

**4-Day Advanced EMDR: N.E.S.T. Training**  
**Complex Trauma, Dissociation, and Attachment Injuries**  
**with Sandra Paulsen, Ph.D.**

**\*\*Includes Practicum**

**Nov 4-7, 2024 from 9:00A.M. to 4:30 P.M.**

**Broadmoor Golf Course, 400 Palisades Way, #100**

**Sherwood Park, Alberta, Canada, T8H 0H4**

**Neuroaffective:** neuroscience applications, including Resetting Affective Circuits.

**Embodiment:** somatic maneuvers to resolve somatic dissociation.

**Self-System:** ego state work to enlist and deconflictualize self states.

**Temporal Integration:** Early Trauma protocol with time period integration.

[https://emdrpower.janeapp.com/locations/power-psychology-trainings/book#staff\\_member/52](https://emdrpower.janeapp.com/locations/power-psychology-trainings/book#staff_member/52)



## 4-Day Advanced EMDR Training Neuroaffective Embodied Self-Therapy (NEST) with Sandra Paulsen



Includes early trauma protocol, EMDR and Somatic therapy, and EMDR and ego-state therapy to treat complex trauma and attachment injuries.

\*\*Includes Practicum

Sherwood Park, Alberta  
November 4-7 2024

Early Bird Pricing \$1295 CDN + GST until Aug 31, 2024  
Late Bird Pricing \$1395 CDN + GST

Presented By  
Power Psychology



**Neuroaffective Embodied Self Therapy (N.E.S.T.):** integrates EMDR with Neuroaffective developments, Somatic therapy, and Ego State Therapy to Treat Complex Trauma, including in the Attachment Period in Implicit Memory

This approach guides the process of assessment, case formulation and treatment planning for time efficient treatment. Beginning in the initial interview with case formulation and treatment planning, the approach considers whether the client has i) positive and negative affect and soma tolerance, ii) a cooperative or conflictual ego state system, iii) loyalty to the aggressor, and iv) structural dissociation, all of which require a fractionated approach to trauma processing

**Day 1: “N” stands for Neuroaffective:** Working directly on the brain using Neuroaffective strategies to enhance affect Regulation, using leading edge applications from neuroscience, such as resetting the Pankseppian affective circuits and shame, cranial electrical stimulation, interruptive neurofeedback, and more. These methods tend to “shake the box,” inviting the brain to interrupt its deeply engrained neural pathway habits and try a new strategy, the hallmark of

plasticity and transformation.

**Day 2: “E” stands for Embodiment:** Using somatic therapeutic maneuvers to help clients drop into the felt sense of their bodily sensations to achieve embodiment through somatic strategies. This helps those who are somatically dissociative or alexithymic learn to be present to their bodies in a moment-to-moment way. These methods include grounding, somatic empathy, moment to moment tracking, evoked and spontaneous oscillation, and somatic micromovements.

**Day 3: “S” stands for Self-System enlistment and deconflictualizing** through ego state work, in the tradition of Watkins and Watkins, and Watkins & Paulsen. The client’s self-system is enlisted, especially when there is structural dissociation, by giving a voice to pushed away or disowned aspects of self. Even when the client is not highly dissociative, loyalty to the aggressor is a limiting step, which ego state therapy can ideally address to shift loyalty to the self.

**Day 4: “T” involves Temporal Integration.** A cornerstone of the N.E.S.T. approach is the Early Trauma EMDR approach (ET-EMDR), in which Temporal Integration is key. This approach processes through experiences by time periods, from the beginning of life. The client infant self-state’s untold unheard story emerges in the client’s historical narrative; and in the somatic and affective felt sense, relationship field, therapist mirror neurons, reenactments, ego state system dynamics, and more. ET-EMDR then proceeds to repair unmet milestones in imagination, linking into adaptive neural nets, causing early symptom “shrines” to remit, once no longer a needed to mark the spot of the developmental injury.

