

Integrating Body-based Practices into EFT for Trauma
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Abstract: This workshop will provide training in body-based interventions that are applicable in EFT, in general, and EFT for trauma, in particular. Change in EFT is contingent on clients' awareness of emotion, capacity to regulate and explore emotional experience, and to access adaptive emotion. This is the essence of emotional transformation regardless of the procedure. Yet anyone learning and practicing EFT will come across clients who struggle in these areas, who are "stuck", and have difficulties engaging in standard EFT procedures. This can be particularly true when working with complex trauma such as child abuse and neglect.

It is well recognized that traumatic experiences are embodied, thus several body-based approaches to trauma therapy have been developed. As well, a fundamental principle of EFT is that emotion, per se, is embodied. Thus, attention to bodily experience is intrinsic to standard EFT intervention. Attention to the body can provide entry into and deepen emotional experience, and help shift maladaptive emotions, for example in two-chair dialogues for fear and shame. A more explicit focus on bodily experience can augment EFT intervention and help those clients who struggle to productively engage in EFT procedures.

This training will focus on body-based interventions designed to enhance positive experiences that are essential to emotional transformation and change in EFT. These include (1) grounding to promote calm and present-centered awareness, (2) regulation to promote safety and counter fear, (3) empowerment to promote agency and counter powerlessness, (4) surrender/letting go to counter over-control, and (5) compassion to counter shame and rejecting anger of significant others. This approach to body-based practice incorporates a rich variety of tools drawn from yoga therapy, including breath work, postures, visualization/imagery, establishing intentions, focus on opposites, meditation, and existential/spiritual practices.

Participants will learn the body-based interventions that are most relevant to the different phases of therapy, to identify in-session markers for introducing body-based intervention, and how to fully integrate these interventions into EFT sessions and procedures (e.g., focusing, imaginal confrontation of perpetrators, two-chair dialogues, and memory work).

Pre-requisite: Participants must be familiar with basic EFT theory and intervention (e.g., Level One EFT or equivalent).

Requirements: No special equipment is required. All interventions are designed to be implemented in standard talk-therapy sessions and integrated into EFT protocol and procedures.

Format: Each day of the training will consist of lecture material, video-taped examples, experiential exercises, supervised peer-skills practice, and discussion.

Trainers: Sandra Paivio is a Clinical Psychologist and Certified EFT Trainer. Katlin Robinson is a Certified Yoga Therapist and Teacher specializing in trauma.