

# THE POWER OF EARLY INTERVENTION: HOW EMDR HEALS TRAUMA AND BURNOUT

**A Collaboration between CMHA and SafeCare BC**

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A hand reaches up from the water, palm facing up, against a backdrop of a cloudy sky and distant land. The image is split vertically by a white curved line.

# HAVE YOU EVER FELT LIKE YOU'RE DROWNING?

- Furiously swimming. No relief.
- No life boat, only judgment.
- Help is not asking 'why.'
- The weight keeps pulling you down.

## CLIENT TESTIMONIAL

*"After my first EMDR session, I felt relief and relaxation. Kara guided me through with compassion and reassurance. I felt lighter and more in control of my body. I look forward to trying this technique again."*



# OUR CULTURE OF SUPPRESSION: **SACRIFICING OURSELVES TO SUPPORT OTHERS**

- *“Push through. Don’t feel.”*
- We’ve learned to leave our bodies to survive.
- Our bodies scream until we’re forced to listen.

## CLIENT TESTIMONIAL

*“Kara created a space of trust, allowing me to go deeper into topics that were challenging to relive with the intent to heal. For the first time, I felt I was in a safe environment to show up as I was.”*





An underwater photograph of a person wearing a dark suit and a white shirt, floating in clear blue water. The person's arms are extended, and their hands are visible. The lighting is soft, creating a serene and contemplative atmosphere.

**BEFORE WE  
CAN DEEPLY  
HELP OTHERS  
WE NEED  
CAPACITY WITHIN**

***“I JUST NEED TO  
SURVIVE UNTIL...”***

- Dissociation protects us, but it disconnects us.
- We surface long enough to breathe, then back under we go.
- We need capacity within.

**CLIENT TESTIMONIAL**

***“Kara’s method allowed me to feel the shifts in my body without having to speak or explain. It’s powerful and simple. The connection between mind and body became real for me for the first time.”***





# WHAT IS EMDR?

- **Eye Movement Desensitization and Reprocessing (EMDR).**
- Reprocesses traumatic memories using **bilateral stimulation.**
- Addresses trauma stored in the brain and body—and allows you to put the burden down.





## THE CRITICAL 90-DAY WINDOW: WHY EARLY INTERVENTION IS ESSENTIAL

90

**DAYS**

TO TREAT TRAUMA  
BEFORE IT IMPRINTS

50

**PERCENT**

REDUCTION IN SYMPTOMS

*“Do the best you can until  
you know better. Then when  
you know better, do better.”*

—Maya Angelou



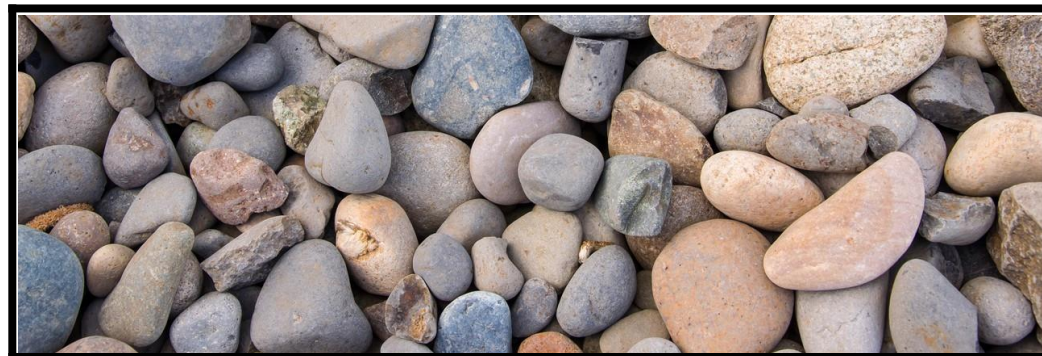


# CLIENT TESTIMONIAL

“Loved the experience today. It’s amazing how quickly EMDR can elicit changes in the body. To be able to do this in a group setting, allowing multiple people the opportunity for change, is truly remarkable.”



# RELEASING THE WEIGHT: A STEPPED CARE APPROACH



01.

## **Early Intervention (ASSYST Protocol):**

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Quick, targeted relief for recent stress or trauma to prevent long-term impacts.



02.

## **Medium Intensity (EMDR - IGTP)**

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Shared healing to address recurring patterns of unresolved trauma.



03.

## **High Intensity (1:1 EMDR Therapy)**

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Individualized support for deep, ingrained trauma.



# CLIENT TESTIMONIALS



After experiencing the most horrific trauma of my life, I noticed a shift in my body—a settling. Kara held a great space and was insightful to my journey, even in a group setting.”

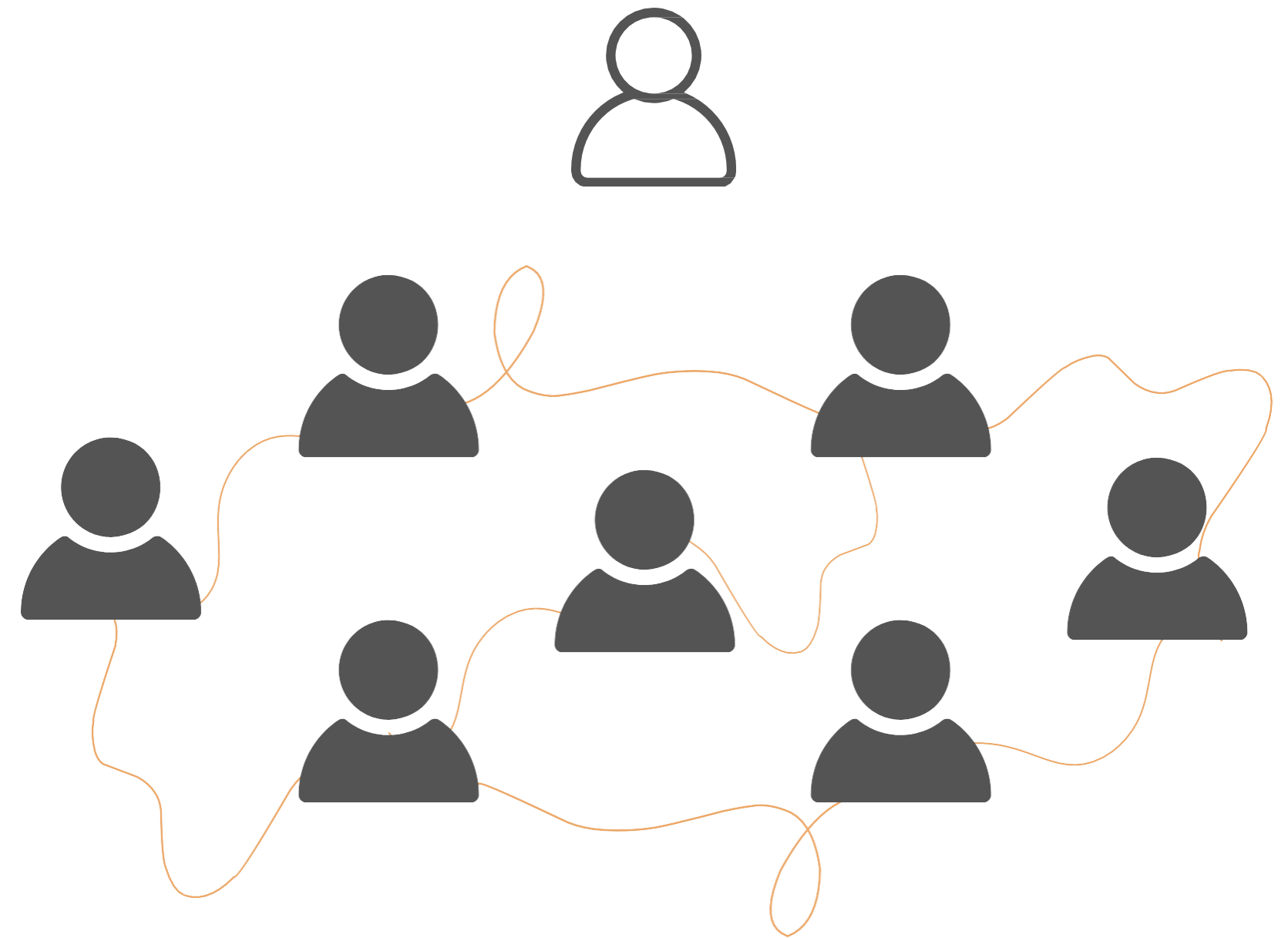
“As a therapist, I frequently encounter vicarious trauma. Experiencing EMDR firsthand was eye-opening. The rapid shifts in my body were remarkable. I hope every frontline worker can access this support.”



# WHAT DOES A SHIFT CHANGE SESSION LOOK LIKE?

*BUILT FROM THE VOICES  
OF OTHERS JUST LIKE YOU*

- **Anonymous:** Confidentiality is maintained in the group space.”
- **Non-verbal:** No need to share your story, processing only.”
- **Shared energy:** Individual healing in a safe, expert-led session.”





# PRACTICAL TOOLS FOR REGULATION

*“A DINGHY CAN KEEP YOU AFLOAT, BUT EVENTUALLY THE AIR RUNS OUT.”*



## **GROUNDING**

5 things you hear, see, feel.



## **BREATHING**

Head-holding and square breathing.

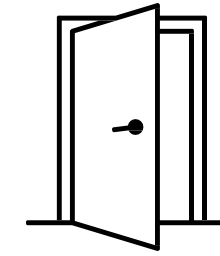


## **TEMPORARY RELIEF**

Nature and journaling.

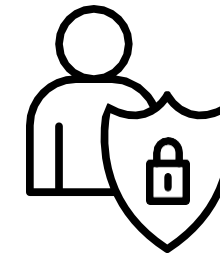


# ACCESSING SHIFT CHANGE SERVICES: RELEASE THE WEIGHT



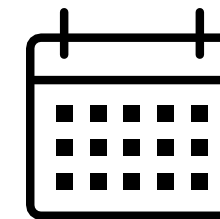
## FREE FIRST SESSION

ALL YOU HAVE TO DO IS  
SHOW UP AND #TAPITOUT.



## ANONYMOUS

YOUR PRIVACY IS  
PROTECTED.



## WEEKLY SESSIONS

SCHEDULED FOR ONGOING  
SUPPORT.



## HEALTH BENEFITS

SCHEDULED FOR ONGOING  
SUPPORT.



## ORGANIZATIONS

FOR THOSE WHO WISH TO  
IMPLEMENT AN  
INNOVATIVE SOLUTION



# CLOSING SOMATIC EXERCISE

## LIGHT STREAM

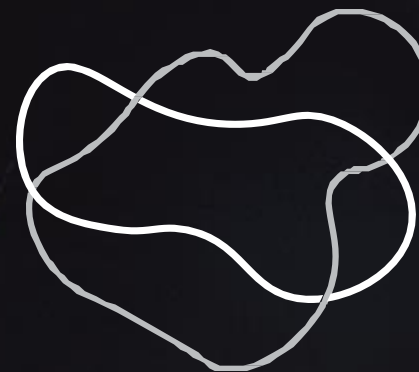
*FOCUS ON ANY TENSION OR DISCOMFORT IN YOUR BODY—SOMETHING THAT FEELS HEAVY OR UPSETTING. IMAGINE THIS SENSATION HAS:*



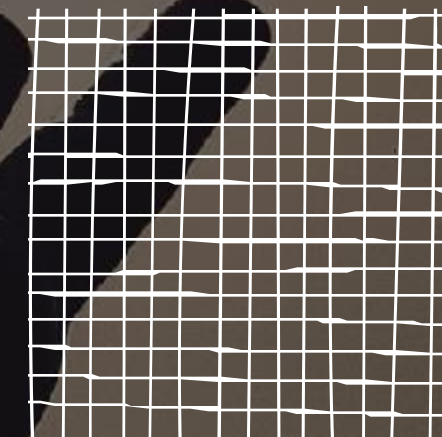
**SHAPE**



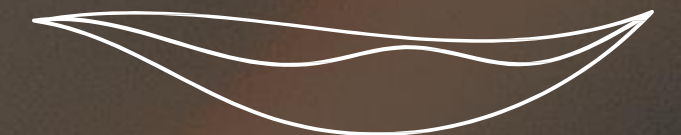
**SIZE**



**COLOUR**



**TEXTURE**



**TEMPERATURE**





# WE WERE NEVER MEANT TO CARRY IT ALONE

- The power of healing lies in connection.
- We are all worthy of being seen, held, and cared for.
- Our mission: Transforming the way we attend to mental injuries.
- Building a legacy of healing for generations to come.



# CONTACT US



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