

Optimum Professional and Personal Effectiveness through EMDR – PEP (Performance Enhancement Psychology)

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EMDR therapists have been successfully using the methodology to clear the effects of trauma. The effectiveness of treatment is based upon the remission or elimination of diagnostic symptomology. But how are our clients really doing at work and at home? What is their day to day effectiveness? Mental health goes beyond the alleviation of symptoms and the processing of maladaptive memory networks. Age appropriate behavior includes abilities and skills which might have been lost, stunted or missed due to the difficult life situations.

Fortunately, we don't have to reinvent the wheel to help our clients with practical issues such as time management, messy desk syndrome, public speaking, handling distractions, etc. Performance psychology studies dating back to 1898 have slowly evolved, through the auspices of physical education and kinesiology, identifying the components of athletic excellence to create cognitive behavioral performance techniques (Hayes, 2004)

While EMDR-PEP (Performance Enhancement Psychology) adheres faithfully to AIP and Shapiro's 3 prong, 8 phase protocol, the emphasis is on performance and the future template. In essence, the clinician works backwards by visioning expected outcomes and uploading performance skills before reprocessing blocks.

This workshop will give a cursory overview of performance psychology history and its concepts and tools. Suggestions will be made to include performance issues in clinical history intakes. There will be a more in depth discussion of at least one (depending on time) performance concept and video demonstration of a performance protocol followed by a practicum and discussion.