

CLINICAL APPLICATIONS OF PORGES POLYVAGAL THEORY TO EMDR

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When the traumatic memory load is too heavy and prevents processing, it must be provided to the client in sustainable doses.

Sometimes therapists just need to bite-size the memory and identify several targets associated with the same experience, other times, though, they need to identify the psychophysiological components of the experience in order to target them with focused EMDR interventions.

Porges Polyvagal Theory considers the implications of the Autonomic Nervous System, which regulates our defense strategies in a traumatic experience, and clarifies its functioning providing us with a wealth of information on the causes and resolution of traumatic experiences which can help EMDR therapists to navigate in this scenario.

Elements of the Polyvagal Theory will be described and indications for the application of the theory with EMDR therapy, with particular reference to client assessment, safety and stabilization, as well as to processing and verification of processing completion will be provided.