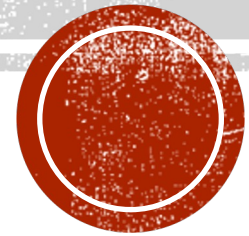


CONTEMPLATIVE PEDAGOGY IN EMDR THERAPY TRAINING

Mindfulness in Service of Trainers, Trainees and Clients

Stephen Dansiger, PsyD, MFT, MHCI

EMDRIA Trainers Day October 2023



Dr. Stephen Dansiger

- PsyD, Clinical Psychology
- Licensed MFT in California
- Buddhist Practitioner over 30 years
- Including One Year at a Zen Buddhist monastery
- Teaches Dharma classes locally and internationally
- Fifteen-year career as social justice/diversity/inclusion educator and facilitator
- Presenter 2016/18/19/20/22 EMDRIA Conferences
- Creator/Founder of MET(T)A Protocol (Mindfulness and EMDR Treatment Template for Agencies)
- EMDRIA Approved Consultant/Certified Therapist
- Senior Faculty, Institute for Creative Mindfulness
- Author: *Clinical Dharma: A Path for Healers and Helpers; Mindfulness for Anger Management: Transformative Skills for Overcoming Anger and Managing Powerful Emotions*
- Coauthor: *EMDR Therapy and Mindfulness for Trauma-Focused Care; Healing Addiction with EMDR Therapy: A Trauma-Focused Guide; Trauma and the 12 Steps: A Trauma Responsive Workbook & Trauma and the 12 Steps: Daily Meditations and Reflections*
- Master of Health Care Innovation (MHCI), University of Pennsylvania

MINDFULNESS: ONE DEFINITION

- Establishing non judgmental present time awareness.
- “Coming back to awareness”



TRAUMA INFORMED MINDFULNESS

- Eyes need not be closed
- Any posture will do
- Breath is not our only possible object of meditation
- Always inform participants how long we will meditate
- Always give participants the instructions ahead of time so they know what they are agreeing to do
- Participants can choose to opt out or choose a practice of their own
- "All four postures: Sitting, standing, lying down, and walking..."
- "5 minutes a day is better than 30 minutes on Saturday and none the rest of the week"



MINDFULNESS AND DR. SHAPIRO

- In addition to what is commonly known about the origins of EMDR therapy, Dr. Shapiro received mindfulness training from a Buddhist teacher prior to her noticing the effects of eye movements during her walk in the park (Levine, Personal Communication, 2015).
- The language of EMDR therapy is heavy on mindfulness language, including especially “Notice that,” and “Go with that.”



BUSTING THE MINDFULNESS MYTHS

- Myth: Mindfulness is solely about relaxation.
- **Truth: While mindfulness can promote relaxation, it's not its sole purpose.**
- Myth: Mindfulness is only for meditation experts.
- **Truth: Mindfulness is for everyone.**
- Myth: Mindfulness is a religious practice.
- **Truth: Mindfulness has roots in Buddhism, but it's a secular practice. It doesn't require any religious beliefs. People from various backgrounds and belief systems can benefit from mindfulness.**



BUSTING THE MINDFULNESS MYTHS

- Myth: Mindfulness is all about clearing your mind.
- **Truth: Mindfulness doesn't involve clearing your mind of thoughts. It's about observing your thoughts and letting them pass without judgment.**
- Myth: Mindfulness is time-consuming.
- **Truth: Mindfulness can be practiced in short intervals and integrated into daily life.**
- Myth: Mindfulness is a quick fix for all problems.
- **Truth: Mindfulness is most effective when used as part of a holistic approach to health and well-being**



BUSTING THE MINDFULNESS MYTHS

- Myth: Mindfulness is about being passive and detached.
- **Truth: Mindfulness encourages being present and fully engaged with your experiences. It's about accepting and understanding your thoughts and emotions, not necessarily detaching from them.**
- Myth: Mindfulness is only for adults.
- **Truth: Mindfulness is beneficial for people of all ages, including children**



BUSTING THE MINDFULNESS MYTHS

- Myth: You need a special environment for mindfulness.
- **Truth: While a quiet environment can be helpful, mindfulness can be practiced anywhere.**
- Myth: Mindfulness is a fad.
- **Truth: Mindfulness has been practiced for thousands of years and is supported by a growing body of scientific research.**



CONTEMPLATIVE PEDAGOGY

Benefits for EMDR Trainers:

- Enhanced Self-Awareness
- Improved Communication
- Reduced Burnout



CONTEMPLATIVE PEDAGOGY

Benefits for EMDR Trainees:

- Enhanced Learning
- Stress Reduction
- Empathy and Compassion



FINAL THOUGHTS

As the 12 steppers say: “It’s sober not somber”

Bring in the some lightness wherever you can to help people sustain throughout a long and challenging process

Work in the spirit and practice of Loving Kindness Meditation

May you be free from fear

May you be healthy (or healed)

May you be happy

May you be at ease



THANK YOU!!!

STEPHEN DANSIGER PSYD, MFT, MHCI

STEVE@DRDANSIGER.COM

