

CONTENT SCHEDULE**START TIME: 11 AM EDT / 10 CDT / 9 MDT / 8 PDT** (Schedule is indexed for EDT)

- 11:00 AM** Introductions: Speaker & Participants
- Motivations for the Webinar
- 11:08¹** **Video Presentation:** An EMDR Session Familiar to Many EMDR Clinicians
- 11:23** Case Story: Allen: The Miracle of Mindfulness
- 11:28** Case Story: Jake: The Miracle of EMDR
- 11:33** EMDR & the Adaptive Information Processing Model in relation to the case of Jake
- 11:38** Mindfulness and the Explanatory Model of Vipassana (“*To see things as they are*”) in relation to the case of Allen
- 11:45** Mindfulness: Rules of Practice
Four Foundations of Mindfulness
Experiential Exercise: Attention to Breath
Discussion of the Exercise
- 12:05** EMDR: Rules of Practice
Experiential Exercise: Resource Enhancement: *Insight*
Discussion of the Exercise
- 12:25** Similarities Between the Two Practices
Differences Between the Two Practices
- 12:40** **BREAK**
- 12:55** Mindfulness *in* EMDR / EMDR *in* Mindfulness
Core Instructions of Both Practices: Dual Attention & Observe Without Judgment
“Old Stuff” & “Old *Sankhara*”
Shapiro’s Purposeful Non-assertion About Mindfulness & EMDR
- 1:05** **Experiential Exercise:** Attention to *body sensations*
- 1:15** Insights from Eastern Psychology: Healthy vs. Unhealthy Mental Factors
- 1:25** **Experiential Exercise:** Resource Enhancement: *Proficiency*
- 1:35** Meditation & The Development of Consciousness
Maslow’s Hierarchy
The *Abhidhamma*
Changes in Focus as Consciousness Evolves from Stage to Stage
Wilber’s Orthodox and Transpersonal Stages of Development

¹All times beyond start are approximate

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- 2:00** *Trait* Change vs. *State* Change in EMDR and in Mindfulness Practice
(State changes often precede trait changes, as desensitization procedures)
- 2:10** Peak (Peek) Experiences
In Life
In Meditation
In EMDR Therapy
- 2:20** **Video: *Mary: A Peak Experience of Deity Consciousness in EMDR Therapy***
- 2:45** Review of the Case of Allen: Trait Change vs. State Change
- 2:47** Review of the Case of Jake: Trait Change vs. State Change
- 2:50** Recommendations: When is EMDR Indicated? When is Mindfulness Practice Indicated?
- 2:52** **Q & A / Discussion**
- 3:00 EDT / 2:00 CDT / 1:00 MDT / 12:00 PDT** **END OF PROGRAM**