EMDR
Eye Movement Desensitization and Reprocessing

Healing the Folks Who Live Inside: Applying EMDR to Role Therapy
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Learning Objectives

• Participants will be able to discuss and implement the applications of Role Theory concepts and techniques to all phases of the EMDR therapy phases in order to facilitate the treatment of clients.

• Participants will be able to discuss and describe how to developmentally assess, identify, map and access client roles and how to treat roles with the standard EMDR therapy phases.

• Participants will be prepared to utilize EMDR targeting clients’ inner roles to enhance the processing of clients’ issues and resolution of symptoms.

My story with PSDR and EMDR

• Initial training as Psychodramatist/group therapist, eventually Certified Trainer
• External Psychodrama x Inner Psychodrama
• Role Theory
• Role Therapy; repairing the breakdown in the development of roles
• Inner Gallery of Roles: healing our inner roles.
History and Basic Concepts of Role Theory

• Jacob Moreno’s contribution to Role Theory (Psychodrama)
• Origin: “Rollo” = scrolls wrapped around cylinders to help actors remember their lines
• People cannot live alone/isolated from others. They must adapt to certain rules for living together.

History and Basic Concepts of Role Theory

• Roles are cultural units of conduct. (Jacob Moreno).
• They possess characteristics of the culture in which they have been structured.

Role Theory

• Every person is born in an existing culture or social network. The reality of such cultures is defined individually and collectively.
• It can be said that a role is a tangible for of being.
• It does not constitute the self of the person and it not the person. To define the self in an experimental manner we must look at the roles people play.
History and Basic Concepts of Role Theory

- Roles come first. The self is born out of the roles. First action (behavior); then the psychological self.
- This means that we will spend our lives integrating these roles that develop over time so that we can reach a greater sense of an integrated self.
- The Inner Gallery is a creative construct to help us understand a person and their inner roles.

Role Theory

- Moreno defined different kinds of roles:
  - Psychosomatic (Eater, Sleeper, Walker, etc.)
  - Social = corresponds to the social functions that an individual has in society and through which they connect with their world.
  - Psychodramatic (Imaginary, such as the concretization of elements or aspects)

Role and Counter-Role

- The manifestation of a role is based on the expectations that an individual has with regard to him/herself and others, and their interaction with certain groups and situations.
- Examples: teacher/student, mother/child, client/therapist
- That is why role-reversal is possible.
Role Theory

• More or less roles = richness or poverty of roles
• Offer and access to roles
• Roles and counter-roles
• When groups or people change, their roles also change.
• We learn roles:
  – Quantity and quality
  – Content
  – Playing (or function)
• The adequacy of roles is crucial for survival.

Role Theory

• Role-playing = learning the role. It can also be used to solve problems, make decisions, try out solutions, train leadership, etc.
• Role-taking = taking on the role and acting it out, taking on its characteristics.
• Role-creating = Creating the role, enriching or modifying it.

Role Theory

• Roles are different from the general personality of the person. (We aren’t just psychologists.) We are much more than just one role.
• Roles are dysfunctional when:
  – A person relates with everyone in only one role (alcoholic family);
  – When one role becomes so strong that the person can’t separate him/herself from other roles they should be functioning in.
• The development of roles can freeze or become blocked.
Role Theory

• **Repertoire of Roles**: The roles we have and the variety of roles in which people can function in their lives. (Phase 1, 2 - EMDR)

• **Mapping roles**: Moreno’s social Atom (Phases 1, 2)

Role Therapy

• Roles can freeze or be blocked in their development and become limited in their appropriate function. Makes it difficult or impossible to do things differently = repetition of inappropriate behavior. (Remember Lot’s wife.)

• Each role – even dysfunctional ones – contain important information.

• “Frozen” or dissociated roles, due to trauma, need to be healed, grow up (adult and adequate) and become more integrated in the self.

• Don’t blame the victim/client for their limitations. (Guilt x responsibility.)

Role Therapy

• **Diagnosis**: identify the inner roles (mapping = social atom) = Inner Gallery Kit

• **Healing** the roles/hurt places each role has gone through

• **Learning** new forms of responding to life/learn new abilities

• 3-pronged protocol: initially we work more with past roles and experiences (diagnosis/therapeutics/healing) and then move towards triggers and the future (learning).
Diagnosis, Therapeutics and Learning = 3-pronged protocol

EMDR and Role therapy
- Identify the roles with problems/developmental issues
- Identify their age
- Identify what “froze”/blocked their development.
- Reality check about how children can’t/shouldn’t be in adult (functional) roles:
  - Children should be children and adults should be adults.
- Heal those roles in order to allow a greater integration with adult/healthy roles. Free up their possibility to develop naturally.

Applying EMDR as Role Therapy
- Phase 1:
  - Listen and identify the roles, especially dysfunctional or blocked/frozen ones.
  - Identify the repertoire of roles
- Phase 2:
  - Development and recovery of resource roles (Pillars of Life)
Applying EMDR as Role Therapy

- Phase 3:
  - Identify targets: treatment plan
  - Structure the ICES for each ROLE
- With role-reversal
- "Looking" at the role
- Interview of role (Cognitive Interweaves)
- Solution-focused Interweaves

Phase 7:
- Greater understanding
- Learning and new insights
- Overview of the experience of that role

Phase 8: How did the roles change during the week? During therapy?
- New targets (other roles that need to heal and "grow up")

Mapping the Inner Gallery
Applying EMDR as Role Therapy

- Healing our roles means a greater sense of integration
- We are not obliged to live in a fragmented, broken, dysfunctional or repetitive way
- We can change our roles in quantity and inner content
- This should fill us all with hope.

Healing the Folks Who Live Inside

1. The Inner Gallery of roles exists, but only inside of us.
2. The Inner Gallery also exists inside of others.
3. We carry this Inner Gallery with us wherever we go.

4. The Inner Gallery of roles is formed from inter-relationships with other people: roles and counter-roles.
5. The wounds of those in the Inner Gallery can hurt those in the Outer Gallery.
6. There are positive roles in our Inner Gallery. (Pillars of Life)
Healing the Folks Who Live Inside

7. We can learn to listen to our Inner Gallery.
8. Because these roles live within us and are the fruit of our experiences and perceptions, their content can be changed.
9. The members of our Inner Gallery can change their address. (Mary Anne)

How do we heal?

• Who lives inside of me?
• Finding ways to heal the hurt members of our Inner Gallery.
• We can’t skip stages of development.
• There needs to be a decision regarding who is “in charge” of my life and my Inner Gallery.
• The Inner Gallery heals at the pace of the most fragile among them.

How do we heal?

• How do we learn the art of getting along together?
• You can’t kill off inner roles.
• Someone inside really did do things that the Adult felt was morally wrong (Inner Jail)
• Perhaps the difference between acceptance and approval is not always perceived.
• Consult the Inner Gallery.
How do we heal?

- We can also discard roles that no longer serve us.
- We can acquire new roles.
- Finally, the past cannot change, but our perception of it can.

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