

## The Utilization of EMDR in the Treatment of Eating Disorders Webinar 4

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## Aims

This seminar aims to:

- ▶ Discuss Why, When and How to utilise key aspects of Ego State/Parts work in clients with Eating Disorders ( ED's)
- To discuss the adaptations that are necessary to the 8 phases of the standard protocol (SP) with regards to integrating these interventions
- To illustrate working with Polarised ED parts

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## Why Do We Need Ego State/Parts Work?

- ▶ Unresolved trauma (Big T & little t), PTSD, disrupted attachments and developmental arrest are often core underlying issues for those with ED's
- ▶ Dissociative experiences are common – ranging from mild to dissociative seizures and dissociative identity disorder (DID)

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- ▶ Where this is dissociation– there will be parts with various roles/functions within the internal system
- ▶ In ED's - 'the voice' 'the controller' 'the starver' "the binger" 'the greedy one' 'out of control part' 'ANA' Mia' 'ED'
- ▶ The behaviours of these ED parts can be viewed as affect management strategies used by Protective Ego States to defend against unbearable realities/conflicts and overwhelming feeling states

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## Models of Ego State/Parts Therapy

My Influences

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### Non – EMDR:

- ▶ **Watkins & Watkins**, hypnosis, dissociation & multiple personalities - pioneers of ego state therapy
- ▶ **Carl Jung** –Shadow/unconscious part of mind – home to sub-personalities/selves which are disowned
- ▶ Gestalt Therapy - Empty chair work – **Fritz Perls**

Lifespan Integration - **Peggy Pace**  
<https://www.lifespanintegration.com>

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- ▶ Internal Family Systems - Richard Schwartz  
<https://selfleadership.org>
- ▶ Jay Earley & Bonnie Weiss IFS <https://personal-growth-programs.com>
- ▶ Externalisation - Michael White  
<https://dulwichcentre.com.au>

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### Other Models which reflect Ego State Phenomena

- ▶ Berne ( 1961, 1977) – Transactional Analysis
- ▶ Assagioli (1965) –Psychosynthesis -subpersonalities
- ▶ Young (1994) – Schema Therapy
- ▶ Stone (1972) - Voice Dialogue

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### EMDR:

- ▶ Ono Van de Hart, Cathy Steele et al – Theory of Structural Dissociation Apparently Normal Part (ANP) & Emotional Parts (EP's)
- ▶ Sandra Paulsen
- ▶ Laurel Parnell

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- ▶ Janina Fisher
- ▶ Jim Knipe
- ▶ Maggie Phillips: *Healing the Divided Self*  
[www.maggiephillipsphd.com](http://www.maggiephillipsphd.com)
- ▶ Forgas & Copeley (Eds) *Healing the Heart of Trauma & Dissociation with EMDR & Ego State Therapy*

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- ▶ April Steele – *Imaginal Nurturing of Young Ego States –Developing a Secure Self* <http://april-steele.ca/training-information.php>
- ▶ Shirley Jean Schmidt- *Developmental Needs Meeting Strategy*  
[www.dnmsinstitute.com](http://www.dnmsinstitute.com)

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**What are Ego States/Parts?**

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- ▶ Ego States and Neural Networks are **synonymous** terms
- ▶ Systems of;
  - ▶ beliefs
  - ▶ feelings
  - ▶ instructions
  - ▶ coping skills
  - ▶ behaviours
- ▶ become **automatic "programs"**
- ▶ that are stored in state specific form in implicit memory

Activated by the brain on cue

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- ▶ **Multiplicity is normal**
- ▶ Everyone has different self states/identities for different roles, such as work, play, parenting, and romance, "a family of selves". **Different patterns of thinking, feeling and acting, depending on the situation**
- ▶ **Parts can have conflicting needs and views – ambivalence**

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- ▶ Parts of self formed by positive experiences live in the present and we go seamlessly between different self states
- ▶ Parts of self formed by wounding experiences are stuck in the past, compartmentalized out of consciousness by dissociation: **'Reactive Parts', 'Exiles', 'Emotional Parts'**

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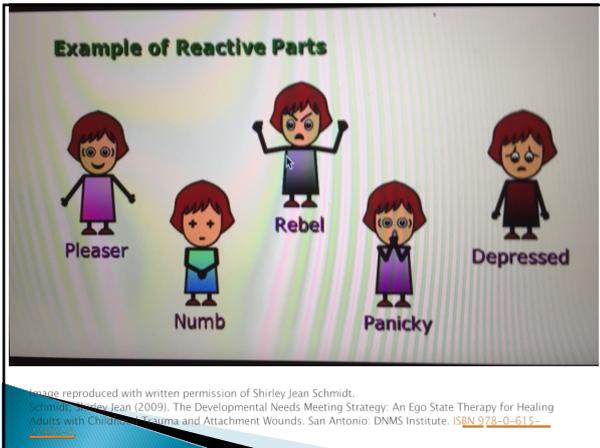
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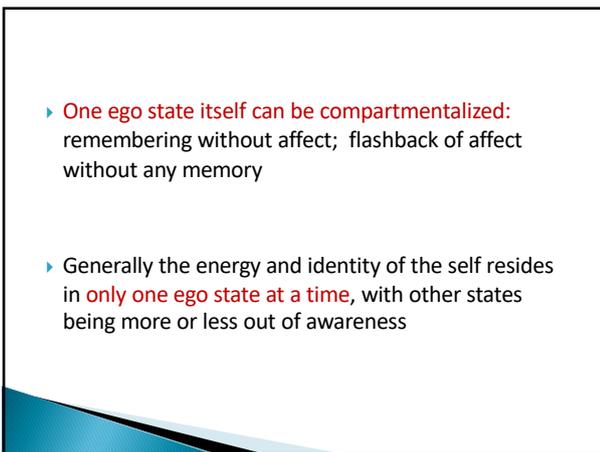
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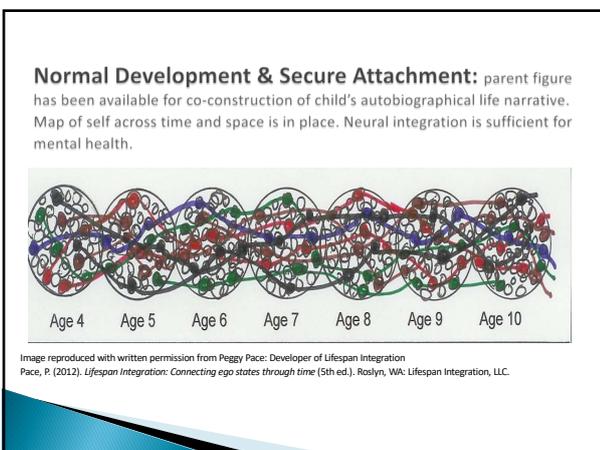
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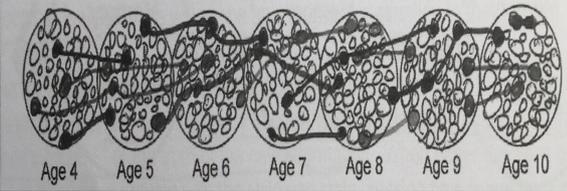
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**Dissociation/Memory Gaps:** History of trauma. Parent figure/s either non supportive or unavailable. Autobiographical narrative is only partially constructed. Map of self across space and time is incomplete. Neural integration is incomplete.



Age 4 Age 5 Age 6 Age 7 Age 8 Age 9 Age 10

Image reproduced with written permission from Peggy Pace: Developer of Lifespan Integration  
Pace, P. (2012). *Lifespan Integration: Connecting ego states through time* (5th ed.). Roslyn, WA: Lifespan Integration, LLC

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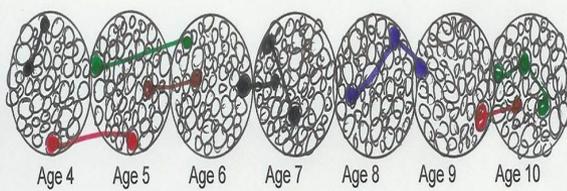
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**Dissociative Identity Disorder:** History of overwhelming trauma with little or no parental support available. Autobiographical narrative has not been constructed. Map of self across time and space is extremely sketchy. Neural integration is minimal.



Age 4 Age 5 Age 6 Age 7 Age 8 Age 9 Age 10

Image reproduced with written permission from Peggy Pace: Developer of Lifespan Integration  
Pace, P. (2012). *Lifespan Integration: Connecting ego states through time* (5th ed.). Roslyn, WA: Lifespan Integration, LLC

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**Internal Family Systems (IFS)**  
(Schwartz 1995)

- ▶ Grew out of work with ED clients
- ▶ **Self**
  - ▶ Inner core/essence
  - ▶ Source of wisdom, competence & security
  - ▶ Wise one
  - ▶ Observer
  - ▶ The Self can and should lead the internal system

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## Exiles

- ▶ Carry the burden of trauma including the emotions and memories
- ▶ Isolated, despised and feared within the system

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## Managers

- ▶ **Protector Parts** that **proactively** try to arrange a person's life and psyche so that **pain of exiles never rises to consciousness**
- ▶ Run day to day life and try to create stability
- ▶ Try to protect against hurt or rejection by controlling situations & relationships to avoid triggers

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## Managers can manifest within the system as:

- ▶ A Relentless Inner Critic/Bully
- ▶ Perfectionism
- ▶ Striving
- ▶ Controlling
- ▶ Judging
- ▶

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- ▶ Caretaking
- ▶ People Pleasing
- ▶ Avoiding Triggers
- ▶ Avoiding Risks
- ▶ Narcissism
- ▶ Pessimism

(If I do everything right, I can be an ok person)

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### Firefighters

- ▶ **Protector Parts** that react **Impulsively** in the moment, when pain of an exile is arising
- ▶ Try to extinguish painful feelings in any way possible: controlling, numbing, distracting
- ▶ **EXTREME Emergency Response!**

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### Firefighter Behaviours

- ▶ Eating Binges
- ▶ Compulsive Online Shopping
- ▶ Drugs
- ▶ Alcohol

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- ▶ Cutting
- ▶ Overdosing
- ▶ Sex Binges
- ▶ Watching Porn for hours etc

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- ▶ Managers and Firefighters have **same goals** to suppress Exiles but have different strategies
- ▶ **Managers are frightened of Firefighters** being activated as their extreme behaviour/s can threaten survival
- ▶ **Leads to resistances/barriers/defences geared towards avoiding any work with Exiles**

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Drawing the IFS System

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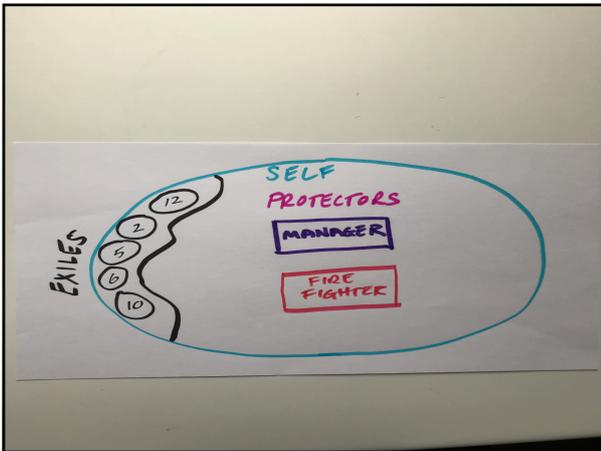
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Polarizations and Conflict within the Internal System

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**Polarized Parts:  
In Relation to Food & Eating**

- ▶ There is a part that tries to control food:  
**Controller/Restrictor** (Earley, 2012)
- ▶ A part who responds to that control: **Binger/Indulger**  
(Earley, 2012)

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### Controller Part

- ▶ Strives for perfection - the ideal weight/body
- ▶ Sets rituals around food
- ▶ Dictates what and how much can be eaten
- ▶ Drives compensatory behaviours: over-exercising, purging etc

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- ▶ Constantly in a fight with Binging part who breaks rules of eating
- ▶ Views binging part as loathsome, disgusting, weak, greedy, impulsive, reckless and destructive
- ▶ Believes this part will never stop bingeing on "bad food" and fears becoming grossly obese
- ▶ **Wants rid of Binging part forever**

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### Binging Part

- ▶ Is always hungry; feeling physiologically starved and deprived
- ▶ Emotionally hungry for love and acceptance from other parts in the system and the outside world
- ▶ Feels hated, disliked and not heard

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- ▶ Worries the fasting will never stop and it might die from starvation before controller will be satisfied
- ▶ Fears that even if loses weight still won't be acceptable/lovable to others
- ▶ Believes the world is very harsh
- ▶ Needs something pleasurable to make the pain go away

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- ### Goals of Ego State/Parts Therapy ( Whichever Model You Are Using)
- ▶ Create stability in the internal system prior to doing any trauma reprocessing
  - ▶ Reduce internal conflict and chaos between parts locked in oppositional combat around competing agendas – Polarizations. Each part believes it is right and if it only fights harder, it can win (Schwartz 1995)

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- ▶ Agree co-operation between opposing parts for the greater good of the whole system
- ▶ Get PERMISSION to safely access and heal the wounded child parts which are carrying burdens of the past

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### Successful Negotiations Result In:

- ▶ Fewer blocks/resistances in reprocessing trauma/adverse events
- ▶ Fewer extreme unwanted behaviors, beliefs and emotions in between sessions

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- ▶ Greater ability to respond to stressors with adult skills and strengths

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### When to Introduce & Utilise Ego State/Parts Work?

- ▶ Phase 2 – Preparation
- ▶ Phase 4 – Desensitisation

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### Phase 2 – Preparation

- ▶ Psychoeducation about trauma, dissociation and ego states/parts (as usual)
- ▶ Introduce a shared theoretical framework that makes sense of ED behavior and its protective function
- ▶ Draw it out visually (I use IFS Model – demonstration)

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- ▶ Assess the fears of the Managers; explain how the therapy can work without the feared outcomes happening
- ▶ Make an inventory of Firefighter behaviours: work with managers fears about triggering firefighters
- ▶ Develop a direct relationship with the part

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- ▶ Negotiate pace of work
- ▶ Give control to the Manager or Wise Part- Work out a system for the part to let you know when things moving too fast
- ▶ Stabilize the internal system and Get Agreement from protector parts/malevolent ego states to allow unburdening of Exiles/ EP'S

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- ▶ Get cooperation from **Despairing Part to be away** until work is done....keep an eye from a distance
- ▶ Instigate **Depolarization Conversations** with parts locked into conflict

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### Phase 4 –Desensitization Ego State Interventions

- ▶ Useful to check for **blocking/interfering ego state** when other interventions for looping have been tried without success
- ▶ There is usually a part ( often a manager, or despairing/suicidal part) that is **not feeling safe**

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### Guiding Principles for integrating Ego State interventions in EMDR Therapy for ED's

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### Setting up Dialogue

- ▶ Planned or/and opportunistically during a reprocessing session when client is **stuck, looping** or **avoiding affect**
- ▶ **3 ways to set up dialogue:** externally, internally or mix of the two
- ▶ **External: Empty Chair Technique** (Gestalt Therapy) 'direct access' - therapist talks directly to parts (and parts talk to each other)

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- ▶ **Internally:** Client brings parts together in **an inner space/room** where they can talk to each other – visually seeing them or just sensing them
- ▶ Self/Client hears what each part is saying and reports this to you
- ▶ **Mixture:** internal dialogue but also sits in 2 different chairs externally – helps access parts more clearly and keep them differentiated

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### Facilitating the Depolarization Dialogue

(Earley, 2012)

- ▶ **Get agreement for dialogue**
- ▶ **Don't let parts attack each other**
- ▶ **Validate positive intent of both parts** despite the consequences of each parts behaviors

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- ▶ Polarization means they will likely be locked into arguing at start ...ok to start there if necessary
- ▶ Find out how the part feels towards the polarized part & how it tries to counter it
- ▶ Need the parts to connect and develop trust with each other to get to place of cooperating with each other

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- ▶ Guide towards understanding that both parts are protecting vulnerable Exile part/s or wanting to achieve the same goal, even though using opposing strategies – can help soften towards each other
- ▶ Get a good understanding of their conflict with each other

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- ▶ Help parts see that the ways they are currently operating isn't working
- ▶ Each part listens to the other's concerns & fears, and responds accordingly
- ▶ Either a part, the Self, or the therapist suggests a resolution

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- ▶ Each part considers the potential resolution and brings up concerns and suggestions for improving it
- ▶ Keep negotiating until a solution is found that is acceptable to both parts
- ▶ Change roles to be less extreme "If you didn't have to keep doing this job, what would you prefer to do?"

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**Illustration of Depolarization Dialogue**  
**2 ED Parts in Conflict**

(video/transcript)

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**FINAL QUESTIONS?**

**THANK YOU FOR YOUR CONTRIBUTIONS!**

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### Reading List

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