

Integrating EMDR protocols with Art Therapy

Working with client-created visual material.



Art Therapy

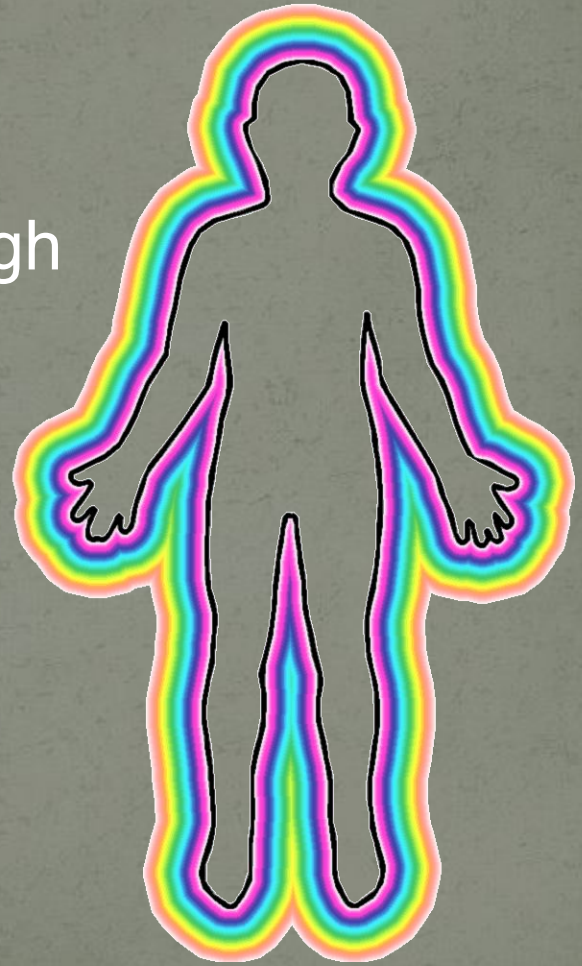
Art therapy is a profession of reaching and touching emotions through art work - pathway to implicit memories

Provides grounding experience - past and present simultaneously



Where do you feel that in your body?

Developing capacity to connect with body sensations and through these, to very early memories.



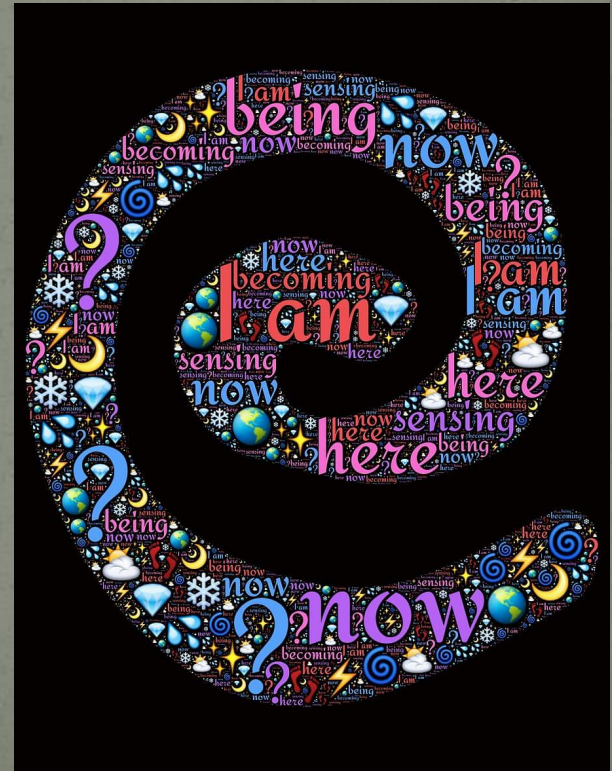
Decreasing Resource Corruption

Supporting the installation of resources with dissociative clients.



Visual Version of CIPOS

Lowering the intensity and titrating the exposure to memory with a visual version of CPOS.



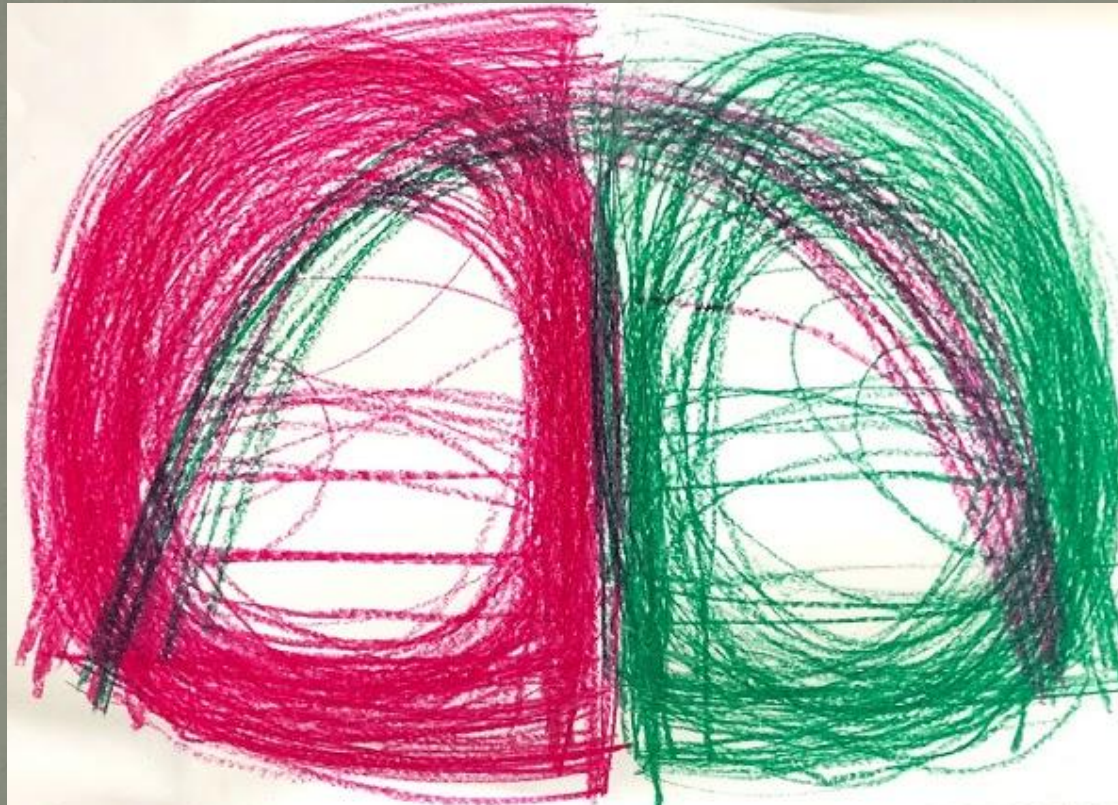
Bridge to the unconscious

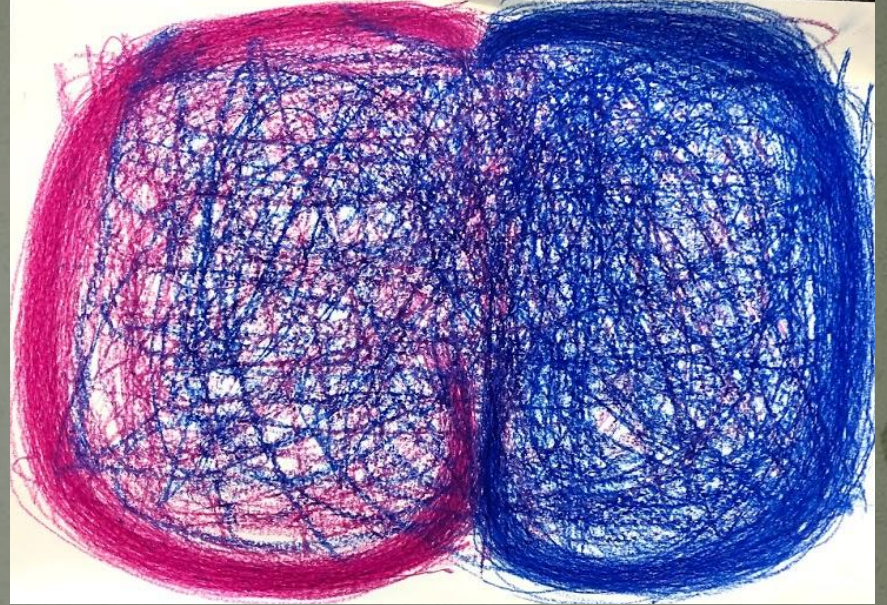
Using a visual cognitive interweave when stuck



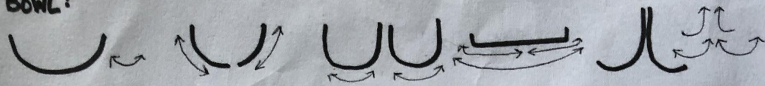
Connecting with body sensations: where do you feel that in your body?

Bilateral Drawing

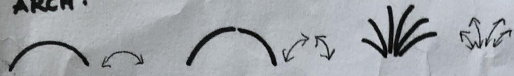




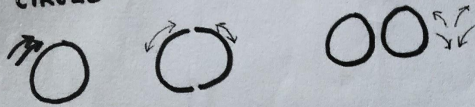
BOWL:



ARCH:



CIRCLE:



SPIRAL:

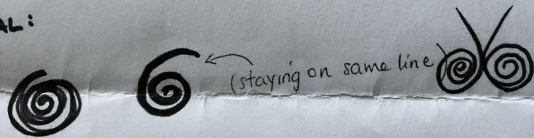
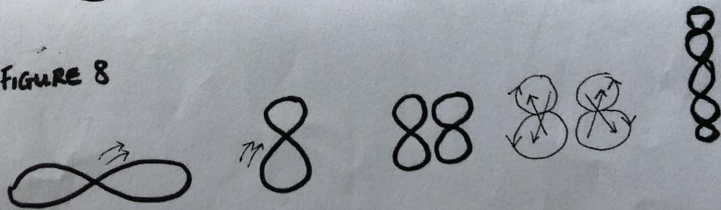


FIGURE 8



WAVE:



Expressive Therapies Continuum

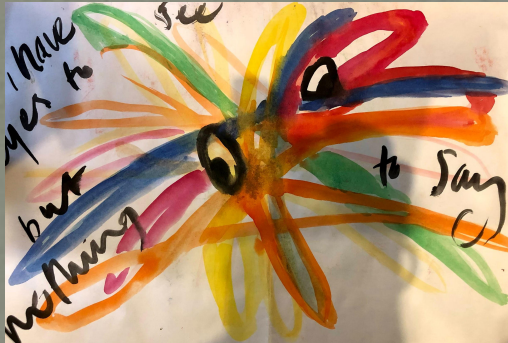
Cognitive -



-- Symbolic



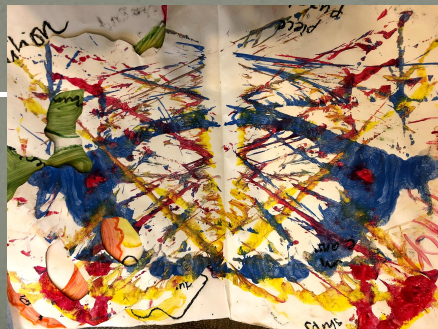
Affective -



-- Perceptual



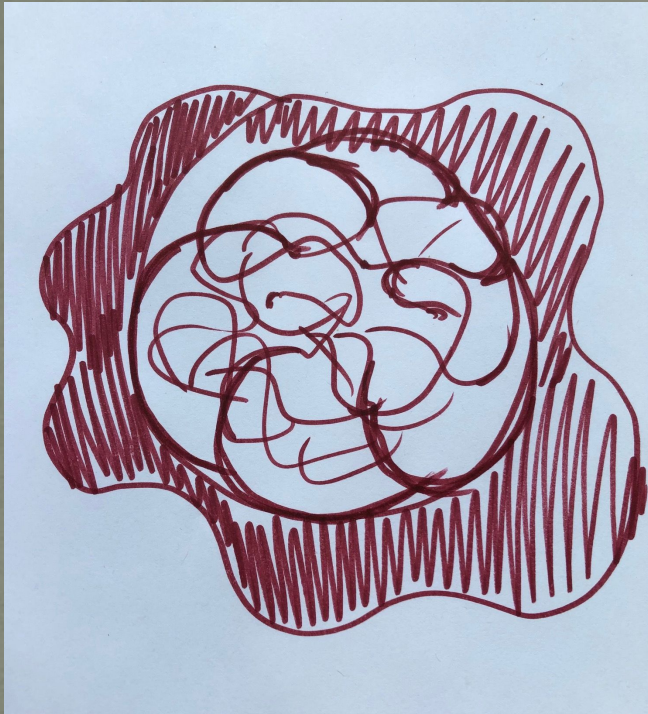
Kinaesthetic -



-- Sensory



Counteracting corruption in resource installation
using visual integration.



Integration



The background is a complex, abstract composition. On the left, there's a vertical strip of marbled paper with swirling patterns of red, green, blue, and yellow. To the right, a large, textured area of watercolor or paint in shades of blue, green, and red is visible. A large, solid white circle is centered over the composition, containing the text 'BLS' in a dark, sans-serif font.

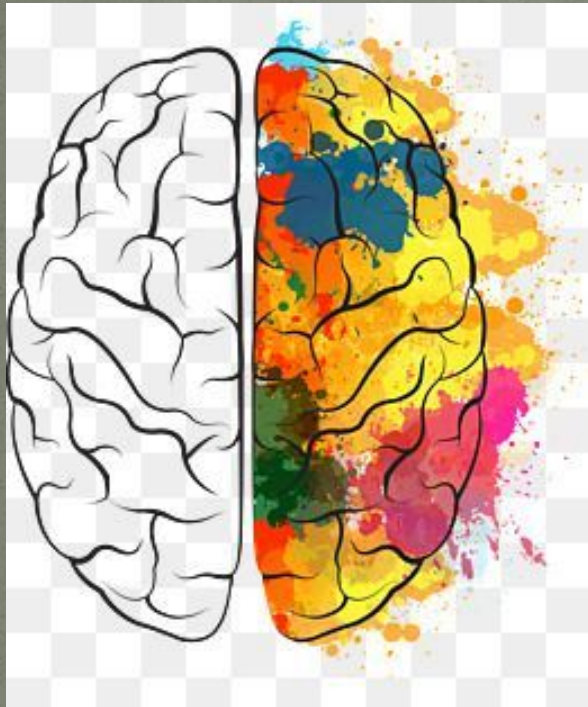
BLS

Visually enhanced CIPOS: Keeping Within the Window









What's different from just 'drawing a picture?'

Act of art-making is kinaesthetic and sensory, encourages bodily sensations and associated implicit memories may surface

Intensity of experience can be increased/decreased by using the ETC.

Integration can be encouraged

Meditation on, and within, an image enables state shifting

Additional perspective from the unconscious - what do you notice about your picture?

In
Summary