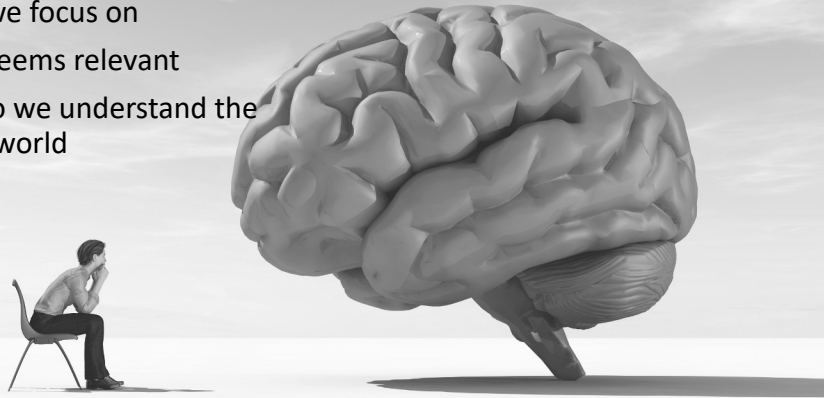


Clinicians' Biases: What we pay attention to and what we discard

- What we focus on
- What seems relevant
- How do we understand the child's world



Our life stories influence how we see other's life stories

Copyright Ana M. Gomez, 2012, 2023

**A NARROW VIEW OF TRAUMA
RESULTS IN A NARROW
APPLICATION OF EMDR THERAPY
AND CLIENT SELECTION**

**"Inability to integrate the
implications of an event into
the existing conceptions of
oneself and the world."**

Van der Hart (2019)

TRAUMA

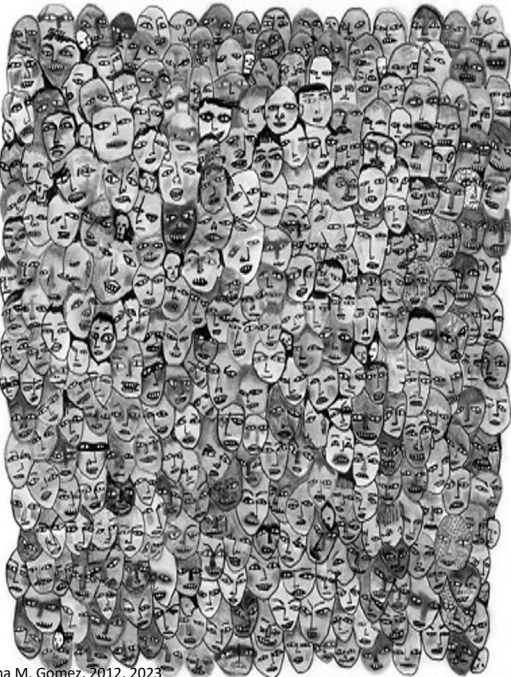
Copyright Ana M. Gomez, 2012, 2023


THE MANY FACES OF TRAUMA

Redefining Trauma

“Hidden traumas, interactive
dysregulation & chronic
misattunement” (Lyons-Ruth et al,
2009; Schore, 2006)

Copyright Ana M. Gomez, 2012, 2023

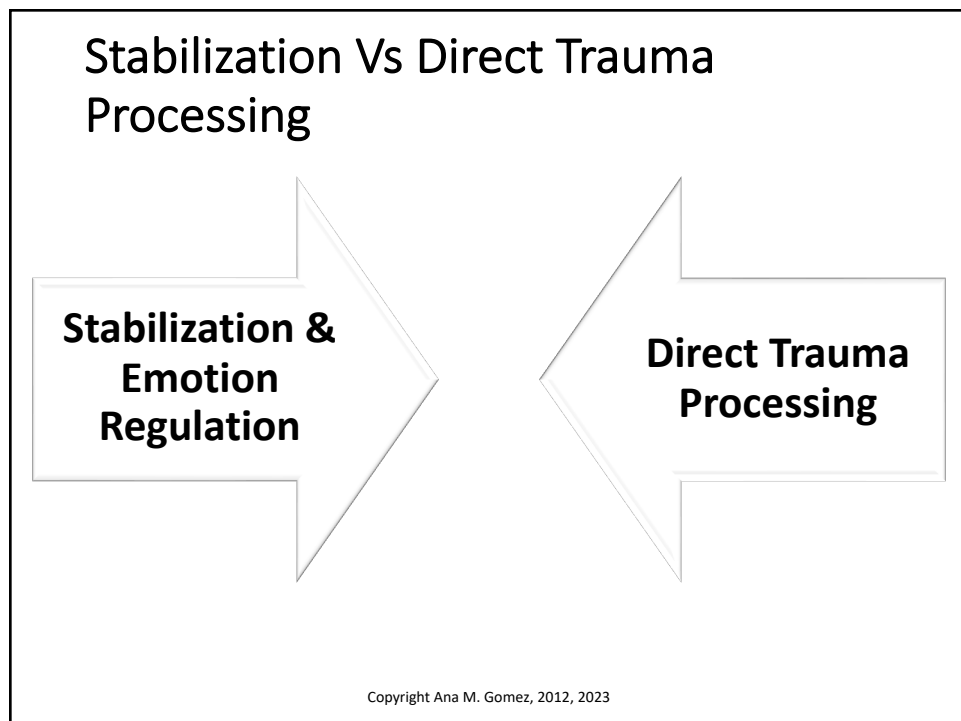
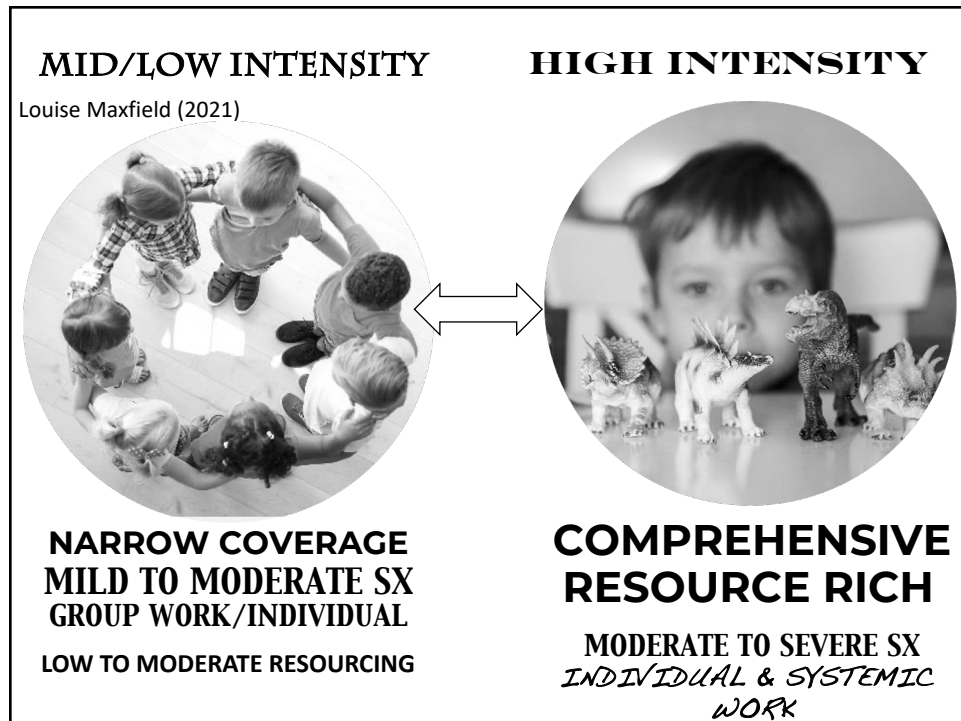




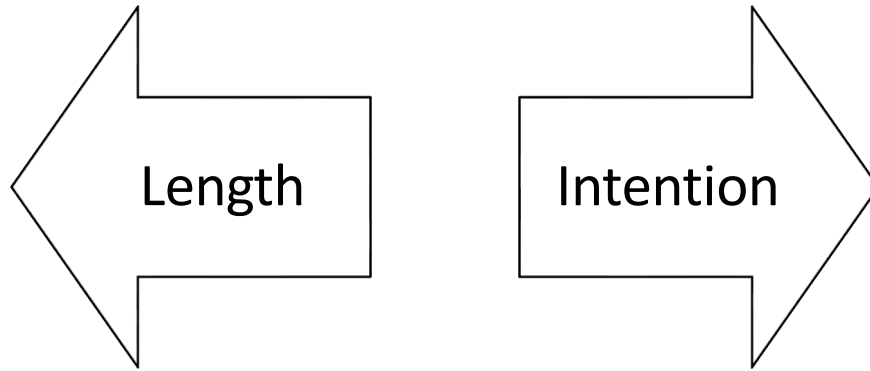
Copyright Ana M. Gomez, 2012, 2023

THE EMDR APPROPRIATE CLIENT

- Client selection may be guided by misunderstandings, clinician's belief system, own fears and lack of competencies
- What is the belief system that guides the use of EMDR therapy (EMDR vs Processing phases)
- Unexplored clinician's biases and expectations
- The unknown



Preparation & Stabilization Phase

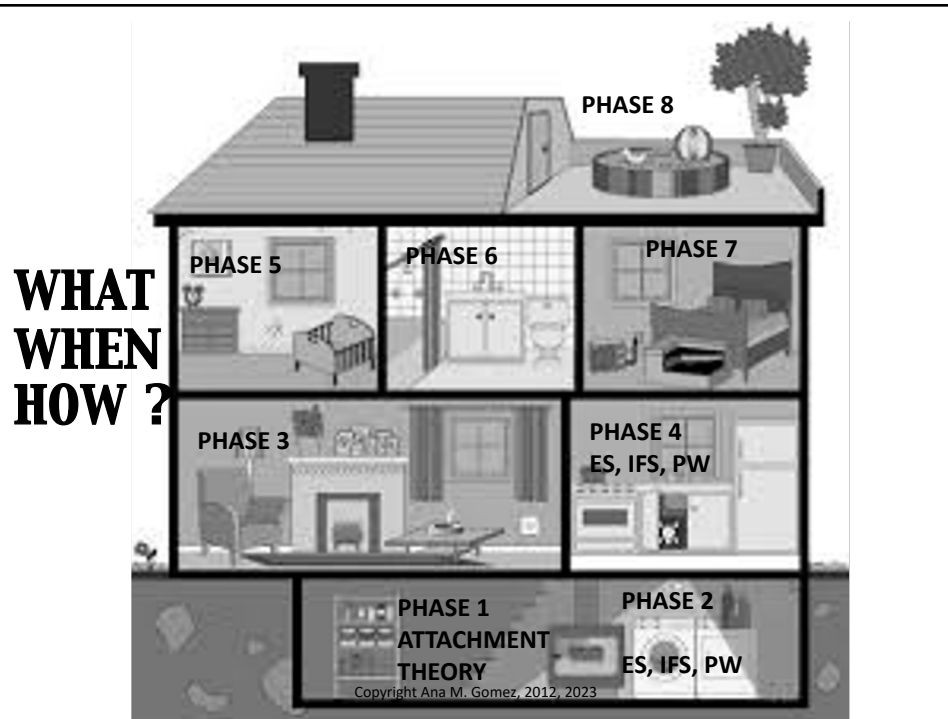
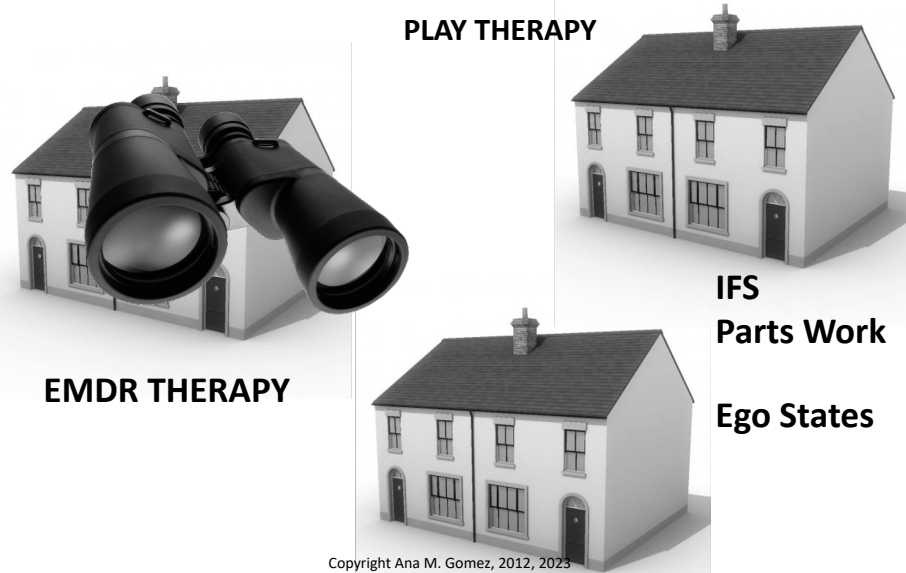


Copyright Ana M. Gomez, 2012, 2023

**WE DEVIATE FROM MASTERY
NOT UNAWARENESS**



My Therapeutic House



I see the present through the lenses of
the past: Past becomes present
(Shapiro)

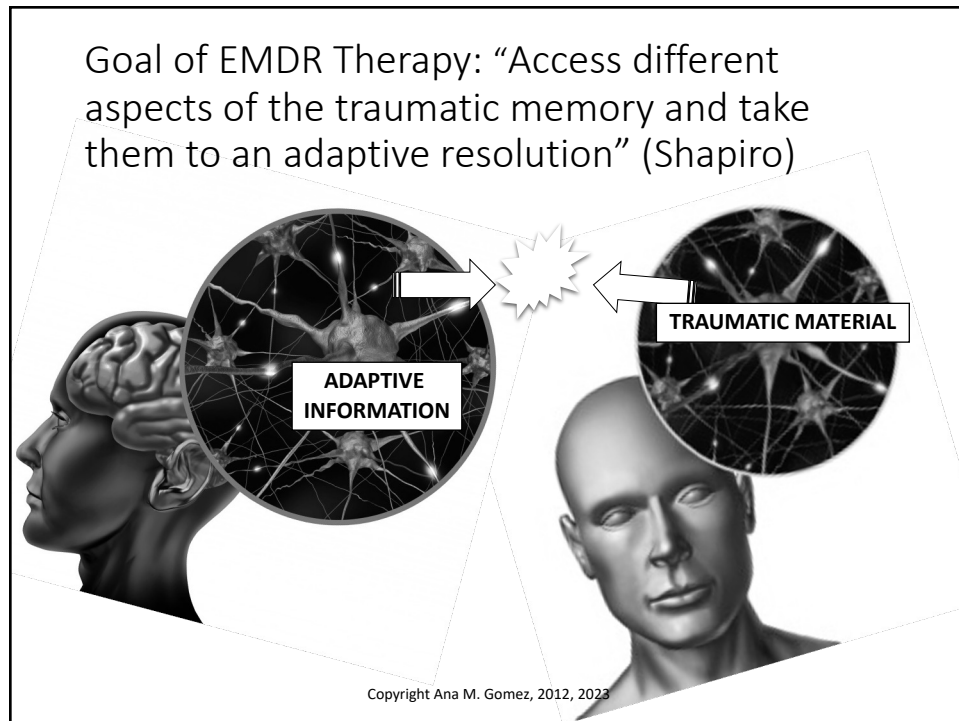


SYMPTOM

MEMORY

TRIGGER

Copyright Ana M. Gomez, 2012, 2023

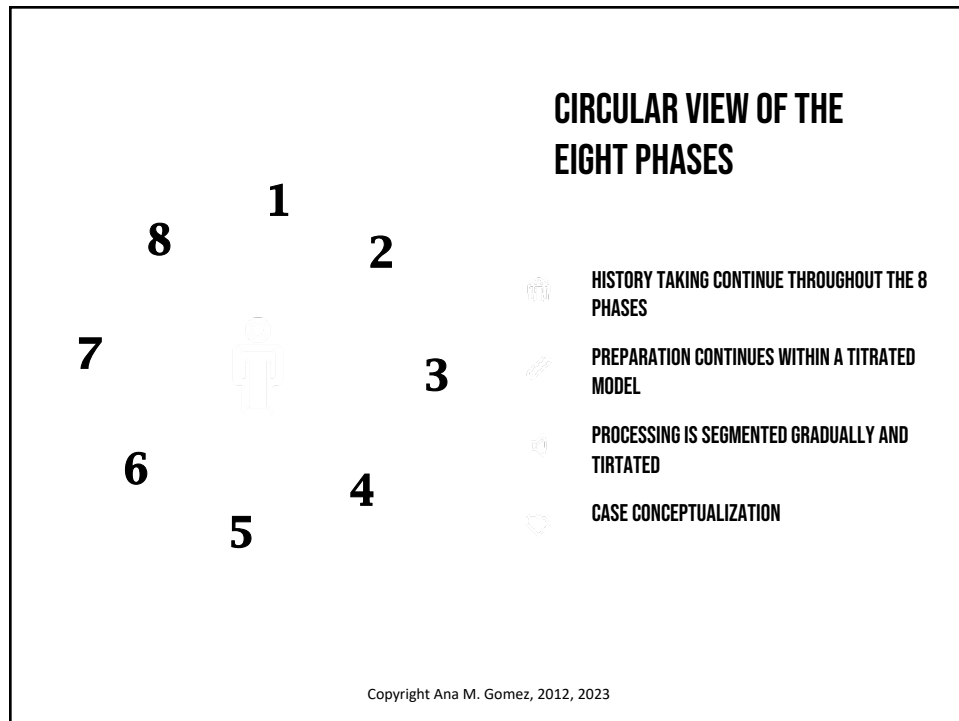


The Choreography of EMDR Therapy

LINEAR


<input type="checkbox"/>	Client History & Treatment Planning	_____
<input type="checkbox"/>	Preparation	_____
<input type="checkbox"/>	Assessment	_____
<input type="checkbox"/>	Desensitization	_____
<input type="checkbox"/>	Installation	_____
<input type="checkbox"/>	Body Scan	_____
<input type="checkbox"/>	Closure	_____
<input type="checkbox"/>	Re-evaluation	_____

Copyright Ana M. Gomez, 2012, 2023



ANA M GOMEZ, MC,LPC
 EMDRIA certified EMDR therapist
 EMDRIA approved consultant (20 years) and training provider
 EMDR Institute Trainer & Trainer of Trainers

Phoenix, AZ
 (602)803-4601
www.AnaGomez.org
Info@AnaGomez.org
www.AgateInstitute.org



Copyright Ana M. Gomez, 2012, 2023