

**Donald F. deGraffenried, LCSW**

[donald@traumatreat.com](mailto:donald@traumatreat.com)

203/ 675- 3179

**Session Title:**

“Heart Math and EMD: Heart Centered Meditation Meets Emergency EMDR”

**Session Content Description and Learning Objectives measurable:**

Participants will be able to define Heart Math and explain its positive impact on Heart Rate Variability (HRV).

Participants will provide and implement the Heart Math mediative experience with a colleague.

Participants will be able to describe two reasons why the “attitude of gratitude” is important in the Heath Math meditative experience.

Participants will be able to define emergency EMD and how it is different from open-ended, Eight Phase processing.

Participants will be able to state the difference between symptom reduction and comprehensive treatment, in EMD.

Participants will be able to state the differences between state shift and trait change, as a prerequisite for EMD.

Participants will be able to describe the process of return to image and taking the SUD's number at the end of each set, maintaining stability within the window of tolerance.

## **Session Presenter and Qualifications Related to Subject Matter**

Presenter Donald deGraffenried, LCSW has twenty-six years of experience with EMDR and has advanced experience in teaching the Heart Math meditative experience.

He is a Senior EMDRIA Approved Trainer for EMDR Basic training and private, specialty trainings.