

LECTURE 4 a&b

Belief Schema EMDR



Questions to be answered:

Are all Cognitions Core Belief Schema?

Do the Responsibility, Safe, Control plateaus really make sense developmentally?

Are you following when you should be leading?

Do you know the differences between Standard and Belief Schema Focused EMDR?

EMDR: from a Belief Schema Perspective

Psychological Health:

“The ability, at any given moment, to have choices along a belief schema continuum.”

Roy Kiessling, LISW

EMDRIA Approved Training Provider & Consultant
www.emdrconsulting.com

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WORKSHOP TARGETS



GOAL Understand the major differences between the Standard and the Belief Schema Approach to EMDR

GOAL Describe the five primary developmental belief plateaus used in the Belief Schema Approach

GOAL Demonstrate the ability to develop and process a Belief Schema Targeting Sequence Plan

EMDR Treatment from a Belief Schema Perspective

Phase Oriented Approach (Pierre Janet-1889)

Phase 1: Stabilization

Targeting Sequence Planning & Stabilization

Phase 2: Treatment

EMDR (ISLS) interventions

Phase 3: Integration

Three-pronged Protocol

Past

Present Triggers

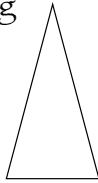
Future Triggers



Phase 1: (Stabilization - Janet)

Case Conceptualization

- 1) AIP perspective
- 2) Target Sequence Planning
 - Belief Schema
- 3) Stabilization
 - Resourcing



The EMDR Approach to Psychotherapy

Based upon The Adaptive Information Processing Model

Life experiences form the basis of health and pathology

The 'Past is Present'

EMDR is a comprehensive psychotherapy approach

Bilateral stimulation is the 'intervention' of EMDR

Adaptive Information Processing

Memories: Positive & Negative

Memory Components

Senses (sights, sounds, tastes, smells, touch)

Thoughts

Emotions

Body Sensations

Beliefs (meta-perception of feelings and sensations)

Memory Networks

Learning (*adaptive at the time of onset)

Channels of Association

Across the life span: Past, Present, & Future

The Neurobiology of Memory

Recollections of past experiences

Primary purpose is to provide information to guide our actions in the present

AIP retains only those experiences that are in some way perceived to be useful

Recall is therefore selective and unreliable

Memories create perceptions, attitudes, behaviors

Hebbs Axiom:
Neurons that fire together, wire together



Beliefs, from the AIP Perspective



Beliefs

Follow developmental lines

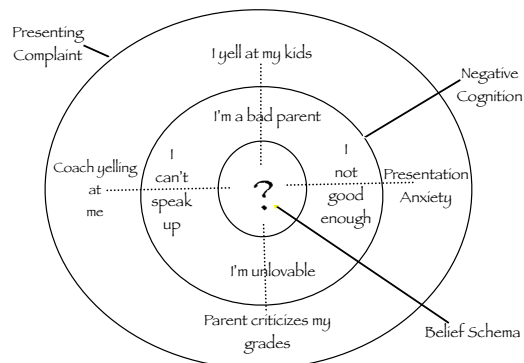
Normative/Adaptive vs. Pathological
Up-dateable vs. Isolated/Frozen

Driven by Emotions and Sensations,
Dictate our Perceptions, Attitudes, Behaviors

Cumulative over time through repeated
(triggered) activation (Hebb's Axiom)

Dynamic Continuum at any give moment

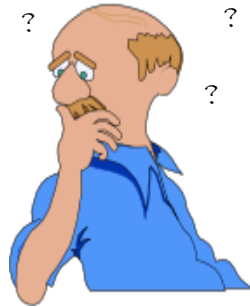
Cognitions may not be Belief Schemata



EMDR's Standard Cognition Structure

Shapiro (EMDR)

Responsibility
 Defective - shame
 Action - guilt
 Safety
 Control/Power/Choices



Belief Schema Focused Considerations

Erikson

Adulthood
 Adolescent
 Identity
 Role Confusion
 School Age
 Industry
 Inferiority
 Pre-school
 Initiative
 Guilt
 Toddler
 Autonomy
 Shame
 Infant
 Trust
 Mistrust

Young (Schema)

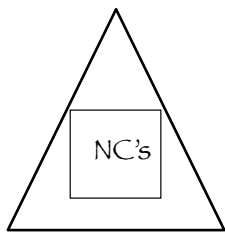
Self-Expression
 Subjugation
 Unrelenting Standards
 Self Esteem
 Defectiveness
 Failure
 Connection to Others
 Emotional Deprivation
 Social Exclusion
 Basic Safety
 Abandonment
 Mistrust
 Abuse

Kiessling (Developmental)

Judgment
 Vulnerability
 Responsibility
 Guilt
 Shame
 Control
 Survival/Existence



Is it really a triangle rather than a square?

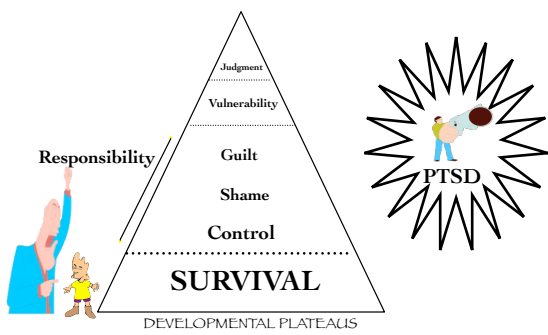


Belief Schemata



Negative Belief Schema Plateaus

Developmental & Traumatic



Survival/Existence

Developmental Stage (0-3yrs)

Insecure Attachment:
 Externally focused - internalizing
 Unconscious: Implicit Memory / Limbic System
 Driven by: Emotions & Sensations
 Fight / Flight / Freeze / Shut-off (Dissociate)



Core Beliefs (if language is available)

Irrational (fight, flight, freeze)

"I'm abandoned / alone"

"I'm going to die"

"I am helpless, trapped, powerless"

"I'm unimportant / invisible"

"I am responsible for everything"

"I have to be in control..."

Adaptive

"I can get my needs met"

"I can survive"

"I can control what I can..."

"I matter / can get my needs"

"I can recognize appropriate"

"I can begin to let go..."

Control: (Responsibility)

Developmental Stage (3-4yrs)

Conscious

Emotions and Sensations (Anxiety or Depression)

External Locus --- survival, environmental deficits



Core Beliefs:

Irrational

"I have to be in control"

"I have to be perfect"

"I am powerless because ..."

"I am helpless because..."

"I am totally helpless"

Adaptive

"I can learn..."

"I can learn..."

"I can learn..."

"I can learn..."

"I am....."

Shame: (Responsibility)



Developmental Stage (2-5 yrs)

Unconscious
Emotions and Sensations (Shame---core-self concepts)
External Locus / Internalizing

Core Beliefs:

Irrational

- "I am unlovable"
- "I am worthless"
- "I am inadequate"
- "I am defective"

Adaptive

- "I am lovable regardless"
- "I have self-worth"
- "I can accept myself"
- "I can accept my strengths and weaknesses"

Guilt (Responsibility)



Developmental Stage (3-8 yrs)

Unconscious & Conscious
Emotions and Sensations (Guilt---- behaviors)
External Locus - Internalizing

Core Beliefs:

Irrational

- "I am bad"
- "I am a failure"
- "I'm not good enough"
- "I have to be perfect"
- "I have to be in control"
- "I am responsible"
- "I am powerless"
- "I am helpless"

Adaptive

- "I am okay"
- "I am okay as I am"
- "I am okay as I am"
- "I can accept myself"
- "I can recognize appropriate..."
- "I can recognize appropriate..."
- "I can control what I can"
- "I can control what I can"

Vulnerability



Developmental Stage (6 - 12 yrs)

Conscious
Emotions and Sensations (Mild Anxiety)
Internal Locus (externalizing) and
recognizes unsafe environment

Core Beliefs:

Irrational

- "I am vulnerable"

Adaptive

- "I can control what I can"
- "I can protect myself"
- "I can do the best I can"
- "I can get thru this"

Judgment

Developmental Stage (10 - ? yrs)

Conscious

Emotions and Sensations (Mild Anxiety)

Internal Locus (externalizing)

Inconsistent or non-supportive environment

Lack of parental direction / boundaries



Core Beliefs:

Irrational

"I can't trust my judgment"

Adaptive

"I can begin to learn how to..."

PTSD

Onset:

Single Incident: Adolescence & beyond

Dominant Symptom: birth & beyond

Treatment Planning:

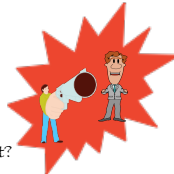
Is this a 'free standing' single traumatic incident?

or

Does this link to a life's negative core belief originating from childhood?

Survival/Existence (0-3)

Responsibility [Control, Shame, Guilt] (0-8)



Core Beliefs:

Irrational

"I'm going to die"

"I am helpless, trapped, powerless"

"I'm overwhelmed"

"I am responsible"

"I should have done something"

Adaptive

"It's over, I survived"

"I can control what I can..."

"I can get thru it..."

"I can recognize..."

"I did the best I could..."

Negative Belief Schema Plateaus

Developmental & Traumatic

