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GETTING TO THE HEART OF THE MATTER
INTEGRATING SANDTRAY & EMDR IN THE TREATMENT OF SEXUAL ABUSE VICTIMS

TRAUMA INFORMED APPROACH

SAMHSA’s Trauma Informed Approach
• Realizes
• Recognizes
• Responds
• Seeks

Six Key Principles of a Trauma-Informed Approach
• Safety
• Trustworthiness and Transparency
• Peer support
• Collaboration and mutuality
• Empowerment, voice and choice
• Cultural, historical, and gender issues

COMPLEX PTSD

PTSD
Complex PTSD
Source: European Journal of Psychotraumatology 2013; 4: 19184
http://dx.doi.org/10.3402/ejpt.v4i0.19184

• Interpersonal disturbances
• Negative self-concept
• Affect dysregulation

Sense of threat
Avoidance
Re-experiencing

COMPLEX PTSD & DISASSOCIATION

• Contributing Factors to Complex PTSD
  • Multiple Trauma’s
  • Adverse Childhood Experiences (ACE’s)

• PTSD with prominent dissociative symptoms
  • Depersonalization/Derealization (either experiences of feeling detached from one’s own mind or body, or experiences in which the world seems unreal, dreamlike or distorted).

COMPLEX PTSD & DISASSOCIATION

• What about Amnesia, Fugue, NOS, & DID
• Blocking
  • Ego States or Parts

• Increased Risk of Disassociation
  • Lack of safety
  • Intermittent therapeutic alliance (trust violation)
  • Re-Traumatizing
  • By Introducing Sandtray you can Increase Regulation and Resourcing
SANDTRAY/SANDPLAY

- A Brief History and Introduction
  - World Technique by Margaret Lowenfeld
  - Jung Introduced to it in 1937
  - Kolff 1950's to work with children
- Sandplay
  - Jungian archetypes
  - Psyche's movement towards wholeness
  - Certification through International Society for Sandplay
- Sandtray
  - Uses different theoretical orientations
  - Adaptability to other modalities

SANDTRAY AND THE BRAIN

- Bottom-Up vs. Top-Down Processing
  - Sensory Driven Rather than Pre-Frontal Cortex

SANDTRAY AND THE BODY

- Parasympathetic Engagement
  - Regulating and Resourcing
  - Allows for non-verbal Expression of Emotion
  - Reduces Resistance and Defensiveness
    - "Create a World" rather than tell me about what's bothering you
    - Invitation rather than a command
    - I invite you to see if there is anything else.
    - If you feel like it, please describe what's going on in the world
    - What would you call/name this world
  - Use of Metaphors and Stories
    - Safer way to "tell the story"

EMDR

- EMDR reprocess memories in an adaptive way
  - It's my fault, I should have known better becomes
    - They were the adults, I did the best I could, I'm ok now

- Adaptive Information Processing (AIP) Theory
  - The AIP model views negative beliefs and behaviors as the result of dysfunctionally held information (Shapiro, 2001)
  - Present symptoms are the result of the activation of past memories that have been maladaptively processed and stored (Solomon & Shapiro, 2008)
  - Future behaviors will depend on how memories of the past have been processed or reprocessed

  8 Phases of EMDR:
  - Phase 1: History & Treatment Planning
  - Phase 2: Preparation
  - Phase 3: Assessment
  - Phase 4: Desensitization
  - Phase 5: Installation
  - Phase 6: Body Scan
  - Phase 7: Future Templating and/or Closure
  - Phase 8: Re-Evaluation

CASE STUDY FEMALE

- 21 year old Female
- Attachment Issues
- Bio Parents: Pimp and Prostitute
- Taken at age 4/5 and adopted by Maternal Grandparents
- Grandmother starts abusing substances when Client is 8
- Bio Parents are in and out of Jail/Prison
- Hx of Molestation from ages 5-12
- Aunt's Boyfriend
- Hx of Rape age 18
- 2 instances
  - 1st she was drugged at a known "friends" house
  - 2nd she was drugged again and "gave into having sex" her new boyfriend also a pimp
- Major Car Accident age 16
- Cousin Goes to Prison for Involvement in Murder
- Started Exotic Dancing at 18
- Started Escorting at 19
- Arrested at age 20 for Sex Trafficking

BLENDING SANDTRAY & EMDR

- Phase 1: Taking History and doing Treatment Planning via the Tray(s)
THE CAGE OF SECRETS
• Coffin w/ sand over it
• Gun (added)
• Baby
• Woman in bikini
• Woman bound (added)

BLENDING SANDTRAY & EMDR

• Phase 2: Preparation
  • Creating Resourcing with the Tray
  • “Safe Place” vs. “Peaceful Place”
  • Team of Helpers
  • Spiritual Figures

BLENDING SANDTRAY & EMDR

• Phase 3: Assessment
  • Discovering “Targets”
  • “Negative Cognitions”
  • “Positive Cognitions”
  • “Blocking Beliefs”
  • How would you prefer to handle situations in the future

• Positive Cognitions
• Check for related memories via Floatback/ Bridgeback
BLENDING SANDTRAY & EMDR
Blocking Belief

BLENDING SANDTRAY & EMDR
What she needed but did not get

Future:

• Phase 6: Body Scan still held tension
• Phase 7: Closure
  • Containment
  • Debrief and Stabilization with grounding in the sand
• Phase 8: Re-evaluation
  • SUD’s a 7 NC the same I should have known better
  • Began traditional EMDR without Sandtray to rape target
    • NC to 1
    • PC to 7
    • Clear Body Scan
    • Installed Future Template

REFERENCES
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Jennifer created the therapeutic program called: In-Lightened L.I.F.E. (Live; Intentional, Free, Empowered.)
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