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.”

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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?

WORKSHOP TARGETS

Goal 1: Understand the major differences between the Standard and the Belief Schema Approach to EMDR
Goal 2: Describe the five primary developmental belief plateaus used in the Belief Schema Approach
Goal 3: 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 (BLS) 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
Hebb's 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
**Negative Belief Schema Plateaus**

Developmental & Traumatic

- Adversity
- Vulnerability
- Guilt
- Shame
- Control

SURVIVAL

**Survival/Existence**

Developmental Stage: (0-3 yrs)

- Insecure Attachment:
  - Externally focused - interoaching

- Unconscious: Implicit Memory / Limbic System
  - Driven by: Emotions & Sensations
    - Fight / Flight / Freeze / Shut-off

Core Beliefs (if language is available)

- Irrational
  - “I have to be in control”
  - “I have to be perfect”
  - “I am helpless because…”
  - “I am totally helpless”

- Adaptive
  - “I can learn...”
  - “I can learn...”
  - “I can learn...”
  - “I am......”

**Control:** (Responsibility)

Developmental Stage: (3 - 7 yrs)

- Conscious
  - Emotions and Sensations: Anxiety or Depression
  - External Locus: survival, environmental deficits

Core Beliefs:

- Irrational: “I have to be in control”
- Adaptive: “I can learn...”
**Shame: (Responsibility)**

**Developmental Stage: (2-5 yrs)**
- Unconscious
- Emotions and Sensations (Shame—core-self concepts)
- External Locus / Internalizing

**Core Beliefs:**

<table>
<thead>
<tr>
<th>Irrational</th>
<th>Adaptive</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;I am unlovable&quot;</td>
<td>&quot;I am lovable regardless&quot;</td>
</tr>
<tr>
<td>&quot;I am worthless&quot;</td>
<td>&quot;I have self-worth&quot;</td>
</tr>
<tr>
<td>&quot;I am inadequate&quot;</td>
<td>&quot;I can accept myself&quot;</td>
</tr>
<tr>
<td>&quot;I am defective&quot;</td>
<td>&quot;I can accept my strengths and weaknesses&quot;</td>
</tr>
</tbody>
</table>

**Guilt: (Responsibility)**

**Developmental Stage: (3-8 yrs)**
- Unconscious & Conscious
- Emotions and Sensations (Guilt—behaviors)
- External Locus — Internalizing

**Core Beliefs:**

<table>
<thead>
<tr>
<th>Irrational</th>
<th>Adaptive</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;I am bad&quot;</td>
<td>&quot;I am okay&quot;</td>
</tr>
<tr>
<td>&quot;I am a failure&quot;</td>
<td>&quot;I am okay as I am&quot;</td>
</tr>
<tr>
<td>&quot;I am not good enough&quot;</td>
<td>&quot;I am okay as I am&quot;</td>
</tr>
<tr>
<td>&quot;I have to be perfect&quot;</td>
<td>&quot;I can accept myself&quot;</td>
</tr>
<tr>
<td>&quot;I have to be in control&quot;</td>
<td>&quot;I can recognize appropriate...&quot;</td>
</tr>
<tr>
<td>&quot;I am responsible&quot;</td>
<td>&quot;I can recognize appropriate...&quot;</td>
</tr>
<tr>
<td>&quot;I am powerless&quot;</td>
<td>&quot;I can control what I can&quot;</td>
</tr>
<tr>
<td>&quot;I am helpless&quot;</td>
<td>&quot;I can control what I can&quot;</td>
</tr>
</tbody>
</table>

**Vulnerability**

**Developmental Stage: (6 - 12 yrs)**
- Conscious
- Emotions and Sensations (Mild Anxiety)
- Internal Locus (externalizing) and recognizes unsafe environment

**Core Beliefs:**

<table>
<thead>
<tr>
<th>Irrational</th>
<th>Adaptive</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;I am vulnerable&quot;</td>
<td>&quot;I can control what I can&quot;</td>
</tr>
<tr>
<td>&quot;I can protect myself&quot;</td>
<td></td>
</tr>
<tr>
<td>&quot;I can do the best I can&quot;</td>
<td></td>
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<tr>
<td>&quot;I can get thru this&quot;</td>
<td></td>
</tr>
<tr>
<td>&quot;I can control what I can&quot;</td>
<td></td>
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</tbody>
</table>
Judgment
Developmental Stage: (10 - 17 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?
- 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
- Responsibility
- Guilt
- Shame
- Control
- Survival
- PTSD

DEVELOPMENTAL PLATEAUS