



WELCOME TO

EMDR RELATIONAL CONSULTING

"Inspiring others to dream more, learn more and to find the courage to take their clients or supervisees where they need to go."

HI, HOW ARE YOU?

An EMDR update

Welcome to 2023, the start of fresh opportunities after what I hope was a time to rest and restore our energy after 2022.

2022 brought many exciting changes, such as EMDR in a Fishbowl, an attachment-informed EMDR monthly workshop led by myself and my colleague Amy English through our practice Seva House,. Meeting more wonderful consultees from all over Australia (and most recently, overseas!) and the opportunity to support highly skilled accredited practitioners and consultants.

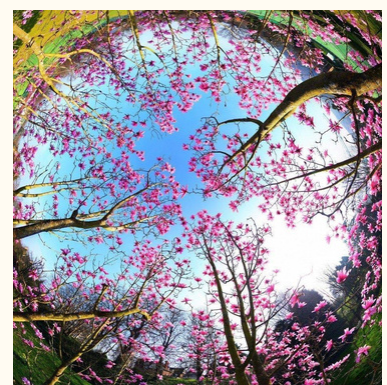
Some highlights I will be offering in the near future include:

- Increased offerings of EMDR group consultations
- Updates to our EMDR in a Fishbowl Workshops including supporting material, guided discussions and we are hoping to be able to provide de-identified recordings of the workshops to be available for on demand viewing.
- Training and Workshops incorporating EMDR, Attachment work, working with advanced ego states, dissociation and Polyvagal theory.



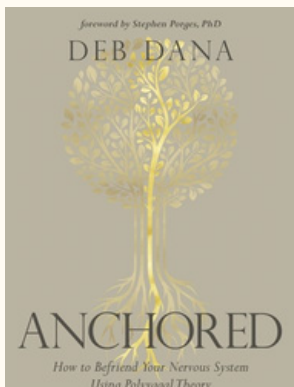
Working with the whole system

Addressing connections between the brain, mind and body using the knowledge of the basic functions of the nervous system greatly enhances the therapeutic process.



Working with Parts

As an EMDR Therapist working with complex trauma I feel it is so important to have an understanding of parts. We all have parts some just have more distinct parts. Those who suffer from complex PTSD have parts who have developed safety and protection behaviours to support the selves in managing their lives. As EMDR therapists we need to respect and honour those parts as they are an essential part of that person and have played such an important role in keeping that person here in some capacity. Validate and acknowledge how amazing these parts are, and help them accept each other so they are able to work together in collaboration.



Book I am Loving This Month

Anchored: How to befriend your nervous system using Polyvagal Theory - By Deb Dana

IF YOU ARE INTERESTED IN FUTURE CONSULTATION EITHER INDIVIDUAL OR GROUP I'D LOVE TO CONNECT

WWW.EMDRRELATIONAL.COM/BOOK-NOW/

VIDEO of The Month

Click:

[Gabor Mate - Attachment vs Authenticity - YouTube Clip](#)



*Looking forward to connecting with you all in 2023,
Peace and Kindness,*

Michele Bowes

