

Contemplative Pedagogy in EMDR Training: Enhancing Therapeutic Outcomes  
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Contemplative pedagogy is an innovative and transformative approach to education that combines traditional teaching methods with mindfulness and reflective practices. In our work as trainers in Eye Movement Desensitization and Reprocessing (EMDR), integrating contemplative pedagogy can have a profound effect on everyone impacted by our training – EMDR trainers, trainees, and, ultimately, our clients. The potential helpful effects of contemplative pedagogy in EMDR training include:

Benefits for EMDR Trainers:

1. **Enhanced Self-Awareness:** Contemplative pedagogy encourages trainers to explore their own experiences, biases, and emotions, leading to greater self-awareness and personal growth.
2. **Improved Communication:** Trainers can refine their communication skills, fostering a deeper connection with trainees and clients.
3. **Reduced Burnout:** By practicing mindfulness and self-compassion, trainers can reduce stress and prevent burnout, ensuring they are better equipped to support their trainees.

Benefits for EMDR Trainees:

1. **Enhanced Learning:** Contemplative pedagogy helps trainees focus and engage in the learning process, resulting in a deeper understanding of EMDR principles and protocols.
2. **Stress Reduction:** Mindfulness practices in training reduce anxiety and improve emotional regulation, which is essential for effective training in, and practice of, EMDR therapy.
3. **Empathy and Compassion:** Trainees develop a greater sense of empathy and compassion, which is crucial for building strong therapeutic relationships with their clients, and self-compassion as they go through the paces of learning something new.

Benefits for Clients:

1. **Higher Quality Treatment:** EMDR therapists trained using contemplative pedagogy are more equipped to provide high-quality, client-centered care.
2. **Improved Therapeutic Alliance:** Clients benefit from therapists who have a deeper understanding of their own “stuff” and who can form more profound connections with them.
3. **Better Treatment Outcomes:** The incorporation of mindfulness and self-compassion in therapy can enhance treatment outcomes, as clients experience a more supportive and effective therapeutic process.

Contemplative pedagogy is a powerful tool that can significantly enhance EMDR training, ultimately leading to better outcomes for both trainees and their clients. By nurturing self-awareness, empathy, and mindfulness, this approach has the potential to transform the EMDR training and therapy experience, creating a more compassionate, effective, and client-centered practice.

#### References

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