

Dr. Paulsen and EMDR Therapy

Dr. Paulsen has moderated **an internet forum about EMDR therapy** for the **EMDR Institute**. She is a senior practitioner of EMDR and is an EMDR Institute facilitator and advanced specialty workshop instructor, as well as an EMDR International Association Certified Consultant and Workshop Instructor.

Dr. Paulsen was the invited Master Series Lecturer at the 2004 **EMDRIA** Conference in Montreal. She is known for having developed the first protocol for the use of EMDR therapy with highly dissociative individuals, publishing cautions about EMDR therapy with dissociation, and for first urging the screening of every client for dissociation before administering EMDR therapy. Those recommendations were adopted in 1992 by the EMDR Institute, and are reflected in Francine Shapiro's 2001 edition of her book [Eye Movement Desensitization and Reprocessing](#).

In 2006, Dr. Paulsen began collaborating with Katie O'Shea, developer of what O'Shea called the Early Trauma Protocol. O'Shea and Paulsen first co-presented on this approach at the EMDRIA 2007 Annual Conference in Denver. The primary focus of Dr. Paulsen's current clinical practice is treating pre-verbal trauma and neglect using an evolved **Early Trauma Approach**, integrating leading-edge, neurobiological evidence-based practices with ancient understandings of the body, mind, and spirit to clear early trauma safely and effectively. A long-awaited book describing O'Shea's and Paulsen's Early Trauma Approach, hewing fairly closely to the conceptual and practical foundations laid all those years ago, is currently in press.