



Past Trainings of EMU's Institute for Experiential Therapies

The Institute for Experiential Therapies is an offering of EMU's MA in Counseling graduate program. The institute provides continuing education for professional counselors and training that brings together current neuroscience and practices of embodied presence for healing.

2016

We are currently considering a speaker who can attract a broad audience consisting of both the general public and mental health professionals. We have several options for speakers and have been contacting appropriate agents to secure a speaker. We are considering individuals that are well known in the mental health field and/or related fields.

2015

1. Ethics: Counselor Competency and Technology (Dr. Linda Leitch-Alford) 3 hours

This presentation was facilitated in two parts. The first part addressed the issue of competence as related to when to refer and how to assess competence. The second part helped bring into focus the pieces clinicians need to consider when engaging in any area of technology (email, Facebook, Twitter, distance counseling and/or supervision, etc.). Traditions established through many years of professional codes do not change when we use technology platforms when meeting clients or supervisees. The clinical community has been given some general guidance in the new 2014 ACA Code of Ethics for the use of technology with clients, former clients, and supervisees. However, applying those general principles to specific situations requires considerable thought.

2. Creative Renewal Series – 3 week series (Dr. Jena Leake)

During this expressive arts workshop series, we engaged in individual and community art-making to explore mindful and artful approaches for self-care, well-being, and therapeutic work with others.

Each session included:

- A creative, nourishing environment to gather regularly with peers and engage in meaningful dialogue and reflection about life and work

- Introduction to expressive arts therapy methodologies and their applications in clinical and community settings
- Arts-based practices for personal and professional growth integrating visual art-making, movement, music & reflective writing

2014

1. Clinical Supervision Training Series – 4 week series (Dr. Cheree Hammond)

This workshop provided an opportunity to gather together with other mental health practitioners interested in deepening their skills in clinical supervision. The workshop resembled the classroom environment, allowing participants the opportunity to gain a deep understanding of supervision theory and explore a variety of models. We explored the roles and functions of the supervisor as well as key ethical guidelines. Participants had the opportunity to share supervision cases, review tapes, and consult with one another.

2. Ethics Training – (Michelle Wade, ACA ethics specialist) 3 hours

This workshop took place on April 25th with ACA Ethics Specialist, Michelle E. Wade, who discussed the new 2014 ACA Code of Ethics, counseling and technology, common ethical concerns, and what to do when faced with an ethical dilemma.

This ethics workshop was informative and interactive in nature. Participants were encouraged to walk through different scenarios and discuss the ethical decision making process.

3. Solace: The Art of Asking the Beautiful Question – (David Whyte) 6 hours



Human beings cannot quite believe the depth, drama and even the disappearances involved in even the average human life. Each one of us grows almost against our will into a steadily unfolding story where the horizon gets broader and more mysterious, the understanding of loss and mortality more keen, the sense of time more fleeting and the understanding of our own mistakes and omissions more apparent. In the midst of this deepening, we have to make a life that makes sense; there is no other life than the one that

involves this constant beckoning, this invitation to the fiercer aspects of existence.

This was a day spent with David Whyte – through poetry and the insights of poetry – looking at the fruitful discipline of first finding, then asking, ever keener and more beautiful questions – questions that did not produce easy answers but which helped us to re-imagine ourselves, our world and our part in it, and most especially, questions which worked to reshape our identities,

helping us to become larger, more generous, more courageous – equal to the increasingly fierce invitations extended to us as we grow and mature.

2013

1. The psychological treatment of children with trauma/attachment problems and their families – 2 events in Feb and October (Dr. Dan Hughes)

This workshop was a follow-up to our spectacular Sue Johnson workshop two years ago. This workshop was led by Dan Hughes, an internationally recognized expert in Attachment Based Family Therapy, for an inspiring two days of learning.



Dan Hughes is the author of numerous books including: "Building the Bonds of Attachment," 2nd Ed. (2006), "Attachment-Focused Family Therapy," (2007), "Attachment-Focused Parenting," (2009), and his most recent publication, "Attachment-Focused Family Therapy Workbook," (2011). He also just completed a new book with colleague, Jon Baylin titled "Brain-Based Parenting".

Dan travels the world conducting seminars and trainings, providing individuals with the skills and training needed to begin to understand attachment and its impact on the family.

2. The Spaces in Between – (Dr. Teresa Haase) 3 hours

This three-hour experiential workshop focused on noticing, paying attention to, and engaging the spaces in between our professional, personal, and inner lives – the moments that carry us from one thing to the next. Participants were invited to work with poetry, dialogue, writing, and image-making.

3. Ethical Considerations for Counseling in the 21st Century – (Erin Martz, ACA Ethics Specialist) 3 hours

This three-hour workshop provided an overview of the 2005 ACA Code of Ethics with a special focus on section A.12: Technology Applications. We discussed issues surrounding social networking and looked at and applied the ethics code to case studies.

Objectives included:

- Facilitating understanding of the 2005 ACA Code of Ethics as it pertains to current and future practitioners.

- Exploring emerging issues in the area of counseling ethics to include the appropriate application of technology and social networking capabilities.
- Encouraging discussion of current trends, concerns and considerations in reference to the application of ethics in the field of counseling.

4. Toward Neuro-Therapy: How Neuroscience provides the Missing Link for Treatment of Mental Illnesses – (Dr. Rosemary Farmer) 3 hours

This three-hour workshop included a presentation of basic concepts in neuroscience that inform clinical practice (e.g. neuroplasticity, epigenetics, post-neuroscience attachment theory, mirror neurons, clinicians as neuro-architects). We discussed how to use a BPSS (bio-psycho-social-spiritual) framework and manage over-and-under enthusiasm for the biological domain. The neuroscience concepts were applied to specific mental illnesses, including children with emotional/behavioral disorders and adults with depression, anxiety, personality disorders, schizophrenia and bipolar disorder.

2012

1. Emotional Freedom Technique Level I Training – 2 days (Carolyn Yoder, MA, LMFT, LPC, NCC)

This new and innovative training was facilitated by Carolyn Yoder. It was the first foundational level and the first step in the EFT certification process. This workshop was co-sponsored by STAR (Strategies for Trauma Awareness and Resilience) and was open for registration for professionals, paraprofessionals and interested community members who wanted to learn more about EFT. EFT involves tapping or holding specific acupuncture points on the body while processing cognitions, emotions or memories associated with the situation or belief. EFT is based on the belief that distressing events cause imbalances in the body's energy system which have profound effects on emotional and physical health. Stimulating acupoints releases blockages and positively impacts biochemistry and brain function. EFT works more quickly than talk therapy and feels less "therapy-ish." It can be used with children, adults and groups. It has been successfully used in thousands of cases covering a range of emotional, health and performance issues such as stress, trauma, anxiety, depression, physical pain, eating and weight issues, and even sports performance. It is especially effective with anxiety disorders, including trauma.

2. The Embodied Self: Deepening Personal Growth of Mind, Body, and Spirituality – (Dr. Cheree Hammond) 3 hours

This workshop provided an opportunity to explore three key aspects of "self" (engaged presence, the fullness of mind, and spiritual integrity) and their connection to the physical body. Drawing from Russel Delman's Embodied Life, neuroscience, and Buddhist meditation practices, participants engaged in experiential activities that can be used for personal development. Applications to the counseling context were explored.

3. In Like a Lion – (Dr. Teresa Haase) 3 hours

This experiential workshop was inspired by William Blake’s quote: “March comes in like a lion and goes out like a lamb.” Participants were invited to explore through writing, drawing, and collaging their lion tendencies, those we often wish to avoid or discard, yet which have the capacity to hold important purpose in our lives.

4. A Seminar in Psychodrama: A Clinical Tool – (Dr. Richard Anderson) 3 hours

The process of this work introduced counselors to the use of psychodrama techniques with their clients by first practicing the modality themselves. Beyond the very important goal of enhanced awareness and growth for the individual, the objective of the seminar was for participants to experience an effective means to identify and release their clients’ defenses, leading to a gaining of insight into the dysfunctional issues that bring participants’ clients to seek help. The process of psychodrama is an effective tool to help clients and families to eventually retell their story from the position of a different level of awareness and hopefully, to resolution. Each participant in the workshop engaged in the roles appropriate to the process of psychodrama. Various case studies with participants playing the roles in the case presented provided an experiential psychodrama process for the participants. No experience in psychodrama was necessary to attend the workshop.

5. The Dynamics of Energy – (Gary Bass and Mary Kay Rose, LPC) 3 hours

This workshop explored possibilities for healing, transformation and intentional change through use of experiential and creative techniques including breath work, movement, mindfulness, guided imagery and body-focused energy work. Presenters were co-founders and co-owners of The Shenandoah Valley Center for Integral Counseling, LLC, located in Verona, VA.

6. Unraveling Stuck Places in Ethical Decision Making – (Dr. Annmarie Early) 3 hours

This session offered participants an opportunity to identify their personal blocks in ethical decision-making and reflect on the ethical dilemmas that create personal struggle and confusion. These “stuck places” were addressed through personal reflection, small group engagement, and ethical decision-modeling, helping participants to work through their most challenging ethical dilemmas.

7. Using Felt Sensing in Therapy & Everyday Life – (Dr. David Glanzer) 3 hours

This experiential workshop provided an embodied introduction to Focusing Oriented Psychotherapy and felt sensing as a way to deepen therapy and improve treatment outcomes (Carl Rogers & Eugene Gendlin). A short introduction to the research and methods of felt sensing was followed by practicing various ways to use felt sensing, both in daily life and in clinical practice.

2011



Dr. Sue Johnson - 6 hour EFT training
Attachment conference