

The Marriage of EMDR and Ego State Theory in Couples Therapy

Power Tips

EMDR Power Tip #1

- Staying out of the way ensures that the therapy is about the client—not us
- Interpretations make the client object to therapist's subject role

EMDR Power Tip #2

The Attachment Cry is a Focal Target of EMDR:

- Compulsion to react to Attachment Cry of Others;
- Inability to soothe internal attachment cry of young ego state

EMDR Power Tip #3

Triggers of both *Libidinal* and *Antilibidinal* impulses are vital targets for EMDR

- Affect Bridging (Floatback) will surface early attachment issues

EMDR Power Tip #4

The Mourning Process often exceeds the distress tolerance of clients:

- Use EMDR to facilitate the mourning process by targeting necessary losses

EMDR Power Tip #5

- “Healthy guilt” leads to reciprocity
- Shame can block the access to healthy guilt
- EMDR can reduce or eliminate shame and restore the healthy impulse to reciprocate
- Explore areas of unmet obligations for shame

EMDR Power Tip #6

Pathological Dependency must be
challenged before a client can be
expected to be a *customer* for EMDR:
Why should I change? It's his/her fault...