



# EMDR for All Our Parts

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## IFS with EMDR Meditation Group

### *Information Sheet*

The purpose of these structured meditations is to provide a therapeutic space for both therapists and the general public. This may therefore include individuals who are currently receiving therapy, individuals whose therapy has concluded, and individuals with no experience of the therapeutic environment, as well as therapists themselves. The meditations will serve to strengthen participants' internal resources and provide an additional healing space for integration of those resources so that they become more readily available for participants to access within daily life.

This reflection group will function purely as a facilitated meditation and will therefore be conducted with all participants holding the therapeutic space in silence. This reflection/meditation group will be based around Internal Family Systems (IFS) principles and will at times invite the integration of Bilateral Stimulation (BLS) as part of enhancing or strengthening the positive experience of the session. Participants are invited to bring a pen and journal to the session and may use these for writing or drawing when they feel it is helpful during the meditation. At times, there may be specific time allocated to journaling during the reflection, although this is entirely optional.

#### **Practicalities & Cost**

The group will run for 20-30 minutes every month, alternating between a lunchtime and an evening session, with a different topic each session. There is no ongoing commitment to attend multiple sessions. Participants may choose to attend whenever they like, attending as many or as few meditations as they feel is helpful. We request that participants register their interest to attend for each meditation with a brief email sent to [info@ifswithemdr.com](mailto:info@ifswithemdr.com).

All reflection sessions will run using Zoom. Once a participant signs and returns the agreement, a recurring Zoom link will be provided. This Zoom link will remain the same for all future sessions, enabling participants who have already attended, to choose to join at their convenience. If you wish to share details of this meditation group with others, please signpost them to email us at [info@ifswithemdr.com](mailto:info@ifswithemdr.com) so that we can provide this contract and receive the signed consent form. **Please do not distribute the Zoom link to others.** It is important that we ensure that we have all participants' informed consent prior to participation.

Group attendance fees are £20/session to be paid for prior to each session (Account Name: C VAN DEN BOSCH; Sort code: 07-09-76; Account Number: 04893497). We are also operating a 'pay it forward' policy. If you would like to pay for someone who is unable to attend due to financial reasons, there is an invitation to financially contribute towards someone else's attendance by paying an additional amount to your own session attendance. We are committed to making these meditations available to all, particularly those who are most vulnerable or marginalised.

#### **Privacy & Confidentiality**

As already mentioned, these meditations will be facilitated by Bethany or Claire and the therapeutic space will hold silence for the duration of the meditation. Participants' microphones will remain muted throughout. The Zoom chat function will remain disabled throughout the meditation. There will not be opportunities during the meditation to ask questions, share or comment on the experience.

Participants are invited to enter the room with microphones muted. We encourage everyone to ensure only their first name or initial is displayed on their Zoom screen. In the event that participants join with their full name, we will

invite all participants to rename themselves with their first name or initial only. If you are unsure how to do this, please ask for instructions prior to the session. This is to provide an added degree of privacy for all attending.

Participants are actively encouraged to keep their cameras on, because this can aid and support active engagement with the meditation. However, we understand some participants may prefer to keep their camera off for the duration. There is an expectation that if participants do choose to keep their cameras off, they will be actively participating for the length of the meditation. We reserve the right at any point to revisit cameras remaining off for future meditations, and if the policy changes we will inform you prior to the subsequent meditation providing notice.

Finally, given the meditations will be conducted with participants holding silence for the duration, it is **not** recommended that participants sign up if you are currently experiencing issues with active dissociation. Please discuss attendance with your current therapist or inform Bethany and Claire about any dissociative concerns prior to signing up.