

## Outline

### Super Resourcing: Enhancement of Phase Two of EMDR

Review of the history of EMDR resourcing.  
Review of Trauma, Attachment and Ego State theories  
Review of EMDR  
The power of neurologically installed positive ideation  
The clinical impact of working within a positive resource matrix  
EMDR research, risks and treatment limitations

### A Four Phase Strategy to More Effective Resourcing

1. Preparation
2. Developing and installing positive resources for wounded parts to create an inner experience of safety, nurturance, protection and guidance
3. Linking together ego states, resources and their accompanying positive sensations, emotions and cognitions
4. Closure and reinforcing new positive narratives

### Clinical Applications

Preparation for EMDR and other modalities  
Potentiating EMDR Positive Interweaves and Cognitions  
Neurological installation of positive insights, memories, emotions and sensations  
Treating distressing symptoms of attachment wounding  
Special populations/issues (addiction, insomnia, etc.)

## Objectives

1. Evaluate the historical evolution of EMDR's Phase Two Resourcing.
2. Employ an integrative approach to EMDR resourcing by incorporating ego state psychology and attachment theory.
3. Utilize a four phase EMDR resourcing strategy for resolving attachment wounds without having to process trauma directly.
4. Develop fully installed positive resources through EMDR's Accelerated Information Processing (AIP) to promote ego strengthening and development of a new positive narrative.
5. Employ five applications of EMDR resourcing to address different clinical presentations of attachment trauma.
6. Utilize EMDR resourcing to lower the occurrence of resistance, dissociation, looping or stuck processing and open the door to a wider range of clients who struggle with trauma work.



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### Benefits of Client-Centered Embodied Resources

Resource/attachment focus vs. trauma focus  
Transform disturbance in a positive resourced field  
Stabilization and integration of structurally dissociated parts  
Enhancement of present time experience of self  
Development of a new positive narrative; leaving the past in the past

### Direct Experience and Guided-Session

Case studies  
Client video clips  
An annotated full client session  
Experiential learning through a group guided session


### Live Webinar Schedule (Times listed in Central)

**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

Limited time only

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# An EMDR Super Resourcing Strategy for Treating Attachment Trauma

Learn how to resolve attachment trauma  
through fully resourcing clients

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# An EMDR Super Resourcing Strategy for Treating Attachment Trauma

Learn how to resolve attachment trauma through  
fully resourcing clients

- Effective and time efficient resolution of attachment wounding
- Reduce symptoms without processing trauma directly
- Lower the occurrence of resistance, dissociating, looping, or stuck processing

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## An EMDR Super Resourcing Strategy for Treating Attachment Trauma

I've witnessed the power of EMDR in the treatment of trauma again and again. Yet, for all I'd seen it achieve, I wasn't getting the same results for my clients who suffered from attachment wounding. Their symptoms such as an inability to experience essential trust or feelings of deep-seated abandonment continued to exist.

That's why I began enhancing Phase Two of EMDR by integrating ego state and attachment-based interweaves into the processing.

The outcome? I found I could more successfully treat attachment wounds by attending to the part of the client who experienced trauma, rather than focusing on the trauma itself. Not only was the approach effective it opened the door to clients who couldn't previously tolerate deep trauma work.

Join me for this LIVE one-day webinar and get step-by-step instructions for this EMDR resourcing strategy so you can take your EMDR therapy to the next level.

Complete with clinical applications and videos from actual client sessions, you'll discover how to:

- Create the experience of safety, protection and guidance so critical to good therapy
- Reduce trauma symptoms without clients having to process trauma directly
- Guide clients in creating their own corrective emotional environment consisting of installed resources and their accompanying positive sensations, emotions and cognitions

You'll also receive a group guided session that will deepen your understanding of the material.

So many of our clients are dealing with the legacy of traumatic attachment injuries. Learning this resourcing strategy is an opportunity to make their treatment more successful.

Register today!

### Here's What Clinicians Are Saying About Alison Teal's Super Resourcing Training!

★★★★★

*"Through Alison's training, I discovered efficiency and expediency at helping clients regulate and integrate previously intractable attachment trauma."*

– Caprice H., PhD, Trauma Psychologist

*"I have been using this protocol in my practice and getting excellent results."*

– Sara D., MFT, Certified EMDRIA Therapist and Consultant

*"Has quite literally transformed my practice."*

– Jennifer B., LCSW, Certified EMDRIA Therapist

*"Beneficial and restorative... a groundbreaking gift to both patients and clinicians."*

– S.P., PhD, Trauma Psychologist

★★★★★

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## Meet Your Speaker

**Alison Teal, MFT**, has been a licensed psychotherapist for over 35 years and is a certified EMDRIA therapist and consultant who has facilitated EMDR trainings, presented at conferences including the EMDR Canada Annual Conference, and lectured on EMDR and trauma in universities for over 20 years.

In addition to EMDR, Alison is skilled in a variety of therapeutic modalities including expressive arts, psychodrama and somatic psychology. Alison trains clinicians on her Super Resourcing model in a variety of conferences, in-person and online venues as well as providing individual and group consultation.

Speaker Disclosure:

Financial: Alison Teal maintains a private practice and receives compensation as a EMDR facilitator and consultant. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Alison Teal has no relevant non-financial relationships.

### Target Audience:

Counselors • Social Workers • Addiction Counselors • Marriage and Family Therapists  
Other Mental Health Professionals

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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

#### National CE Credit Approvals For Live Webinar

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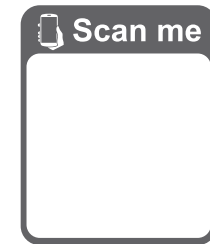
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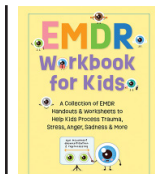


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