

Title:

Ethical Integration of Spirituality in EMDR Therapy (1 CE)

Description/Abstract:

Research indicates clinicians often express feeling underprepared to address matters of spirituality in psychotherapy. Effective EMDR Therapy requires a whole person approach, recognizing the interplay of body, mind, and spirit/soul, but like practitioners of other modalities, EMDR providers can be cautious to explore or address spirituality. This 1-hour workshop will introduce concepts and strategies for ethical integration of spirituality in EMDR practice. We will discuss the value of inviting client spirituality to the work of therapy in an ethical manner and spiritual considerations within Shapiro's 8-phase protocol with an emphasis on recognition of spiritual and religious aspects of Phase 1 History Taking.

Goals/Objectives:

- Review ethics of working with spirituality in psychotherapy
- Identify strategies for spiritual inclusivity in the 8 phases, with special attention to Phase History Taking
- Increase comfort in exploring spiritual themes with clients

Timed Outline/Agenda:

11:45pm – 12:00pm Sign In/Log On

12:00pm – 12:05pm Greetings, Introduction and Objectives

12:05pm – 12:15pm Discuss integration of spirituality in EMDR

12:15pm – 12:20pm Importance of clinician preparedness

12:20pm – 12:30pm Ethics with spirituality work

12:30pm – 12:50pm Spirituality in the 8 Phases of EMDR Therapy

12:50pm – 1:00pm Wrap Up, Q & A