

The Enneagram and EMDR

Abstract:

The Enneagram is a tool for understanding personality types and can offer valuable insights into the core motivations, fears, and defense mechanisms that shape individual behavior. Each

of the nine personality types has associated negative cognitions—deeply ingrained beliefs that

impact how people perceive themselves, others, and the world. These negative cognitions often

stem from early life experiences and unresolved trauma. Eye Movement Desensitization and

Reprocessing (EMDR), a therapeutic method designed to reprocess trauma and reframe negative beliefs, can be significantly enhanced by integrating the Enneagram. By understanding

the unique negative cognitions of each personality type, EMDR therapists can more effectively

target the emotional wounds that reinforce maladaptive behaviors and cognitive patterns. This

presentation will explore how the Enneagram can be used to identify the specific negative cognitions of each personality type, and how these insights can guide the use of EMDR to promote healing and transformation. The goal is to provide attendees with practical tools for

incorporating the Enneagram into trauma-informed therapy, fostering deeper self-awareness

and lasting post-traumatic growth.

Goals/Objectives:

- To introduce the Enneagram and its relevance to understanding personality-based negative cognitions.

- To explore the negative cognitions associated with each of the nine Enneagram types.
- To demonstrate how EMDR can be tailored to address these negative belief systems..
- To equip participants with practical strategies for integrating the Enneagram into EMDR therapy for trauma healing and personal growth.

Timed Outline/Content:

0-5 Minutes: Introduction

5-15 Minutes: Overview of the Enneagram and Negative Cognitions

15-35 Minutes: Negative Cognitions by Enneagram Type

35-50 Minutes: Integrating Enneagram and EMDR for Targeted Trauma Healing

50-60 Minutes: Considerations, Conclusion and Q&A