



Social Art  
and  
Therapy

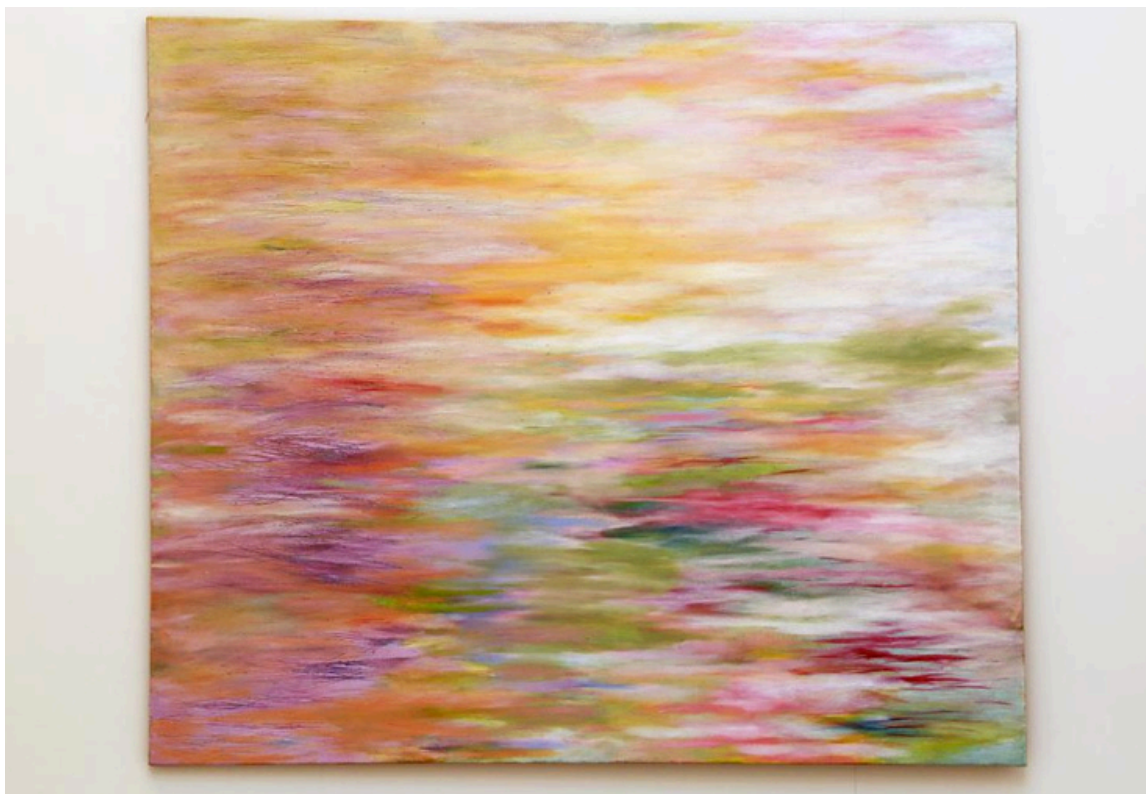
# EMDR & ART THERAPY COMBINED

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This course is led by Lee Anna Simmons (artist / therapist / EMDR consultant), it synthesises theory, practice, and original material from her praxis.



## Day one synopsis

- Introductory relaxation exercise
- Intro to EMDR & Art Therapy
- Safe place with bilateral brushstrokes
- Resourcing clients for EMDR
- History taking with art making



## Preparatory exercises:

Drawing/painting the safe/calm place with bilateral mark making

- Trauma timeline with symbols
- Overlay of meaningful life events, to timeline
- Web of support with symbols

## Art (Therapy) materials

Recommended material (in order of importance).

- Paper: white, Cartridge if possible, A3 or larger
- Pencils: preferably HB and / or 2B
- Paints: blue, red, yellow, black, white. Other colours are a bonus. If there is a type, then poster paints and watercolours are washable. Acrylic and gouache are more advanced and harder to clean from clothing.
- Paintbrushes, large brushes, fine brushes, (if possible) also a medium size.
- Pastels: coloured, chalk and/or oil pastels. If not, then crayons can be used.
- Chalk pastels are easy to use with good results; they are usually popular with adults.

- Charcoal sticks
- Black sugar paper A3 or larger
- PVA glue
- Masking tape
- Rubber
- Pencil sharpener
- Ruler
- Pens, coloured is best, otherwise just black ones.
- Sponges
- Scissors
- Clay (if possible), there are types of modelling clay that dry in the air (no firing/kiln)
- Plastic sheeting for the floor/table so people can make a mess
- Folder or 8 large (A0) pieces of paper for storing the work



## Day two synopsis

- Contracting/dynamic administration
- Resourcing with internal mentors
- Parts with Art
- Flash/blink technique with Art Blink technique with walking
- Vicarious Trauma & Self Care



## Day three synopsis

- Intro to:
  - EMDR & Art Therapy with children
  - EMDR & Art Therapy online
  - EMDR & Art Therapy Intensives
- All eight phases of the EMDR protocol with art
- Training in Art Therapy, EMDR, and accreditation (with awareness of future likely changes)
- Research and case studies
- Booking the consultation meeting
- Feedback

**EMDR & Art Psychotherapy protocol (EMD-Art)**

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**Resource:** Safe Place drawing / painting with bilateral brushstrokes

**History taking:** Trauma Timeline drawn and with symbols representing traumas

**Resourcing and assessment tool:** personal matrix or mandala drawing painting.

Bringing attention to resources the service users have in their lives, things that give them strength, build resilience, nurture, nourish and support. Be sure to include examples of music, nature, walking, religion, the rain etc. for if people are very alone. This can also inform the therapist on who is available to support them and whether they are in a suitable position for EMDR therapy.

**Touchstone memory,** locate with art making and talking for art therapists, this also helps to build an alliance and set the boundaries and therapeutic framework, explore attachment styles and learn about the clients background - so reprocessing is directed to where it can be most effective. If the touchstone memory is a feeling, it can be represented using drawing, painting, clay, sound.

**Flash / blink technique** represented with drawing / symbol / colour, folding the paper over, then putting it to the side and tuning into the positive engaging focus. Reduces the disturbance as a stand alone exercise or to prepare for EMDR when outside of the window of tolerance.

**Reprocessing** using drawn images then bilateral stimulation, turning the image over and drawing the next version - similar to child and adolescent EMDR. Or drawing / painting freestyle with bilateral stimulation eg. headphones, buzzers in sleeves, bracelets, shoulder tapping.

**Interweaves:**

- Mentors, drawn and then tapped in, or collaged onto safe place image.
- Drawing the body outline and where feelings are felt, giving them colours and density.
- Drawing representations of different parts.
- Loving eyes, the feeling of the caring gaze, putting a representation the inner child in the safe place
- Circles representing comfort, stretch and panic zones and how they might be altering
- Circle with measure from centre to diameter to monitor life balance and how that is adapting

**SUDS:** Represent the 0-10 as a parallel line with markers, 10 being furthest right and 1-7 as a vertical line, 7 being the highest point and they can point to where they sit on the graph. More simply, draw a large, medium and small circle and they can point to the size most fitting.

**Container:** Ceramics and glass can be created in the mind, so the container actually is part of the material to be held. It can be stored in a bookshelf for memory, like Jung's rooms, so the materials are there but the client chooses the scale. A drawing can help represent and control that.

**Body scan,** here you can reference the previous interweave of the image of the body and what has changed. Bilateral brushstrokes on the body sensations, follow and anticipate changes.

**Future template,** comic strip style image making (series) or just one drawing that represents this; this can use abstract colours for mood, not necessarily illustrated narratives.

*Use your discretion and professional sense on a case by case basis as to whether the client takes the artwork home or it is stored confidentially in the therapy space - in a folder. Images from reprocessing should be securely destroyed by the therapist. Artwork should be stored by the therapist throughout the therapy intervention and kept securely and confidentially as with clinical notes.*



## Further information

### **EMDR online research:**

[bmcpsychiatry.biomedcentral.com/articles/10.1186/s12888-021-03571-x](https://bmcpsychiatry.biomedcentral.com/articles/10.1186/s12888-021-03571-x)

### **Intensive EMDR research:**

<https://connect.springerpub.com/content/sgremdr/11/2/84>

### **Case studies:**

[www.socialarttherapy.com/emdr-art-psychotherapy](http://www.socialarttherapy.com/emdr-art-psychotherapy)

### **Vicarious Trauma article:**

<https://etq.emdrassociation.org.uk/2023/10/17/vicarious-trauma-compassion-fatigue-and-burnout-tools-for-emdr-therapists/>

**List of resources for self care:**

<https://etq.emdrassociation.org.uk/2023/10/17/resources-to-support-emdr-therapists-self-care/>

**EMDR Accreditation form:**

[\\_https://emdrassociation.org.uk/wp-content/uploads/2024/02/EMDR-Europe-Practitioner-Accreditation-form.pdf](https://emdrassociation.org.uk/wp-content/uploads/2024/02/EMDR-Europe-Practitioner-Accreditation-form.pdf)

**Child and Adolescent accreditation:**

<https://emdrassociation.org.uk/wp-content/uploads/2024/02/EMDR-Europe-CA-Practitioner-Accreditation-form.pdf>

**How to become and Art Therapist (British Association of Art Therapists)**

<https://baat.org/art-therapy/how-to-become-an-art-therapist/>