

Self-Care for EMDR Trainers:
Reminders of what we love about being a trainer and what we can do to
enhance our wellness before, during, and after trainings
12/6/24



Connecting with bright people who want to learn, who have a calling



Relating over and over again to where we started our EMDR therapy journey and recognizing with gratitude where we are now



Connecting with others who share our passion and enthusiasm for EMDR therapy and trauma treatment



Teaching EMDR therapy in a way that expresses ourselves



Improving our presentation skills, our teaching skills, and our interpersonal skills



Learning more about EMDR therapy practice, being knowledgeable, being “in the know”



Connecting with EMDR trainers, facilitators, and consultants/making friends, developing a professional support network



Via the butterfly effect touching 1000s of lives by training others in EMDR therapy



Practicing boundary setting (with life, trainings, participants, other staff, family members)



Status within the EMDR therapy community, with potential clients, with colleagues outside the EMDR therapy community



Touching a participant in a meaningful way (e.g., saying something about trauma that fills in a missing piece for them personally or professionally, pointing out to them what they are doing well, making them feel a part of something, making them feel hopeful about their career, making them feel competent as a student or therapist)



Mentoring participants during the training; experiencing existential joy from knowing you exist beyond your physical presence



Experiencing eustress, beneficial stress, a positive response to stress; an adaptive mechanism for optimal productivity and effectiveness; experiencing the self as competent, lively, resilient



Contemplating the seven categories through which work becomes meaningful: authenticity, self-efficacy, self-esteem, purpose, belongingness, transcendence, and cultural and interpersonal sense making



Setting ourselves up to avoid previously experienced stressors by communicating clearly to participants in the days or weeks before the training



Honoring your time boundaries for breaks and ending of the training



Using the chat and registration time to get to know people and connect



Taking time to personally reflect/meditate/pray/use HeartMath/center ourselves



Placing above our monitors an inspirational quote/motto/word/reminder to breathe specifically related to EMDR therapy trainings and idiosyncratically related to our needs



Limiting the scope of teaching material to basic training so as not to overwhelm us or participants and remain within the scope of the training



Lengthening the lunch break to 75 minutes



Trusting that we know what we know



Broadening view of self-care to include mid-training snacks/food, drinks, cough drops, chair, scented lotion, fidget toys, helpful technology, medication/supplements, stretches, pacing of the material, participating as much as possible in experientials provided during the training



Planning after the training to connect with loved ones/be in nature/spend time with pets/downregulate/upregulate/have a glass of wine/sleep/take a hot bath/jacuzzi/yoga or other body movement



Managing perfectionistic characteristics, allowing desire for excellence to inspire and enervate rather than deplete us



Having someone with whom we can debrief, ask for support before we are in crisis



Knowing you are lovely and amazing

Jonna Fries, PsyD

PSY24546

jonnafriespsyd@gmail.com

818-636-3026