

# Creatively Identifying a Future

If therapists are EMDR trained, Future Self is a resource development intervention that can be utilized in phase one and two. You do not have to be EMDR trained to purchase and utilize this intervention.



Therapists need a way to provide a creative format for teens/adults to generate hope, a vision and reference of their future. In this webinar we explore how to allow clients to dream and passionately envision their future desires, and identify step by step tasks to reach their goals. This is an opportunity for the client to identify what they want, deserve and should expect in their lives. The interventions include several different creative arts and somatic opportunities for the client to have a felt sense of their future self. Future Self is considered a Resource Development Installation (RDI) which can be utilized in phase one and two of EMDR therapy.

The webinar provides the understanding of why dreaming about the future and identifying a future self is one of the underpinnings to having a successful outcome with clients in therapy. It will explain the reasoning of why to introduce this early on in therapy, and how this can enhance a treatment plan to motivate a client to complete tasks and goals. The webinar explains the crucial concepts of hope, time, place and action as important foundational elements in the intervention.

The webinar includes a video on the webinar instructor utilizing the intervention with a teenager who lost all motivation in school and stopped pursuing her dreams due to the pandemic. You will see the transformation of present-day life and how the client increases hope to becoming her future self. You will see the creation of the storyboard and Mindmovies™ that helped enhance the excitement of her possible future.

Another bonus video is on an adult colleague that the webinar instructor did a demonstration video of the intervention. This provides an opportunity to see how the instructor works with an adult to create a future.

The full intervention of Future is a chapter in the EMDR and Creative Arts Therapies edited by Elizabeth Davis, Jocelyn Fitzgerald, Sherri Jacobs, Jennifer Marchand.

## Learning Objectives and Content

- Explain two principles of mechanism of incorporating motivational strategies to enhance investment in trauma work.
- Apply three creative arts formats to enhance the motivation for the future.
- Demonstrate two examples of how to help clients enhance the felt sense and install the image of the future as a resource in EMDR preparation phase.

**Cost: \$65**



**Annie Monaco, LCSW, RPT-S**, is an Licensed Clinical Consultant and faculty member of TI/CTI. Annie travels extensively throughout the US and internationally providing a multitude of trauma-informed trainings and specializes in dissociation, foster care, out of country adoption and offenders.

## Grievances

We are happy to respond to any concerns or questions you may have. Please contact [playfulemdr@gmail.com](mailto:playfulemdr@gmail.com) and write "EMDR and Play Therapy" in the subject line of the email.

## ADA Accommodations

If you require any support for your ADA needs, please contact [playfulemdr@gmail.com](mailto:playfulemdr@gmail.com). Please write "EMDR and Play Therapy" in the subject line of the email.

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