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Title : Bringing the Body into EMDR Therapy with Dissociative Clients: Contributions from Sensorimotor Psychotherapy

More than a century ago, Pierre Janet described both dissociation and the associated disturbances of movement and posture; he has since been recognized as a forefather of body psychotherapy as well as of trauma-focused psychological treatments.

Dissociation is still lived in the body: in sudden shifts of posture and breath, numbness or collapse, unexplained pain, and a mistrust of bodily sensation that can make the body feel like the least safe place to be. Yet EMDR clinicians working with dissociative clients often have little guidance on including the body without destabilising the client. This full-day workshop explores how elements of Sensorimotor Psychotherapy may help, within the standard EMDR protocol and the Adaptive Information Processing model.

Using the theory of structural dissociation of the personality as a map, we will examine why a somatic intervention that steadies one part of the client may unsettle another, and how to recognise and respond to phobia of the body. Participants will learn to track and name somatic indicators of dissociative parts; to understand how mindfulness, relatedness, and dual awareness can serve as dosing strategies that keep clients near the edge of the window of tolerance; and to build somatic and relational resources suited to different parts. We will consider how these skills can be woven into the preparation, desensitization, and closure phases of EMDR therapy.

The day combines didactic teaching, anonymised clinical vignettes, and brief experiential exercises. No prior training in Sensorimotor Psychotherapy is required. The contribution of elements of Sensorimotor Psychotherapy to standard EMDR therapy practice with dissociative clients is presented as a clinically informed integration, drawing on the Sensorimotor Psychotherapy literature and on clinical experience, proposes clinically relevant interventions to strengthen EMDR therapy.

rather than as an empirically validated protocol.

At the end of this workshop, participants will be able to:

1. **Explain** how dissociation manifests in the body, and why a somatic intervention that steadies one part of a client may unsettle another.
2. **Identify** somatic indicators of dissociative parts, **recognise** phobia of the body, and outline ways of responding to it.
3. **Describe** mindfulness, relatedness, and dual awareness as dosing strategies that help keep dissociative clients within the window of tolerance during standard EMDR processing.
4. **Select** somatic and relational resources suited to different dissociative parts, and **describe** how they can be woven into the preparation, desensitisation, and closure phases of EMDR therapy.