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A Tribute to Gayle Schnorenberg

Most tales may start with a "Once Upon a Time" gimmicky beginning. Gayle's start with Three Trails was literally at the beginning of Three Trails! She was one of the founding board members that established Three Trails here in Casper, Wyoming in 1998. In May of 2022, Gayle resigned from the Board of Three Trails but continues to echo in the history and hearts of the staff here!

My first encounter with Gayle was when I was being interviewed by Gayle and Chauncy Johnson (former Board Chair in 2015). I was obviously nervous and excited by the possibility of what the interview would bring. I recall Gayle exhibiting a professional yet welcoming demeanor. From then on, she was an amazing resource for me, a new Executive Director, to utilize. She was the Excel Spreadsheet Queen and helped me navigate using Excel for tracking the budget. Gayle was also my go to editor! She had the eagle eye for edits to meeting minutes and anything else that I sent her way. She has held every title on the board of Three Trails since 1998. She was also the unofficial historian for Three Trails.

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Flash Technique

Created by Philip Manfield

Reviewed by Liz Kornkven, LPC

Flash Technique (FT) is an evidence-based therapeutic intervention created by Philip Manfield. Manfield is an Eye Movement Desensitization and Reprocessing (EMDR) trained certified counselor, consultant, and principal creator of FT.

Flash Technique was originally developed for the Second Phase of EMDR which is the Preparation Phase to help prepare individuals for EMDR. Recent studies have shown that FT can also be used in the Desensitization Phase of EMDR. It is used to decrease the level of disturbance from a traumatic memory. Often FT is quicker than EMDR and less traumatizing for individuals.

Clients are encouraged to view Flash Technique as an experiment. One set takes about 10-15 minutes. The client is asked to briefly think of a disturbing memory but not in detail. Then the client is asked to think of a Positive Engaging Focus (PEF). Some individuals have used a favorite camping spot, a hike in Scotland, or a favorite song. The client decides what PEF is best and what PEF will stay positive. If the PEF becomes negative, then a new PEF can be easily chosen. Sometimes, it's helpful for clients to think of a PEF before the session.

After the Positive Engaging Focus has been chosen, the counselor begins tapping on their own knees at a slower pace. The client mirrors the tapping of the counselor on the client's own knees. The counselor will ask the client to blink their eyes three times when the counselor says "flash". After a set of five flashes, the counselor asks the client to briefly check on the original disturbing memory. If there is a change, counselor asks the client for the Subjective Unit of Disturbance (SUD). The SUD is a scale of 0-10 with 10 being the most disturbing and zero being neutral or no disturbance. The FT process continues until the SUD is zero or as close to zero as possible.

In regular protocol EMDR, the eye movements are thought to help in reprocessing memories. During Rapid Eye Movement (REM) sleep or when we dream, our eyes are moving right to left repeatedly. The blinking of the eyes or flashing is thought to possibly mimic the REM sleep eye movements. Also, the bilateral (right to left) tapping on one's knees helps with reprocessing.

After the SUD is zero, we return to regular EMDR protocol Phase Five which is installation of the positive cognition (PC). A positive cognition is usually an "I am" statement. For example, I am strong, or I am an overcomer. Bilateral stimulation (left to right movements) is used to install the Positive Cognition. After the PC seems true using a scale of one to seven, where seven is totally true, the client moves onto Phase Six. Phase Six is a simple Body Scan where the individual closes their eyes, and notices from the top of their head to the bottom of their feet any unusual feelings. If there is some unusual feeling, then more bilateral stimulation is done. When the Body Scan is clear, the session is closed which is Phase seven.

One of my most encouraging sessions occurred with a client who had a SUD of about 8-9/10. We talked for about 25 minutes about this disturbing memory and then I asked the client if they would like to try Flash Technique (FT). We had previously used FT on another disturbing memory. The client asked if we had enough time to complete FT. I said let's experiment. So we began and in about 15 minutes this disturbing memory had gone to a zero SUD. The next session when I saw them, the SUD was still zero.

I enjoy using Flash Technique with clients because if it works, it's usually faster and less disturbing than regular protocol EMDR. Not all therapies work for every client but when FT works it's a beneficial tool.



MAKING FRIENDS WITH BREAD!

by Trish Hussion

Looking at ways to increase your connection and circle of friends? Trish Hussion, Administration Specialist at Three Trails EFAP recommends Friendship Bread! Here is a recipe she uses from Taste of Home website.

AMISH FRIENDSHIP BREAD

Before starting:

* Write the daily directions on a gallon-size Ziploc Bag. * Do not use metal containers or utensils. (Sourdough is acidic and can dissolve metal. Use ceramic, glass, or plastic only.) * It is normal for the batter to rise, bubble and ferment. If the bag has air in it, let the air out and seal the bag again. * Store the starter at room temperature. * Do not refrigerate.

Follow the daily directions below:

- Day 1: Do nothing.
- Day 2: Mash the bag.
- Day 3: Mash the bag.
- Day 4: Mash the bag.
- Day 5: Mash the bag.
- Day 6: Add 1 cup flour, 1 cup sugar, and 1 cup of milk. Mash the bag.
- Day 7: Mash the bag.
- Day 8: Mash the bag.
- Day 9: Mash the bag.
- Day 10: Pour the starter into a non-metal bowl. Add ½ cup flour, ½ cup sugar, and ½ cup milk. * Mix well and then measure out 4-5 separate starters of 1 cup each into gallon Ziploc bags. * Keep one bag for yourself and give 3 or 4 to friends along with a copy of this recipe. * If you can't pass the recipe onto a friend on the 10th day, follow the directions above (Day 10 is equal to Day 1) and let your friend know what day you are on once you pass it.



Amish Friendship Bread Recipe Preheat the oven to 325. To the 1 cup of Amish Friendship Bread Starter, add the following: 1 cup oil 3 eggs ½ cup milk ½ teaspoon vanilla 1 cup sugar 2 cups flour ½ teaspoon salt ½ teaspoon baking soda 1 ½ teaspoon baking powder 2 teaspoons cinnamon 2 small boxes instant vanilla pudding 1 cup chopped nuts (optional) Mix well. Spray 2 loaf pans with cooking spray. Mix ½ cup sugar and 1 ½ teaspoons cinnamon into a small bowl. Dust the greased pans with half of this cinnamon/sugar mixture. Pour the batter evenly into the pans and sprinkle the remaining sugar mixture over the batter. Bake for 1 hour or until a toothpick inserted into the center of the loaf comes out clean. Cool until the bread loosens from the pan evenly and turn onto a serving dish.

Note: If you keep the starter for yourself, you will be baking bread every 10 days. This bread makes a great gift!



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I recall our first Insight AGM trip to Canada. She told me tales of trips in the past, one that involved a kayak scavenger hunt, and introduced me to all the amazing folks from the Insight AGM group. We continued to have at least three fun trips to Canada for the Insight AGM that may have involved getting up at 3AM to make it on the plane, get together on a hippopotamus boat ride to tour the British Columbia area, and many yummy eats at steak restaurants talking about Hockey (which seems to be almost a spiritual thing for the Canadian folks). Our last Canadian outing was at Orillia, Ontario Canada in the rustic accommodations of the YMCA! I will always be thankful for these get togethers as it gave me a chance to develop a stronger working relationship with Gayle and the other amazing board members who were able to attend.



I know Gayle will be missed at the board meetings and any possible future Insight trips. I will miss her advice, editing support, budgeting suggestions, and oh so many things that she provided to Three Trails. She continues to send me emails of professional development and I look forward to seeing her at any future community encounters.

Thank you, Gayle, for being the foundation for Three Trails. All the staff, board members and I hold you in high esteem for all your years of service to the Board of Three Trails EFAP!
Happy (Three) Trails to you!

Meet Angela Lincoln

Three Trails is excited to have hired on another part-time counselor! Angela Lincoln is not new to Three Trails. She was an intern during the Spring of 2022. Angela is a Provisional Professional Counselor, and National Certified Counselor who recently graduated from the University of Wyoming with her master's degree in Mental Health Counseling. Angela has also completed basic EMDR training and is now an EMDR therapist. Angela has a love for research and has begun research in areas concerning trauma, teacher retention, and mental health needs in rural communities.



Angela was the Administrative Manager at Casper Classical Academy for 7 years and prior to this worked in the mental health field with children, adolescents, and adults for 13 years. Angela uses EMDR, DBT, Internal Family systems, solution focused, and narrative therapy when working with clients and prefers child centered play therapy when working with children. Angela enjoys working with adolescents, children, and adults. Angela has a passion for couple's counseling and is working towards becoming a Gottman Certified therapist.

Angela loves spending time with her family including her husband, adult son, and her 2 cats and dog, which she considers her fur babies. She also enjoys spending time in the Big Horns at her families' cabins and up in Kalispell, Montana exploring Glacier National Park or a day on Flathead Lake. During the long Wyoming winters Angela enjoys quilting or sitting down to read a good book with a hot cup of tea.

Angela mainly works with clients Monday evenings from 4PM until 6PM, Wednesday from 5PM until 6PM, Thursday from 3PM until 7PM and Friday's from 9AM until 12PM. Her schedule is subject to change depending on the need of the business.

