



# The Enneagram and EMDR Therapy

Guest Speaker: Abigail Morgan, LCSW  
EMDRIA Certified Therapist and Approved Consultant

## Bio:

Abigail Morgan obtained her Bachelor of Social Work from Radford University and her Master of Social Work from Virginia Commonwealth University. She completed her basic training for EMDR in 2014 and became EMDRIA certified in 2019.

Abby is also an adjunct faculty member at Virginia Wesleyan University in the Social Work Department. In 2019, she opened Sea Level Counseling and Wellness in Norfolk, VA. This is a group practice with a collaborative-based treatment approach that includes trauma-informed Mental Health Therapists, a Nurse Practitioner, and a Registered Dietitian. Abby uses EMDR and mindfulness-based techniques to assist her clients in healing their trauma.

Abby's areas of specialty are working with PTSD, women's issues, attachment struggles connected to intimate relationship difficulties; codependency, postpartum depression and anxiety, and phase of life transitions that are impacted by past trauma. Abby is an LGBTQ-ally and is connected with the Headstrong Program assisting active duty service members and veterans with trauma therapy. EMDR therapy has been transformative to Abby's practice.

She is an EMDR Certified Therapist and an EMDRIA Approved Consultant. She enjoys assisting area clinicians to meet their own EMDR goals and to broaden the education and usage of EMDR in therapy settings.

## Description:

**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:**

- Conceptualize the Enneagram and its relevance to understanding personality-based negative cognitions.
- Explore the negative cognitions associated with each of the nine Enneagram types.
- Demonstrate how EMDR may be tailored to address these negative belief systems.
- Obtain practical strategies for integrating the Enneagram into EMDR therapy for trauma healing and personal growth.

**Timed Outline/Agenda:**

<b>Timed Outline:</b>	
12:00pm – 12:05pm	Greeting, Introduction and Objectives
12:05pm – 12:20pm	Overview of the Enneagram and Negative Cognitions
12:20pm – 12:35pm	Negative Cognitions by Enneagram Type
12:35pm – 12:50pm	Integrating Enneagram and EMDR for Targeted Trauma Healing
12:50pm – 1:00pm	Considerations, Conclusion, Q&A and wrap up