



EMDR Therapy and the Mapping Protocol™ with Hispanic Immigrants and other Populations with a History of Relocation

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Learning Objectives

- Understand the impact of trauma on relocation among immigrants.
- Explain strategies to strengthen client communication in a multicultural setting and how the Mapping Protocol is driven by the EMDR therapy AIP Model.
- Identify methods of using the Mapping Protocol to reprocess trauma with populations who have a history of relocation.
- Explain each step of the Mapping Protocol within the 8 phases of EMDR therapy as well as cognitive interweaves.



*Explore the untold story
...when words are not enough*
Gulf of Mexico

SOURCES: El Universal; Dallas Morning News research
Troy Oxford/Staff Artist

The Face of Relocation



Background

- **57 million** Hispanics in the U.S. (Pew Research Center, 2016)
- Hispanics account for **54%** of the U.S. population growth (Pew Research Center, 2016)
- **11.1 million** undocumented immigrants (Pew Research Center, 2016)
 - Mexicans account for **52%** of unauthorized immigrants (5.8 million)
 - **5.3 million** unauthorized immigrants from Central America, Asia, Africa
 - Stabilized since 2009 (CNN, 01/27/17)
- **Deportations**
 - Bush Administration: **2,012,503** (Department of Homeland Security)
 - Obama Administration: **3,094,208** (CNN, 01/27/17)
- Currently, there is a dramatic decrease in Mexican inflows (Migration Policy Institute).
- There is an increase among Central Americans (El Salvador, Guatemala, Honduras) and among Africans, Cubans, Haitians, Asians (MPI).
- Under the new administration, there is a division among immigrants in relation to their status in the United States (Pew Research Center).



Immigrants

- On the one hand, Hispanic immigrants migrate to the U.S. for many reasons since 1910.
 - Economic opportunities
 - Medical Reasons
 - Educational benefits
 - Rejoin loved ones
 - Escape violence
- On the other hand, Hispanic immigrants are exposed to extreme emotional and physical risks.
 - Poor and overcrowded housing
 - Dangerous working conditions
 - Exposure to crimes
 - Fear of deportation/deportphobia™
 - High rates of binge drinking
 - Discrimination
 - Financial debt
 - Lack of access to affordable quality health care
 - Language barrier
 - Separated from immediate family members



The Quiet Storm

Bargaining

Guilt

Regret & Shame

Layers of Trauma: The Quiet Reality



Now to pause for a showing of a short video showing struggles leading to trauma, migrants crossing over to the U.S., and challenges faced in the U.S. among Hispanic immigrants.



Trauma among Immigrants

- Migration is often driven by violence, lack of human rights, and due process.
- High levels of violence in the Northern Triangle of Central America.
- Adversity faced in childhood produces states of uncertainty and fear (Shapiro, 2001).
- Many immigrants operate strictly in **survival mode**.
- Acculturation Stress
 - Sudden changes in food, language, and culture while crossing over to different countries
 - Undocumented in transit countries
- Living in the Shadows



Trauma among Immigrants (Continued)

- Alcohol abuse and trauma are major problems among Hispanic immigrants. When in survival mode, the following abilities are compromised:
 - Disturbances in concentration
 - Learning new information
 - Abstracting
 - Difficulties articulating thoughts and feelings
 - Difficulties accessing images related to trauma
 - Repressed memories that are unconsciously blocked
 - Basic skills needed to better understand and evaluate risks and consequences.
- Trauma among immigrants suggests the importance of **targeting negative events** with the use of the Mapping Protocol along with EMDR therapy.



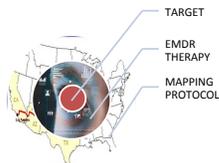
The Mapping Protocol

- The Mapping Protocol is an adjunct therapeutic technique that incorporates the use of graphic representation in the form of maps or images that add additional sensory and visual information.
 - **Understand** the journey from country of origin to the new country;
 - **Fosters communication** between the practitioner and client;
 - **Activates the memory network** with complex trauma clients;
 - **Facilitates blocked** processing.



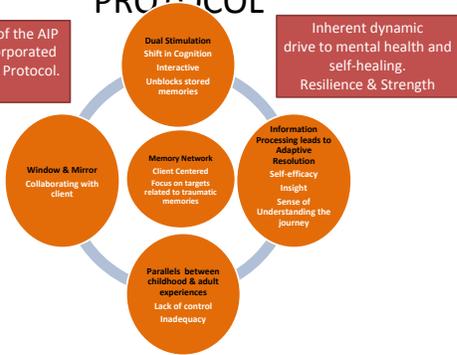
EMDR & The Mapping Protocol

- Mapping Protocol offers a **visual tool** for both the EMDR therapist and client.
 - Allows the client to better **articulate the culture and journey of relocation** while **building rapport**.
 - **Meaningful experience** between therapist and client.
- Completion of a thorough client history
- Gathering precise targets
- Remaining on target
- Ego strengthening and grounding
- Cognitive interweaves
- Containment exercises
- Contributes to storytelling
- Creating a memory image approximation
- Reconstruction of the incident(s)
- Makes the incident come back to life
- Protocol can be use among any population who has a history of relocation.



AIP MODEL & MAPPING PROTOCOL

The principles of the AIP model are incorporated in the Mapping Protocol.



Phase 1: History Taking Phase

- **Purpose**
 - Collect, identify, and explore targets.
 - Check for dissociation.
- **The Mapping Protocol is done in addition to other avenues of data collection, such as family tree or a timeline.**
 - Prior to Mapping, the practitioner should have access to a map.
 - Say, *“In order to understand in-depth your birth history, let’s search for your place of birth.”*
 - Next, use the map as a reference and search for the place of birth. Then say, *“Help me understand your childhood history, family history, medical history, academic history, employment history, family involvement, where the client lived, crime scenes, journey migrating from native country and immigrating to destination, and alcohol/substance abuse history.”*



Phase 1: History Taking Phase (Continued)

- Then, begin to **create a timeline** of events.
- Further, **targets and negative events** should be documented on the map.
- Say, *“Let’s go over the timeline in order to check for accuracy or inconsistencies.”*
- Finally, prepare treatment plan.

- In collaboration with client, the MP is used to explore the presenting problem in detail.
- Presenting Problem
 - 13 year-old, Hispanic female: Tara
 - Referred by Legal Aid Society
 - Born in Ecuador
 - Crossed over to the U.S. 2 years ago
 - Faced clusters of traumatic events in native country



Phase 1: History Taking & Treatment Plan: Tara

NEGATIVE EVENTS	NEGATIVE EVENTS	PRESENT SYMPTOMS
Father's history of relocation	Sexual abuse-Relative 2	Anger
Parent's financial debt	Sexual abuse-Relative 3	Sadness
Mother's history of relocation	Witnessed corporal punishment	Sleep disturbances
Inadequate guardianship	Separated from siblings	Nightmares
Guardian's alcohol misuse	Crossed over to Peru	Re-experiencing events
Witnessing domestic violence	Crossed over to Honduras	Avoidance
Excessive corporal punishment	Crossed over to El Salvador	Hypervigilance
Lack of supervision	Crossed over to Guatemala	Fear of authority figures
Educational neglect	Lost while crossing to Mexico	Poor academic performance
Child labor	Food Insecurity and dehydration	Fear of deportation
Relocation: Guayaquil	Arrested at the border in Texas	Conflict with parents
Relocation: Cuenca	Detention center in Texas	Excessive rumination
Relocation: Quito	Separated from oldest sibling	Difficulties articulating thoughts
Sexual abuse-Relative 1	Assimilation in the U.S.	

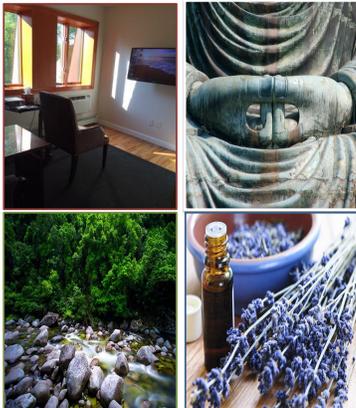
Phase 2: Preparation Phase

- Address expectations.
- Display the map/image, explain EMDR theory and the metaphors associated with EMDR therapy and processing negative events.
- Explain the AIP model along with an explanation of the stop signal.
 - Questions
 - Client readiness
 - Address concerns
- Test eye movements.



Preparation Phase

- Create a **Safe Place**, **Protective**, **Nurturing**, & **Wise Figures**
- **Promote** safety, healing, empowerment
- Inquire client's **strengths** during journey
- **Opportunity** to create resources
- **Check in** with client and **re-evaluate** resources
- Therapist's role in grounding



Phase 3 and 4:

Assessment & Desensitization Phases

- Consist of taking the **targets collected** in history taking and “lighting” them up and desensitizing them one at a time.
 - **If client already has an image in mind, proceed.** Otherwise, use Mapping Protocol if working with individuals who cannot articulate the image or access emotion related to it without a prompt.
- Say, “*Look at the negative event outlined on the map and choose an event that you would like to work on.*”
 - Client chooses the negative event
 - Search along with the client a picture that **best represents** the image.



Phase 3 and 4: (Continued)

Assessment & Desensitization Phases

- Say, “*Describe the picture in detail of the location of the event.*”
 - Do a basic image search online (Google, Bing, Yahoo, etc.)
- Then, say “*Choose the image(s) that best represents the incident.*”
- Next, say, “*Let’s look at the picture and what is the **worst part** of the incident?*”
- Afterwards obtain the Negative Cognition.
- Say, “*Look at the image and what negative belief do you have about yourself at this moment?*”



Phase 3 and 4 (Continued):

Assessment & Desensitization Phases

- Again, use the map as your reference
- Select the image
- Identify the NC and PC
- Name the emotion
- Do the SUDS
- Name the body sensation
- Proceed with the EMDR therapy until the SUDS reaches a 0
 - While checking the SUDS, refer to the map or picture.
- Afterwards, say, “*Look at the image and what would you like to believe about yourself at this moment?*”
- Followed by the Validity of Cognition Scale (VOC), say,
 - “*On a scale from 1 to 7, how true does this belief feel to you at this moment?*”
- Later, check the client’s emotions and the SUDS rating as well as the body sensations.



Phase 3 and 4 (Case Example: Tara)

Basic Search

- Negative Event: **Arrested at the border in Texas**
- Focus of the search: prisons
- Yahoo Image Search.
- First, I decided **what** information I was trying to locate.
- Then, I **identified phrases** that might relate to the client's target.
- Next, I entered the following phrase: **Immigration prisons in Texas.**
- The search yielded a wealth of images and **client selected** the image.
- Afterwards, the image was printed and the EMDR therapy standard protocol was written underneath the picture.

EMDR Therapy & Mapping Protocol

- Target:** Sleeping on the floor and I felt cold and hungry.
- Negative Cognition:** I am weak
- Positive Cognition:** I am stronger
- Validity of Cognition:** 5
- Emotion:** Sadness, loneliness, scared, worried, confused
- SUDS:** 9
- Body Sensation:** Chest



Phase 5: Installation Phase

- Once the SUDS reaches a 0, say, *"Look at the map or picture and do the words(name the PC picked earlier: **I am stronger**) still fit or is there another positive statement you feel is more suitable?" "What do you believe about yourself?"*
- Then, say, *"Look at the map or picture and pair it with the belief."*



Phase 6: Body Scan

- Ask the client to start with his or her feet, scan body, and be mindful of any discomfort.
- Use bilateral stimulation if any discomfort is reported until client reports a clean body scan.
- Say, *"Scan your body from your feet to your head and be mindful of any discomfort or disturbances in your body."*



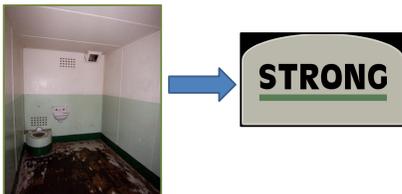
Phase 7: Closure

- Closure allows for reflection, mindfulness, and lessons learned in session.
- If the SUDS has not been reduced to a 0, take client to a safe/calm place protocol or container protocol.
- Otherwise, say, *“Look at the map or picture, what did you learn about yourself in this session?”*



Phase 8: Reevaluation

- After working with the target, reevaluate current triggers.
 - Review new insights
 - Explore shifts in cognition
 - Have client hold the map or picture and reflect on the shift of cognition.



Cognitive Interweaves

1. EMDR strategy to facilitate blocked processing when client is stuck.
2. Use when there is an emotional and/or cognitive loop.
3. Goal is to weave together memory networks and **bridge the gap** within the mind.
4. Once the client is looping, stop bilateral stimulation.
5. Check in with client and explore in-depth.
6. Construct the interweave and **keep it simple**.



Mapping Protocol & Cognitive Interweaves

7. Search for an image that closely resembles the client's fear or provide an educative interweave.
8. Add bilateral stimulation and check in with the client.

Fear



Image

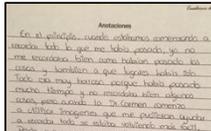


Empowered



Tara's Journey

In the beginning, I did not recall specific events or places where I lived. Everything was very blurry because it was a long time ago... But, when Dr. Carmen began to use images, it helped me remember everything. It was getting easier. Overall, using images became a habit because Dr. Carmen understood better and I remembered



Findings

EMDR along with the Mapping Protocol can...

- provide an alternate pathway to explore the immigration experience
- process targets in complex trauma
- prepare undocumented immigrants under the scrutiny



The Mapping Protocol, a culturally sensitive intervention, can...

- help survivors with severe traumatization.
- provide a new view of family history.
- provide a written record of events.
- bring the history to life and celebrate the journey.
- help clients draw upon their resilience and adopt cultural norms in hopes of a new beginning.



Recommendations

- The importance of **cultural competency** in addressing the **needs of immigrants**.
- Within the EMDR community, **tailor** intervention to culturally diverse populations.
- Continued **research efforts** are needed to investigate culturally appropriate interventions.
- It is important to **provide a safe space**.
 - Charged experience can be overwhelming.
 - The map is a container.
 - Encourage understanding.
 - Mapping allows for focus, attention, and reflection in a **non-verbal, nonthreatening** manner.



Conclusion

1. The **immigration experience** is of crucial importance.
2. The importance of actively **listening** to the **client's needs and values** so that we can understand and **respond** to them proactively.
 - **Listen to understand**.
 - Client will loop until you get it.
 - Draw upon the client's strengths.
3. Misconceptions of immigration experiences need to be dispelled through **authentic** and **meaningful** communications.
4. Importance of **diversity and equality**.

Discover, Document & Record the Journey

Define, Explain, Navigate: *Can We Walk?*



Resources

- Rights Card: **American Civil Liberties Union:**
www.aclu.org
- **Legal Aid Society** Immigration Services
- **Preparing your Family for Immigration Enforcement:**
<http://michiganimmigrant.org/sites/default/files/Family%20Preparedness%20Guide-English.2.28.17.pdf>

Thank You