

## An Introduction to Gentle Reprocessing

### About this Seminar

Target audience: Social workers and other social service providers

Content level: Beginner to Intermediate

Date Course Revised: January 2019

Instructor(s) name and bios(s): Diane Spindler, MA, LMHC, LMFT

Diane Spindler, MA, LMHC, LMFT has 30 years of experience in clinics, agencies and private practice. Diane created Gentle Reprocessing to prompt rapid, emotional relief for her clients in the short term, and to empower them for the long term. Diane has been teaching Gentle Reprocessing in workshops at venues throughout New England, including Boston University, since 2001, and has presented her work internationally. She presently has a private practice in Rutland, MA, when she is not training clinicians to use Gentle Reprocessing.

Agenda/Outline:

#### Day 1:

- I. Theory of trauma and how it affects clients
- II. How to take a thorough trauma history and be able to identify trauma targets Practice identifying trauma targets
- III. Accessing trauma
- IV. Presentation of External Gentle Reprocessing
- V. Experiential practice of External Gentle Reprocessing
- VI. Group demonstration of Basic Internal Gentle Reprocessing
- VII. Brownies, an Example of Basic Internal Gentle Reprocessing
- VIII. Video demonstration of Basic Internal Gentle Reprocessing
- IX. Introduction to Basic Internal Gentle Reprocessing
- X. Live demonstration of Basic Internal Gentle Reprocessing
- XI. Experiential practice of Basic Internal Gentle Reprocessing
- XII. Presentation of various metaphors used during Basic Internal Gentle Reprocessing
- XIII. Questions and discussion

#### Day 2:

- I. Questions and discussion
- II. Experiential practice of Basic Internal Gentle Reprocessing Protocol using Internal Gentle Reprocessing for phobias – simple and complex
- III. Live demonstration using Internal Gentle Reprocessing to reduce a simple phobia
- IV. Protocol using Internal Gentle Reprocessing for psychosomatic complaints
- V. Protocol using Internal Gentle Reprocessing for future events – performance enhancement, surgery, etc.
- VI. Overcoming possible roadblocks during Internal Gentle Reprocessing
- VII. Introduction to using Internal Gentle Reprocessing with inner child work
- VIII. Video demonstration of Internal Gentle Reprocessing with inner child work
- IX. Experiential practice using protocol of choice or live demonstration

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### X. Questions and discussion

#### Course Completion Requirements:

All learners are required to attend the entire workshop and complete an evaluation to receive credit for this workshop. The instructor will hand out a paper evaluation form at the end of the workshop. Attendees will need to turn in evaluation form when they sign out of the workshop to receive credit.

The learner will need to request an ASWB ACE Continuing Education Certificate from Boston University School of Social Work staff. A staff member will confirm attendance and will email a PDF certificate within 30 days of request to the learner.

#### ACE Approval Statement:

Boston University School of Social Work, 1121, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Boston University School of Social Work maintains responsibility for this course. ACE provider approval period: 11/8/2018 – 11/8/2021.

#### System Requirements:

Please visit the [BU IT Help Desk System Requirements](#) page to view system requirements.

For information about [refunds, cancellations, accommodations](#). To contact us, please email [pepssw@bu.edu](mailto:pepssw@bu.edu) or call 617-353-3756.