
HEALTH-MEDICAL CHALLENGES AND GRIEF: GROUP EMDR THERAPY FOR PATIENTS AND CAREGIVERS



Carla Archuletta
COUNSELING

---TLPCA SUMMIT 2025 ---

JUNE 14, 2025

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BEREAVEMENT

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1

YOUR PRESENTER

- Carla Archuletta is an LPC/MHSP-S in the state of Tennessee, a Fellow in Thanatology, and NCC. She received her End-of-Life Doula Professional Certificate from the University of Vermont.
- Based in Brentwood, Tennessee, Carla operates a private practice and provides clinical services through her affiliation with Gilda's Club Middle Tennessee and Brentwood Counseling Associates. Her extensive experience also encompasses several years as a hospice grief counselor, further enriching her expertise in bereavement and end-of-life care.
- Carla holds advanced credentials, including Certified EMDR Clinician and EMDRIA Consultant-in-Training, Certified Clinical Trauma Professional, Grief Recovery Specialist, Certified Grief Informed Professional, and Board Certified Telemental Health Provider.
- As a sought-after speaker, educator, and clinician, Carla is recognized for her compassionate, evidence-based practice and her unwavering commitment to guiding individuals and professionals through life's most arduous emotional experiences. She is the coauthor of "*Health-Medical Challenges and Grief: Group EMDR Therapy for Patients and Caregivers*," which is featured in *EMDR Group Therapy: Emerging Principles and Protocols to Treat Trauma and Beyond* (Springer Publishing).
- *EMDR Group Therapy: Emerging Principles and Protocols to Treat Trauma and Beyond* (Springer Publishing) was released November 28, 2023. Carla is one of 36 authors across 11 countries and 3 continents invited to contribute to this innovative book.

2

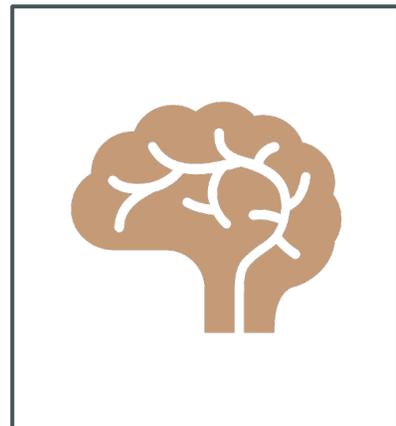
EMDR RECENT & GROUP TRAUMATIC EPISODE PROTOCOLS

- Prerequisite for R-TEP and G-TEP: Participants must have completed EMDR Basic Training with an EMDRIA-approved training provider.
- These trauma episode therapy protocols were developed by Elan Shapiro and Brurit Laub from Israel. Their primary aim is to lower the risk of delayed-onset PTSD, depression, anxiety, OCD, substance abuse, and relationship or health problems that trauma can intensify. Additionally, these protocols help build resilience in individuals affected by both man-made and natural disasters.

3

EMDR RECENT & GROUP TRAUMATIC EPISODE PROTOCOLS

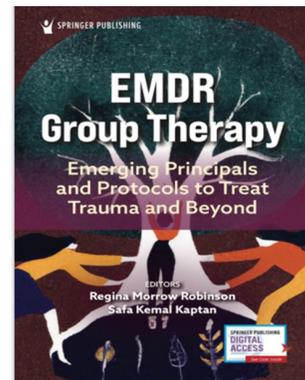
- **EMDR R-TEP** (Recent Traumatic Episode Protocol) is an individualized, structured approach used when a recent traumatic event has occurred and the standard EMDR protocol is not sufficient. It provides additional tools for containment, stabilization, and integration, with the goal of addressing trauma early to reduce the likelihood of long-term symptoms such as PTSD.
- **EMDR G-TEP** (Group Traumatic Episode Protocol), on the other hand, is designed for use in group settings. It is well-suited for small groups—such as couples, families, or individuals affected by a shared traumatic experience like a natural disaster, accident, or act of violence. G-TEP allows participants to process trauma simultaneously while maintaining privacy, making it an efficient and scalable intervention in crisis situations.



4

EMDR GROUP THERAPY: EMERGING PRINCIPALS AND PROTOCOLS TO TREAT TRAUMA AND BEYOND

- EMDR Group therapy is a pioneering book that outlines and defines an emerging field that is taking EMDR Therapy to the next level -making EMDR treatment more accessible to more people – in line with EMDR originator Francine Shapiro’s vision of easing the global burden of trauma. This book presents the diverse applications and advantages for EMDR in groups that will be relevant for clinicians and agencies who are seeking more efficient and cost-effective ways of working, whether or not they have previous experience with groups. – **Elan Shapiro MA., Developer of EEI, R-TEP, G-TEP, G-REP, and 4 Elements**
- An essential reference for emergency planners, government officials, humanitarian aid workers, prison reformers, and community leaders world-wide. – **Andrew M. Leeds, Ph.D., Director of Training Sonoma Psychotherapy Training Institute**



5

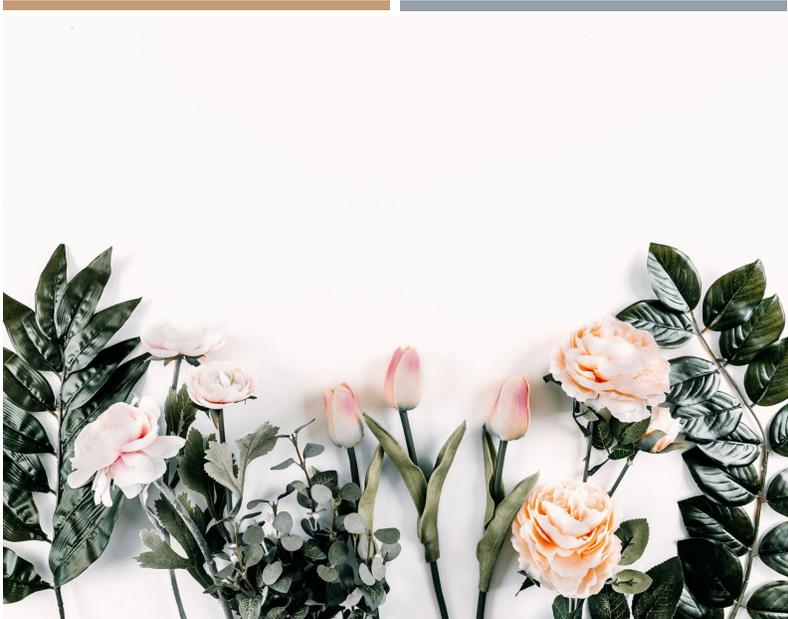
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6

ASSESSMENTS

- THE PROFESSIONAL QUALITY OF LIFE SCALE – VERSION 5 (PROQOL-5)
- INTERNATIONAL TRAUMA QUESTIONNAIRE (ITQ)
- DASS 21 (DEPRESSION, ANXIETY, STRESS SCALE)



7



PREPARING YOUR SPACE FOR G-TEP

THESE PICTURES WILL GIVE YOU AN IDEA OF HOW TO SET UP YOUR SPACE FOR THE G-TEP EXPERIENCE.

8

GATHER YOUR MATERIALS

- Create your workspace in advance.
- Can adapt to a telehealth session.
- Gather pens, pencils, colored pencils, crayons or markers, whichever you prefer.
- Don't forget to have a bottle of water available to stay hydrated.
- Tissues may come in handy, too.
- Find an "anchor" or touchstone object to use today. See next page...



9

ANCHOR OR TOUCHSTONE

Your anchor or touchstone is considered to be a familiar object you see, wear or carry around which can act as a present focus reminder to check your stress level during the G-TEP today. Some examples include your mouse, a rock, a pen, a coaster, your bottle or water, a rubber band, paperclip, etc..



10

PRINT THE G-TEP WORKSHEETS

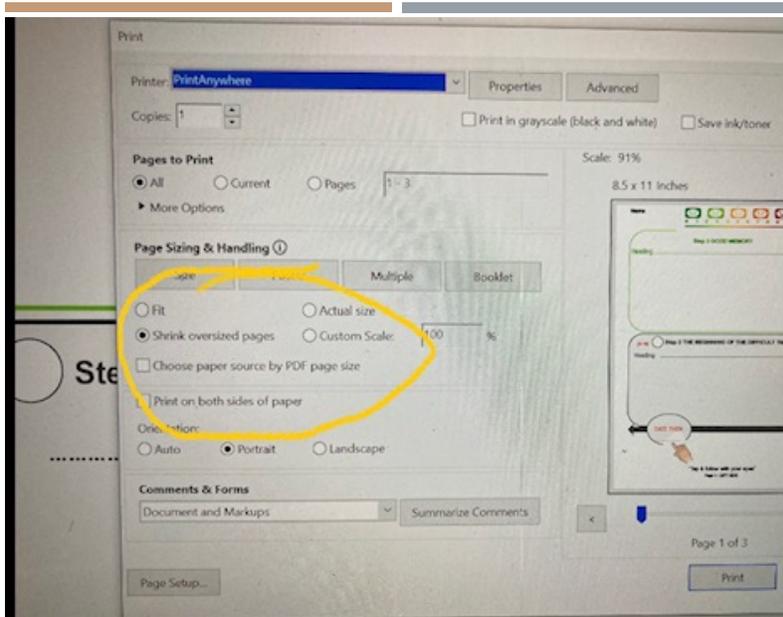
***See next slide for a note on printer settings.



11

CHECK PRINTER SETTINGS

- You may have to check your settings to make sure all pages print correctly.
- I had to use Shrink Oversized Pages so page 2 would print correctly. I may be different depending on your printer.
- Can print in color or grayscale.
- Can also be drawn if not printer is available.



12

FOLD PAGE 2 IN HALF

We will be working on 3 "PODS" instead of 6 "PODS" of page 2 of the worksheet. Therefore, fold page 2 in half as seen here.



13

SECURE YOUR G-TEP WORKSHEETS

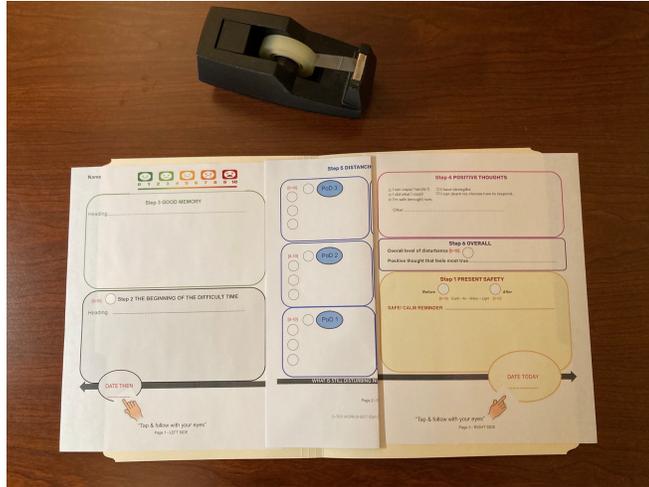
I find it best to use a Manilla Folder.



14

SECURE ALL 3 WORKSHEETS ONTO THE MANILLA FOLDER

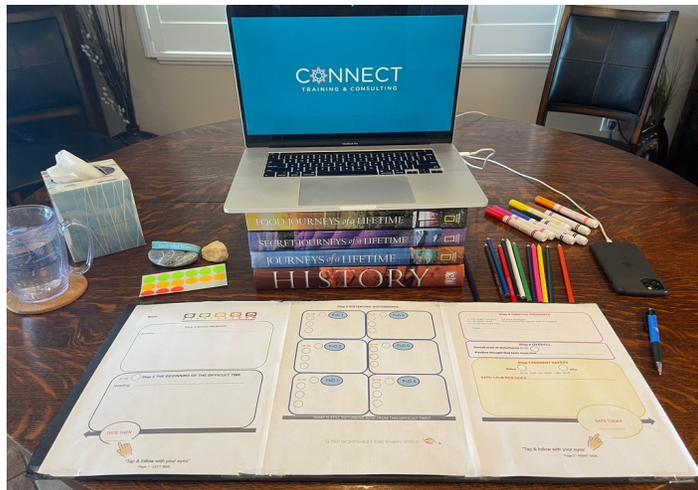
Tape the three worksheets together. Then, using the Manilla folder, tape the worksheets onto the folder to use as a secure base.



15

ENSURE YOU HAVE A QUIET PLACE WITH NO DISTRACTION

This is an example set up.



16



R-TEP/G-TEP TRAINING

WWW.CONNECTEMDR.COM

17

TRAINING INFORMATION

EMDR Basic Training: <https://connectemdr.com/emdr-basic-training/>

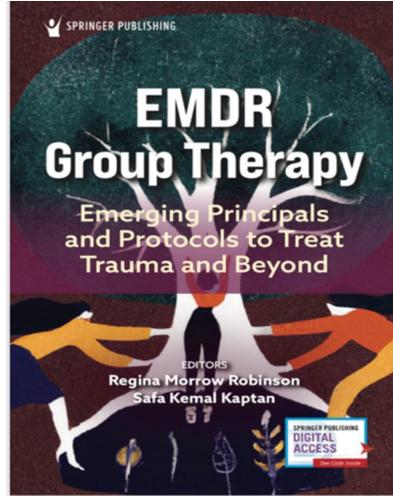
R-TEP/G-TEP upcoming trainings: <https://connectemdr.com/rtep-and-gtep-emdr-therapy-trainings-connect-emdr/>

G-REP (Group Resource Enhancement Protocol) <https://connectemdr.com/what-is-the-group-resource-enhancement-protocol-g-rep/>

18

EMDR GROUP THERAPY BOOK

- Amazon:
<https://www.amazon.com/Emdr-Group-Therapy-Robinson/dp/0826152945>
- Springer Publishing:
<https://www.springerpub.com/emdr-group-therapy-9780826152947.html-resources>



19

SPRINGER PUBLISHING:

EMDR GROUP THERAPY WEBINAR

EMDR Group Therapy: The Many Uses

**On Springer Publishing Website & Youtube



www.springerpub.com

- COVID-19
- The number of climate-related disasters has tripled in the last 30 years; more than 20 million people forced to flee
- Medical difficulties: In 2022, there was an estimated 1.9 million new cancer cases diagnosed and 609,360 cancer deaths in the United States
- 14.3% of deaths worldwide, or approximately 8 million deaths each year, are attributable to mental disorders (Walker et al., 2015)
- Nearly 100 million people around the world have been forced to flee their homes half of whom are under the age of 18 (UNHCR, 2022).



SPRINGER PUBLISHING

20

THANK YOU!

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