

# COMPLICATED CLIENTS, COMPLEX PROBLEMS and CLEVER SOLUTIONS:

Effective EMDR strategies and techniques for complex trauma and  
complicated mourning

**Dr. Joany Spierings**

*EMDR Master Trainer visiting from Rotterdam, the Netherlands*

## Program Description

### **Working toward EMDR Reprocessing**

EMDR is not an infallible treatment, and sometimes when it is most needed, it does not work: the client gets stuck, SUDs do not go down, or the client gets more and more upset.

Day One of this workshop presents step-by-step strategies to prepare for safe and effective EMDR reprocessing, grounded in the "window of tolerance" model of brain functioning.

'The Three Tests' skills training approach can be used with all clients, from healthy and well-resourced to severely damaged, multi-problem crisis-prone clients. It guides clients as they: (1) learn needed arousal management skills, (2) manage real-life acute problems, and (3) develop the skills and resources for successful reprocessing. Strategies discussed include attachment considerations, boundary development, self-compassion, and more.

### **Successful EMDR Reprocessing**

Just "staying out of the way" is not enough to help complex clients process their traumatic material. A more active approach is called for to bring trauma resolution. Yet many EMDR clinicians are unsure about when and how to be active during reprocessing. Day Two of the workshop will present a variety of **(cognitive) interweave** strategies including metaphors and timely psycho-education for a wide range of major blocks and specific stuck points. It will invite participants to get comfortable with "outside of the box" interweaves including unorthodox, creative and even hilarious ways to get around resistance. Interweaves to create attachment repair including forgiveness and reconciliation will be explored.

**Complicated mourning** will be an added focus. Six different patterns of complex grief (denied, postponed, chronic, distorted, traumatic and somaticized) will be depicted with corresponding treatment techniques integrated within EMDR including rituals, writing assignments, Gestalt, and internal dialogue with the deceased.

**December 5-6, 2014**

**Friday 10:00am to 6:00pm**

**Saturday 8:30am to 4:30pm**

*\*\*\*hours arranged to accommodate auto and air travel and outsmart weekend traffic\*\*\**

Sheraton Needham Hotel

100 Cabot Street, Needham, MA 02494

(\$99 room rate discount)

Registration/Continental Breakfast 7:30—8:30am

**13 credits: EMDRIA, APA, NASW, LMFT  
and LMHC (in application)**

Dr. Joany Spierings is being brought to the US by special invitation in recognition of her clinical and teaching talents and experience.



**Dr. Spierings was selected by the 2014 EMDR Europe Conference to lead the conference meeting for trainers and consultants as well as to conduct a day-long preconference training on EMDR with Complex Trauma.**

Joany is a psychologist and psychotherapist who has been practicing in the Netherlands, for 35 years, and specializes

in complex trauma and complicated grief. She works with severely traumatized clients and develops stabilization techniques and adaptations of EMDR to fit the specific needs of these clients. She is a senior supervisor for Riagg Rijnmond, Rotterdam.

Joany trained in EMDR in 1994 and is a veteran EMDR trainer and senior supervisor of EMDR clinicians and trainers-in-training. She is a founding member of EMDR Europe and the Dutch EMDR Association (one of Europe's largest EMDR-member nations and Vice President of the Humanitarian Assistance Program (HAP-Europe).

## **OBJECTIVES**

### **Participants will be able to:**

1. Translate key concepts of brain functioning into treatment plans and interventions
2. Evaluate systematically what skills the client needs to learn before EMDR reprocessing can be started safely
3. Identify strategies to teach missing skills in affect-regulation, attachment and self-compassion, necessary for safe and effective EMDR
4. Describe interventions with process interweaves to keep the client within the window of tolerance
5. Describe interventions with content interweaves to help the client when blocked
6. Describe non- "cognitive" interweaves such as sensory, physical, humorous, symbolic and spiritual interweaves
7. Describe dynamics of complicated mourning and appropriate EMDR intervention strategies

### **More on Dr. Joany Spierings:**

Joany has presented at most European Conferences and all Dutch Conferences to date and has trained and presented in 25 countries around the world (China, Japan, Sri Lanka, Indonesia, Israel, Palestine, Algeria, Canada, the US, all of Europe and more).

She is well respected for both the content of her material (theoretically-founded and down-to-earth practical) and for her presentation style (comments have included: "high entertainment value," a "one woman stand-up comedy show," "wisdom, knowledge and fun combined"). Her evaluations are usually between 8.5 and 9.0 out of 10.

Joany currently works with extremely difficult clients and "hopeless" cases (suicidal, self-harm, etc. who have often spent many years in the mental health system without improvement, crisis after crisis, etc.). She has helped many of these complex clients get on a healing track. In spite of the seriousness of her client's problems, Joany often elicits lightness and laughter while maintaining a working alliance that is strong and warm. In 2013, she won the *Innovation of Care Aware* for her group program for stabilization.

Highly valued throughout Europe for both her substance and style, Jeany's colleagues have affectionately referred to her as: *the legend of EMDR Europe; the Mohammed Ali of EMDR: dances like a butterfly and stings like a bee; the secret weapon of the Dutch; and amongst the best presenters in Europe.*

*Mark Nickerson, LICSW maintains responsibility for this program and its content in accordance with EMDRIA standards. This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Mark Nickerson, LICSW if special accommodations are required. Full completion of an EMDRIA approved basic EMDR training is required.*

**Online registration at: [markinickerson.com](http://markinickerson.com) Questions? [markinickerson@gmail.com](mailto:markinickerson@gmail.com)**

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Name	
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Discipline and License #	
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Address	
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City, State, Zip	
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Email	Phone
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Level of EMDR Training	

### **Program Fees**

**(includes 14 CEs)**

\$305 if sent by Oct 13, 2014

\$340 if sent by Nov 10, 2014

\$375 if sent **after** Nov 10, 2014

(includes continental breakfast)

\$60 discount for Community

Mental Health clinicians

(30+ hours a week)

Full refunds until Nov. 10; 80% one week before the training.

13 credits: EMDRIA, APA, NASW, LMFT and LMHC pending approval.

**My payment of \$ \_\_\_\_\_ is**

**enclosed.** Mail checks made payable to:

Mark Nickerson, LICSW

368 Middle Street, Amherst, MA 01002