

## SHAPIRO SERIES #10

SLIDE 12

5 FINGERS

.METAPHORS OF 5 FINGERS AND HAND=CHANNELS AND NODE

.HAVE I ALLOWED THE ASSOCIATIVE PROCESS TO PROGRESS UNIMPEDED?

.HAVE I ALLOWED ALL CHANNELS TO BE ACCESSED AND PROCESSED (W/O DISTORTION)?

.HAVE I CHECKED MY WORK? OUTSIDE REACH? PEOPLE TOUCHED?

-WITHIN SESSION

-BETWEEN SESSIONS (IN VIVO, SOCIAL SYSTEMS)

-FOLLOWING SESSION

-TERMINATION

So let's go to another hand.

Clinical Quick list

1. Me - How am I now?

And one of the things we're hoping for clinicians to be more aware of is their impact on the client. Can I as a clinician support my client? Can I unite with the client? Am I feeling present and whole? Can I link with the client into one attuned unit? Can I maintain evaluative compassion? If not, what techniques do I have to employ on me? Because if I'm feeling anxious, or worrying about the mortgage, or looking at the ceiling, it's there; the client gets it. And how do I make a decision about when they're going too far into the experience and when I'm losing them or when I have to use an interweave and also am I knowledgeable about this population that I'm working with? Because I know EMDR does not mean I should be working with a substance abuse client if I don't know the issues involved with a substance abuse client. I have consultation from someone experienced with substance abuse. The same thing is true with DID; same thing with any of the specialties. I've heard folks say that with EMDR the relationship isn't important - yes, the relationship is important! You are the pillar! You are the linkage. You are the one who put this gold and protective bubble around the two of you so that you could connect. It's very important who you are and what do you need to feel present and not afraid of what the person is going to be experiencing. Are you all right with what they need to experience or are you going to say to them, "Oh you don't have to feel that right now. No, it's OK." Just think. You know everyone has different affect tolerance levels - what's yours? And if you see a client feeling their disturbance, do you have a sense that it's dangerous? Are you telling your client, "don't feel? Be afraid of your feelings?" Are you giving them the same messages that they got early on? "Don't feel it; don't express it; the other person will run away. The person will think it's shameful. I'll disintegrate. All those messages that are in there. Have you cleaned them out of your system? Because processing means the client will go where they need to go. And are you ready to let them do that?

End Shapiro Series #10