bank.
- May 12**, the Executive Director of Three Trails attended the Steering Committee meeting at NCS.D.
- May 19**, Three Trails presented a workshop on Stress Management during the annual Wyoming Code Enforcement Officer's annual meeting.

Three Trails EFAP would love the chance to present a workshop or present an orientation presentation for your worksite. Talk to your Human Resource representative if there is a workshop that we could do for your worksite!



www.threetrailsefap.org
threetrails@threetrailsefap.org



Three Trails EFAP
812 South David Street
Casper, WY 82601



P: 307.237.5750
F: 307.237.5772

Sincerely, Supper Sloppy Joes

The following recipe is From Dr. (or maybe we should call her President) Lesley Travers' cookbook, *At Home on the Range*



LESLEY TRAVERS

When I was a kid, my mom made the best sloppy Joes. You can make a whole mess of these for a wingding and I guarantee everyone will enjoy them. I have made them to sell for fund-raisers and they always sell out. They are beyond easy and the recipe came from good old mom. I cannot say I have ever had the canned mixture since this is so quick and easy.

1 pound ground beef	1 cup diced celery	1 cup diced onion
1 cup ketchup	Dash of Worcestershire sauce	Dash of mustard
8 buns		

Brown ground beef, celery and onion and drain. Add 1 cup chili sauce, 1 cup ketchup, Worcestershire and mustard. Simmer on low until ready to serve. Place the Joes on buns and serve with carrot sticks and chips or potato salad.

Makes 8 servings of sloppy Joes.

The More Things Change

By Jamie Leslie

We have made some changes to the age range for eligible dependents who can receive counseling. In the past, an eligible employee could also have their eligible dependents (ages 4-18) receive counseling. Several of our clients and business organizations have noted a wish to increase that age range. In an effort to improve on positive family dynamics for eligible employees we have increased the age range. The current age range for eligible dependents is now 4 – 21.

In other news, Dr. Lesley Travers has accepted a position as the President of Eastern Wyoming College in Torrington and will no longer be working at Three Trails. We are sad to lose Lesley as one of our counselor's but excited for this upcoming adventure for her!

Will Gratitude Add to Your Life?

Thanks to research, the practice of having an attitude of gratitude is beginning to take its place alongside meditation, yoga, and mindfulness as a health practice with demonstrated value. Magazine articles, books, websites, diaries, greeting cards, and calendars all promote the attitude of gratitude.

More than 20 gratitude-focused research studies have cataloged the health benefits of gratitude, including improved life satisfaction, vitality, hope, optimism, and reduced levels of depression and anxiety. Practicing gratitude is a conscious process that includes the intention of regular thankfulness (i.e., "Today, I am thankful for..." or "My favorite part of today was...") and training one's mind to see the good in any situation.

Will it work for you?

Source: www.tandfonline.com



(continued from page 1, EMDR)

therapist's hand as it moves back and forth across the client's field of vision. As this happens, internal associations arise and the clients begin to process the memory and disturbing feelings. In successful EMDR therapy, the meaning of painful events is transformed on an emotional level. For instance, a rape victim shifts from feeling horror and self-disgust to holding the firm belief that, "I survived and I am strong." The net effect is that clients conclude EMDR therapy feeling empowered by the very experiences that once debased them. Their wounds have not just closed, they have transformed.

Charles McBride, MA, NCC, LPC has been with Three Trails for over two years and is a trained Level One EMDR therapist. What this means is that he is trained to work with clients who have experienced one specific trauma, such a car accident. He uses abts (alternating bilateral tactile stimulation) and a device called a "TheraTapper". The TheraTapper has two "pulsers" connected to a control box. The client holds one pulser in each hand while Charles holds the control box and changes the length of each pulse, the intensity of each pulse and the length of pause between pulses. As you might guess from the name, these pulses alternate between each hand.

Lesley Travers, PhD, NCC, LPC, LMFT, LAT, MAC our newest part-time therapist, is a trained Level Two EMDR therapist. Prior to 2007, EMDR Level Two therapists were provided additional skills for processing more complex trauma cases. Dr. Travers uses the client's own rapid rhythmic eye movements which dampen the power of emotionally charged memories of past traumatic events. Eye movements are used to engage the client's attention to an external stimulus while the client is simultaneously focusing on internal distressing material.

EMDR therapy is recognized as a very effective treatment for trauma and is recommended worldwide and has practice guidelines for both domestic and international organizations. Additionally, there is some anecdotal information that suggests that EMDR therapy is effective for phobias and panic disorders. Preliminary investigations of EMDR also indicate that it can be helpful with dissociative disorders, performance anxiety, body dysmorphic disorder, pain disorder and personality disorders. These finds are preliminary and further research is being completed to assess their effectiveness. Each case using EMDR is unique and depends upon the specific problem and the client's history. And research indicates that EMDR is very effective in treating trauma.

Shapiro, F. (1989). Efficacy of the eye movement desensitization procedure in the treatment of traumatic memories. *Journal of Traumatic Stress*, 2, 199-223.

