

Dear EMDR Practitioner,

I am a member of the group sponsoring the Lexington PEAT workshop and urge you to consider a new approach to psychotherapy. I first started counseling thirty-two years ago and like most of you successively practiced any number of schools of therapy, mostly talk therapies.

Four years ago I went to my first EMDR level I and II training, and it revolutionized my practice and success rate. Before EMDR I felt I had to use the smallest footholds to get any leverage with clients and create conditions for change. With EMDR, one of the six power therapies, change became the norm, not the hoped for and mysterious visitor that showed up occasionally. Four years after the initial EMDR training I continue to use it and to expand its applications.

I want to introduce you to PEAT, one of the newer, more spiritually based approaches to therapy that incorporates bodywork into its techniques. PEAT is a series of techniques that can be integrated into EMDR and any number of other schools of therapy. Developed by Zivorad Slavinski, PEAT uses a variety of methods to resolve conflicts, especially conflicts that clients have been acting out for years. While polarities or dualities have been recognized and worked with by many schools such as DBT, Gestalt, and Psychodrama, PEAT can quickly move clients to very deep and profound levels of resolving those polarities.

I continue to use EMDR to eliminate specific traumas in a client's past history. When I am doing EMDR I can seamlessly integrate PEAT into the 8-step protocol in a way that expands the scope of the cognitive interweave. Couples work is fascinating when both partners radically change their perceptions of their partners through using PEAT. With other clients I am impressed with how prior PEAT sessions open clients to even more powerful EMDR applications.

Having used PEAT for only a year now, I am still in the midst of discovering the range of possibilities for its application. I want to urge you to consider the workshop we are offering in Lexington. I believe the potential for PEAT is huge, both personally and professionally.

Please do not hesitate to call me if you have any questions.

Yours truly,



John Skaggs, Ph.D.