Attachment Styles

- **Secure Attachment**: trusting; good self esteem; secure and connected.
- **Ambivalent Attachment** (anxious preoccupied): reluctant of closeness; fear of losing love; separation anxiety; rescue fantasy
- **Dismissive Avoidant Attachment**: problems with intimacy; invests little in relationship; fear of connection leads to avoidant behavior; pseudo-independent; detached from feelings or empathy
- **Disorganized Attachment** (fearful avoidant): avoidant; resistant; confused; apprehensive; ambivalent; fear of being too close or too distant; dependent on others but fear they will hurt you.

Spiritual Wounds of Trauma

- **Damaged attachment issues** to Divine force:
  - Dissociation
  - Emotional Dis-regulation
  - Trauma related expectations of relationships
  - Faith development
  - Personal identity and point of reference
• Walker, Courtois & Aten (2015): Spiritually Oriented Psychotherapy for Trauma
• Complex PTSD - Majority have fearful/avoidant attachment style to people and God. Hyper-arousal or or hypo-arousal.
• Identify developmental trauma markers and attachment style present in images, stories, and metaphors

**Benefits of Spiritual Orientation in EMDR Therapy**
• Processing Trauma leads to…
• Higher Brain Integration leads to…
• Heart/Brain Coherence may lead to…
• Connection to Divine Cosmic Force may lead to…
• Healing Attachment Style leads to…
• Healing the Spiritual Wound leads to…
• Larger context provides coherence and meaning to trauma.

• Spiritual Wisdom Traditions
• Trauma leads to a dissociation and disconnection to soul.
• Loss of self.
• Abandonment of the sacred.
• Intervention In Non-ordinary spaces - Entering sacred space, soul retrieval
Transpersonal Psychology

• “The field of Transpersonal Psychology is concerned with expanding the frontiers of psychology and spirituality for the betterment of humanity and the sustainability of the planet.

• Traditional psychology is interested in a continuum of human experience and behavior ranging from severe dysfunction, mental and emotional illness at one end, to what is generally considered normal, healthy behavior at the other end and various degrees of normal and maladjustment in between.

Transpersonal Psychology (cont'd)

• While an exact definition of Transpersonal Psychology is the subject of debate, Transpersonal Psychology is a full spectrum psychology that encompasses all of this and then goes beyond it by adding a serious scholarly interest in the immanent and transcendent dimensions of human experience: exceptional human functioning, experiences, performances and achievements, true genius, the nature and meaning of deep religious and mystical experiences, non-ordinary states of consciousness, and how we might foster the fulfillment of our highest potentials as human beings.

Transpersonal Psychology (cont'd)

• Transpersonal psychologists work across disciplines and draw on insights from not only the various areas of psychology, but also the sciences of cognition, consciousness, and the paranormal; philosophy; social and cultural theory; integral health theories and practices; poetry, literature, and the arts; and, the world’s spiritual and wisdom traditions.* Institute of Transpersonal Psychology.
Transpersonal Pioneers

- William James - first to speak of spirituality in psychotherapy
- Carl Jung - Self is ego, shadow, personal and collective unconscious
- Robert Assagioli - First to use the term transpersonal. Added higher consciousness or superconsciousness to the field of the human psyche leading to the transpersonal self. Created Psycho-Synthesis.
- Stanislav Grof - Experimentation with altered states first through psychedelics and then Holotropic Breath Work.
- Abraham Maslow - Self actualization high on hierarchy of needs.

Exceptional Human Experiences (EHEs)

- Rhea White (1990) - Defines a range of spontaneous unusual experience, often beyond ordinary human consciousness.
- 5 Major Classes: mystical/unitive, psychic, encounter, unusual death-related, and exceptional normal experiences.
- Context for transpersonal psychology.

Transpersonal Model of the Psyche (cont’d)

- Consciousness - expanded awareness
- Conditioning - seeks freedom from attachment
- Personality - only one aspect of being, dis-identification
- Identification - fosters identification with internal experience, expanded soul perception.
Transpersonal Model of the Psyche (cont’d)

Three Great Realms (levels of consciousness) Rowan, J. (2005):

a. instrumental - defined by place in outer world
b. authentic - self actualized, self defined
c. transpersonal self 1 (soul) - ego detachment, light
d. transpersonal self 2 (spirit) - not defined, enlightened, mystical union

Transpersonal Developmental Models

- Wilber’s (2000) transpersonal developmental model, based in the common core philosophy of great spiritual traditions, reflects the view that “reality is composed of various levels of existence—levels of being and knowing—ranging from matter to body to mind to soul to spirit” (p. 5). Within what is termed, the Great Nest of Being, potentiality unfolds within this morphogenetic field, “nested in a hierarchy of holistic embrace” (Wilber, 2000, p. 7), which allows consciousness to evolve from basic structures to more organized levels of spiritual psychology.

- Perennial Philosophy - “…the core of the perennial philosophy is the view that reality is composed of various levels of existence – levels of being and knowing – ranging from matter to body to mind to soul to spirit. Each senior dimension transcends but includes its juniors, so that this is a conception of wholes within wholes within wholes indefinitely, reaching from dirt to Divinity. (Wilber, p. 5)
Transpersonal Developmental Models (cont'd)

- States of Consciousness - waking, dreaming (soul access), deep sleep (access to the formless or causal spirit)
- Structures of Consciousness - levels of consciousness such as material, biological, higher mental, spiritual. Stable holistic patterns found in both the level of development and the line of development
- Bodies - energetic support of the body (supports waking mind), subtle body (dreaming state), causal body (spirit)

Developmental Phases

Both psychological and consciousness as depicted in spiritual traditions

Developmental Phases

Wilber, 2000
Transpersonal Developmental Models (cont'd)

- Transpersonal spiral developmental models of Anderson (2008), Rummet (1997), Washburn (1995), and Beck & Cowen (2005) acknowledge that the human developmental process spirals up and spirals down as psychological and spiritual growth takes place, suggesting the necessity of regression and return cycles in the service of psycho-spiritual development.

- Systems within systems, like waves of energy, influence one another within the spiral. Each stage of consciousness has its own level of ego functioning, interpersonal and social functioning and morals and perceptions of the world.

- Sri Aurobindo
  - Egocentric sphere of outer consciousness refers to surface, waking consciousness experienced in daily life; imperial observation; senses
  - Psychocentric sphere of inner consciousness refers to the psyche or the soul; present in religious teachings
  - Cosmocentric spheres of consciousness refers to awareness beyond the confines of time, space, and separation from the Divine force
Transpersonal Developmental Models (cont'd)

- **Ascending hierarchical model (bottom up).** In Western psychotherapy and religion the concern is of the individual's need for spiritual salvation, and stages of development unfold (Freud, 1995; Mahler, 1979), including transpersonal stages (Jung, 1976; Maslow, 1968; Wilber, 2000), in order to grow to the next level.

Transpersonal Developmental Models (cont'd)

- **Descending heterarchical model (top down).** In this model a shift in consciousness within an altered state of meditation or ritual can transform the way one perceives oneself and functions in the world. This model understands the need to maintain or restore the balance of the individual and group to the larger order of nature. Developmental changes occur as a result of a process of spiritual growth, rather than spiritual awareness developing on an ascending scale as a result of attaining developmental milestones.

Developmentally Inclusive Stages of Awareness

- Mindful Awareness
- Attunement
- Resonance
- Spiritual Resonance
Mindful Awareness
The experience of bringing one’s awareness within, to a moment-by-moment experience of being present and non-attached to outcome, in which each thought, feeling, and experience is accepted for what it is.

Attunement
Deep intuitive recognition of the emotions, thoughts, and feelings of another person, without the need for words. Other person feels known, seen, and understood on multiple levels.

Resonance makes two a part of one system, at least temporarily. Attuning to ourselves within mindful states, we have the observing and experiencing self in resonance. Attuning to others, we open ourselves to the profound adventure of linking two as part of one interactive whole. This joining is an intimate communion of the essence of who we are as individuals yet truly interconnected with one another. It is hard to put into words, but resonance reveals the deep reality that we are part of a larger whole, that we need one another, and, in some ways, that we are created by the ongoing dance within, between, and among us.¹
Biofield extends beyond the body and into the environment, transcending time and space, holding memory and influencing evolution\textsuperscript{1}
Neuroscience of Heart/Brain

- The etheric and subtle fields of the human body are an antenna for electromagnetic energy transmitted through the interaction between the endocrine and chakra systems
- The heart is the strongest electromagnetic oscillator of the human body
- There is a radiation of energy transmitted outwards from the heart antenna

Emotions are Reflected in Heart Rhythm Patterns (HRV)

Incoherence (Cortical Inhibition)
Coherence (Cortical facilitation)

Source: HeartMath 2012

Ascending Heart Signals

Facilitates cortical function – perception expands, more solutions appear
Inhibits cortical function – perception is narrow, solutions appear limited

Source: HeartMath 2012
Interpersonal Neurobiology

- Triception (Triangle of Well-being) is the way we perceive the flow of energy and information in the triangle of well-being. We perceive this flow as it moves through the nervous system (brain as mechanism of flow), as it is monitored and modified (mind as regulation), and as it is communicated among people (relationships as sharing). As this is a triangle of not just energy and information flow, but of well-being, triception is the way we perceive our states of integration and then move the system from chaos and/or rigidity toward the harmony of integrative flow. This triangle is of an integrated brain, empathic relationships, and a coherent, resilient mind.

Siegel, 2010, p. 122

Acknowledges brain coherence and integration between people

Mind

Brain

Relationships

Spirituality and Resonance

- Sufism
- Integral Yoga
- Shamanism
- The Emissaries of Divine Light
- Energy Healing

All is vibrational and interconnected within an energy field

It is through the practice of mindful awareness that this expanded experience can reveal itself
Transpersonal Psychology Research

- Non-local healing
  - Research validates its efficacy

- Empathic and sympathetic resonance
  - Deep embodied resonance between two people
  - Bodymind’s experience of a vibrational merging resonance with internal and external sources

Notes:
- Achterberg et al., 2005; Braud, 2003
Transpersonal Research


Transpersonal Research
(cont’d)


Participants’ Understanding of Spiritual Resonance

3 Themes

1. Attunement to the Divine is Always Present

2. Vibrational Resonance

3. Central Core of a Philosophy of Wholeness
Inter-Dynamic Client Therapist Experience

10 Themes

- Therapists' Attunement as a Doorway to Spiritual Resonance
- Internal Feedback Mechanism Using Skills of Alternative Knowing
- Nonlinear Process of Assessment and Healing
- Internal Focus of Attention
- Transmission of Energy
- Therapist Awareness of Internal Emotions, Sensations and Cognitions
- Detaching from Ego
- Non-attachment to Goals, Expectations and Outcome
- Transference and Countertransference
- Integration of the Egoic Mind and Expanded Consciousness as a Tool for Change

Client Transformation

6 Themes

- Development of Spiritual Consciousness
- Emotional and Cognitive Healing
- Physical Healing and Transformation
- Improved Coping Skills
- Behavioral Changes
- Vibrational Changes

Therapist Transformation

- Spiritual resonance is a mutual process of transformation
- As the client's inner light brightens so does that of the therapist
- Therapists feel joy and gratitude for being a vessel for this higher range of consciousness
- Therapists' spiritual development continues to unfold
Spiritual Resonance: The Evolved Definition

- A vibrational pattern accessed by soul awareness
- A central core of life, not just healing
- Vibrational fabric from which healing and life emerge; is not component-based
- Perceived as a gift to the receiver
- The potential for realization is present in all
- Realized through an experience of expanded awareness

- Non-linear in nature transcending time and space
- Therapist and client become transmitters of this range of energy within the therapy session
- Within the vibrational range of spiritual resonance, the client has the choice to resonate with that range of frequency, dis-identifying with ego, changing perception, and transforming within the unified experience of cosmic wholeness
- Ultimately, transmission of spiritual resonance is multi-directional between therapist, client, a Divine cosmic source and Earth

Transpersonal Research (cont’d)

Transpersonal Research (cont’d)

• The transpersonal psychotherapeutic process of unraveling complex trauma (Miller, 2014).
  a. Transpersonal mirroring.
  b. Functional dissociation and complex trauma.
  c. The transpersonal approach to resourcing.
  d. The universal psyche.

Transpersonal Research (cont’d)

• Healing CPTSD as a bridge towards the transpersonal.
  (Miller, 2014)
  a. The client's inner healer.
  b. Spiritual emergencies and EMDR.
  c. The power of dissociation and EMDR: An alchemical process for healing complex trauma.
  d. The point of integration for healing complex trauma as a doorway to the evolution of personal and collective consciousness.

Transpersonal Research (cont’d)

• Upon completion (Miller, 2014), the integration of EMDR and transpersonal psychotherapy manifested as an essential integrative approach in healing the dissociation caused by complex trauma. The transpersonal approach to EMDR in healing complex trauma was demonstrated to strengthen the resourcing stage of EMDR, which was interwoven throughout the entire EMDR process. The healing process as reported in therapists’ reflections ranged from symptom alleviation to shifts in the clients’ relationship with their traumatic experiences, which resulted in a less fragmented core personality structure.
Transpersonal Psychotherapy

- Recognition of the value and validity of transpersonal experiences and development, in which the sense of identity extends beyond the individual or personal to encompass wider aspects of humankind, life, psyche, and cosmos.
- Encompasses states of consciousness, inclusive of the Western perspective of normal consciousness, but not limited to what Western thinking determines as optimal “normal” functioning and development. EHEs may be present.

The Transpersonal Therapist

Consciousness is both the instrument and object of change. The work aims not only at changing behavior and the contents of consciousness, but also at developing awareness of consciousness itself as the context of experience.¹

Double Vision

Creating a balance of perception between the freedom of transcendent truth and the limitations of the immanent truth of the human domain.¹

¹ Vaughan, 1993, p.160
² Welwood, 2003
Positive Resourcing
Cognitive to Cosmic Interweave

- Ego State Work
- Positive (Functional) Dissociation - Chaos to ego restructuring from a level of higher integration
- Healing through symbols
- Healing through light
- Boundaries - emotional and energetic
- Transpersonal Mirroring

The Soul's Journey

Alternative Ways of Knowing

Working with Intention:

- Has the force to manifest what you want to happen through consciousness by focusing on a specific overarching purpose.
- Intent is a naturally driven process that facilitates evolution and has intrinsic organizing power. Accomplished without effort or control. Letting go of expectation or results even though intention remains, focus is on what is happening in the moment.
- Applications to Assessment Phase and Desensitization of EMDR.
Alternative Ways of Knowing (cont’d)

Quieting and Slowing:
- Grow quiet and listen; stop thinking; stop moving; almost stop breathing; create inner stillness
- Quiet the body and the mind
- Techniques of muscle relaxation, guided imagery, meditation to enter inner silence
- Applicable to all phases of EMDR

Playing:
- See from a fresh perspective
- Learn without constraining
- Explore without fear
- Return to beginner’s mind where rich insights and new understandings can emerge
- Application to all phases of EMDR

Working with Attention:
- Focusing attention from outward to inward
- Slowing down or speeding up
- Make the focus of attention smaller or larger
- Observe what is occurring on different channels of the body/mind, accessing the body’s knowledge and messages, and within the shared field
- Spiritual traditions recognize nonordinary levels of attention such as seeing with inner vision, receiving inner guidance, knowing of the heart and soul
Alternative Ways of Knowing (cont'd)

Auditory Skills:

- Auditory senses can be tuned to the sound of external stimuli and inward in the imaginal sensing and perceiving of properties of the human psyche
- Internal skills attuned to sounds of our imagination

Visual Skills (Imagery, Visualization, Imagination):

- Imagery can carry information and awarenesses sometimes better than words
- Attend to spontaneously arising imagery from therapist and client
- Applicable to all phases of EMDR

Kinesthetic Skills:

- Specifically relates to the physical and structural movements from the body’s bones and muscles, and the insights we receive from these enacted or imagined movements
- Pay attention to the body even when the mind is not aware of the internal response to stimuli either external or internal (Body Scan Phase of EMDR)
**Proprioceptive Skills:**

- Relates to internal senses within the human body
- Feeling sense or affective knowing, i.e. weight in the pit of the stomach; blood rushing through my veins, heart pounding out of my chest
- Felt sense allows us to understand how we are feeling more concretely about a situation, trauma, or person; doorway to deeper trauma
- Also related to Body Scan Phase of EMDR

**Direct Knowing and Intuition (Empathic Identification):**

- De-emphasizes a hard subject/object distinction
- Merging or identifying with the object of inquiry such as the client
- Sympathetic resonance validates levels of truth
- Empathic identification helps us learn from and understand client's experience

**Unconscious Processes and Materials (Chthonic Processes):**

- Refers to processes that happen in the depths of the underworld, beneath the surface of awareness or egoic control
- Body-mind-spirit incubates information through dreams or silent spaces of presence, surrender, letting go
- Yields new understandings, solutions, inspirations, illuminations, insights, epiphanies
**Internal Feedback Mechanisms**

- Alternative Ways of Knowing as Internal Feedback Mechanisms
- Determine resonance and flow
- Double vision between expanded and egoic awareness
- The therapist uses internal cues to determine interventions verbally, nonverbally, and vibrationally
- Wait for vibrational shift before engaging the egoic mind

**Internal Feedback Mechanisms (cont’d)**

- Emersion into nonlinear process without expectation; energy and information flow
- This internal step-by-step tracking of the client, as the therapist stays present, helps the client “free up the drive for integration” (Siegel, 2010, p. 149).
- Therapist and client attune within spiritual resonance, processing from higher consciousness or soul
- Client learns to identify internal alternative ways of knowing as spiritual wisdom emerges and the context of treatment changes
- Applies to all phases of EMDR, particularly Assessment and Desensitization

**The Rainbow Bridge**

- Ancient wisdom traditions walk between the worlds from ordinary to non ordinary reality
- EMDR as a transpersonal therapy - expanding awareness and creating greater brain integration changes the context of therapy within a shared field of consciousness as processing happens within the silent spaces
- Integration of brain based therapy with spiritual consciousness leads to top down integrated with bottom up approach to psychotherapy
8 Phases of EMDR Protocol from Trauma to Spiritual Awakening

Therapist’s Preparation

Therapists may use the following skills of preparation prior to the session in all phases of EMDR protocol to create an experience of mindful awareness:

- Meditation
- Imagery
- Deep Breathing and Centering
- Attunement to what may be described as a greater interconnected cosmic whole

Phase 1: Client History

- History taking and the development of the treatment plan is consistent with EMDR protocol. History of transpersonal or spiritual experiences are noted.
- Client's adaptive aspects are identified and affect regulation skills are evaluated
- The therapist sets a safe space within the therapeutic container
- Maintains a centered and calm state as an experience of being present is internally accessed within the therapist
Phase 2: Preparation

- The therapist maintains an experience of mindfulness and expanded awareness while engaging with the client, as the client mirrors the process.
- The client listens to a Bi-Lateral CD with headphones.
- Client is invited to close his/her eyes and to envision a safe space sitting quietly, developing self-soothing and affect regulation skills to facilitate dual awareness and maintain stability between sessions.
- Client is vibrationally invited to resonate with the therapist.
- The shared field begins to vibrationally flow more fluidly - mirroring.
- Positive transpersonal resource instillation promoting adaptive memory networks may be accessed from a transpersonal perspective.
- Using internal skills of tracking, the therapist is able to sense the shared interconnected field and the vibrational change within the client.

Phase 3: Assessment

- Client identifies the memory of greatest stress.
- The negative cognition and SUD level are identified.
- Body memory is identified and client uses inner senses to identify symptomatic area, giving it a voice or an image to express its message.
- The positive cognition and VOC level are identified.
- The therapist is aware of the energy shared and maintains a field filled with peace and safety, as client is ready to share in the resonance.

Phase 4: Desensitization

- The client is invited to close his/her eyes during processing.
- Therapist maintains a state of inner centeredness and connection, detached from ego and expectation.
- Therapist uses intuitive skills of alternative ways of knowing to internally track the flow of the shared field.
- Therapist may sense the client’s energy becoming brighter and more expansive.
- This may become a tangible pulsation within the body, or a sensation of heart opening and filling with compassion.
Phase 4: Desensitization (cont'd)

- The resonance between therapist and client becomes apparent, sensed as a calmness and a flowing energy in the mutual field.
- Cognitive (cosmic) interweaves may be used to facilitate process as needed, and may take on transpersonal elements.
- After the shift into resonance, the client is asked to share emerging experience.
- Client may report a level of processing from a perspective of inner wisdom, expanded awareness, and experiences that connect her to a greater cosmic whole.
- Client's SUD level may quickly shift down to a zero initiating an immediate positive cognition.

Phase 5: Installation

- The therapist takes the naturally emerging positive cognition and reinforces it in the evolved targeted memory.
- With eyes open or closed, therapist and client share an expanded field filled with the flow of compassion and wellbeing.
- The energy field as well as the client's positive belief becomes more integrated and stable.
- The VOC becomes a 7 around this positive cognition, often from a perspective of expanded awareness as the silent resonance is maintained.

Phase 6: Body Scan

- Client scans his/her body with eyes open or closed, noticing changing imagery, sensation, and belief throughout the body and the energy field.
- Client learns to use internal tracking skills and may report a tingling sensation, a flow of energy, and a calmness throughout.
- Therapist and client may mutually resonate within a shared experience of connecting to a greater cosmic whole.
Phase 7:
**Closure**
- The client is brought back and grounded
- Client shares experiences, inner visions, and sensations indicating learning to use alternative ways of knowing and perceiving
- Some clients try to describe the experience of the shared field
- The client learns to self-sooth and regulate while changing the context for the trauma. Life lessons, and soul’s purpose and mission are explored as inner wisdom emerges.
- The client is asked to keep a journal and is informed that processing may occur even outside of the session
- The client is reminded of safe space

Phase 8:
**Re-evaluation**
- AIP three pronged process: Address the roots of the past trauma, making sure the SUD level is still a zero and that the VOC is a 7; desensitize any present triggers; and reinforce future outcomes - influencing the energy field that surrounds the cells and emotional expression
- Clients often report the development of alternate ways of knowing and a larger spiritual context for their trauma.
- Self-love may develop as brain integration evolves to a higher level, contributing to the resolution of trauma as well as physical dis-ease and symptoms

**Strengthening/Enhancing the Biofield**
Transpersonal Protocol

• All phases of EMDR Protocol are reviewed from a transpersonal perspective. Allows for soul essence to emerge and installation as positive resource throughout all stages. SUDS and VOC monitored for evolving NC and PC as personality’s journey and soul’s journey entwine.

• Non-linear, non-sequential flowing transpersonal process emerges as client mirrors internal focus and states of consciousness.

Transpersonal Protocol (con’t)

• Goals shift from healing symptoms to reaching full potential. Positive cognition expands with awareness.

• Transpersonal cognitive to cosmic interweave. Inner wisdom emerges to change perception of history.

• Functional dissociation and ego detachment as a road to healing trauma through higher integration.

• Processing of personal, collective, and archetypal patterns.

Therapist’s Skills

EACH PHASE OF THE EMDR PROTOCOL allows for:

• Therapist to open to an expanded mindful awareness where entrainment between therapist and client is invited

• Alternative ways of knowing as internal feedback mechanisms are used to track information and energy flow within a Triangle of Wellbeing, detached from expectation

• Share a mutually resonant energy field that allows the client to do the same

• The therapist may develop the skill of moving fluidly from egoic to expanding awareness throughout the session
**Therapist’s Skills** (cont’d)

- The reference point becomes the client’s inner wisdom based on an expanded awareness of an interconnected cosmic whole.

- Self-love may develop as brain integration evolves to a higher level, contributing to the resolution of trauma as well as attachment disorders created within the child/parent relationship.¹

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**Therapist’s Skills** (cont’d)

- The context and reference point becomes the client's inner wisdom based on an expanded awareness of an interconnected cosmic whole.

- The consciousness of the therapist is a determining factor in the expansion of the shared field within an experience of expanded awareness.

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**Thank You!**

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