

COMPLICATED CLIENTS, COMPLEX PROBLEMS AND CLEVER SOLUTIONS:  
**TROUBLESHOOTING IN EMDR THERAPY (2 DAYS)**



**TREATING COMPLICATED MOURNING (1 DAY)**

PRESENTED BY:

**DR. JOANY SPIERINGS**

*EMDR Master Trainer visiting from the Netherlands*

Live Streaming and  
Delayed Viewing Distance  
Learning Options!!

**Troubleshooting in EMDR Therapy- Master Class**

*This workshop is like the last page in the manual of your new washing machine: what can go wrong, how do I know, and what can I do?*

The workshop covers six levels where you, as an EMDR clinician, can get into (and out of trouble) with clients:

1. **Client has reasons not to solve the problem** (secondary gain, narcissistic investment in being a difficult client, etc.).
2. **Therapeutic relationship** (or lack of it) prevents spontaneous EMDR processing. Therapists are neither saints nor machines and challenging clients may induce fatigue, irritation and insecurity. Pitfalls and unproductive interaction patterns specific for trauma clients will be discussed along with strategies to prevent or repair damage.
3. **Case conceptualization/target selection.** If you resolve the wrong targets, the right healing will not happen. But sometimes clients have so many traumas you don't know where to start. Advanced strategies for target selection in complex cases will be offered.
4. **Timing and preparation.** Without adequate stabilization trouble emerges during the EMDR reprocessing. Criteria for "bearing strength" will be presented, including interventions and self-help strategies to enlarge the client's window of tolerance.
5. **Technique and procedure:** Sometimes therapists make mistakes in EMDR technique, but also some clients cannot 'do their job' in the EMDR procedure. Strategies are presented to deal with contra productive client behaviors like extreme censoring, excessive need for control, failure anxiety, trauma-zapping, or wallowing in self-pity and victimhood.
6. **Blocked processing:** The more damaged the clients, the more we have to intervene actively during the processing. Strategies such as the 'non-cognitive interweave' will be introduced as an extra-strong intervention, to be used when words and the usual interweaves are not enough.

**Learning objectives-** Participants will be able to identify: (1) approaches to deal with difficulties originating from the function of the problems in the client's life; (2) approaches to deal with difficulties originating from the therapeutic relationship; (3) advanced strategies for case conceptualization; (4) ways to assess bearing strength and indicate stabilization techniques; (5) skills to promote successful reprocessing; and (6) advanced techniques for implementing interweaves.

**Join us for:**

**2 day Training: Troubleshooting in EMDR Therapy (Fri/Sat, Dec 4-5)**

**1 day Training: EMDR Therapy for Complicated Mourning (Sun, Dec 6)**

**OR BOTH**

**December 4, 5 and 6, 2015**

**Friday 9:30am to 5:30pm**

**Saturday 9:00am to 4:45pm**

**Sunday 9:00am to 4:45pm**

**Crowne Plaza Natick**

1360 Worcester Street, Route 9, Natick, MA 01760

**6 credits per day: EMDRIA, APA, NASW, LMFT and LMHC, LPC and other NBCC approved masters level clinicians**



Dr Joany Spierings returns to the US by popular demand following last year's tour de force visit and training.

Joany is a psychologist 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.

Throughout Europe, Joany is a highly respected master clinician, consultant and trainer. 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).

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 U.S, all of Europe and more).

## One Day Workshop: EMDR Therapy for Complicated Mourning

Working with mourning clients can be difficult. To face the irrevocability of loss and to stand helpless and empty-handed as a therapist is a heavy burden. Sometimes it seems there is nothing we can do to help our clients. Yet there are many ways in which EMDR therapy can contribute to helping our clients live a valuable life after a serious loss.

This workshop will discuss the psychodynamics of uncomplicated mourning including criteria to decide when to more actively intervene. Six different patterns of complicated mourning will be presented: denied mourning, postponed mourning, chronic mourning, distorted mourning, traumatized mourning, and somatized mourning. Case conceptualization and treatment plans for each of the six patterns of complicated mourning will be offered.

A toolbox of effective treatment techniques will be taught. An array of "non- EMDR" techniques (rituals, Gestalt dialogue, inner dialogue with the deceased, writing assignments, image-ination techniques) will be described and integrated into EMDR-combined techniques to address specific patterns of complicated mourning. Practical interventions to address resistance and affect regulation problems will be discussed, as well as specific interweaves.

**Learning objectives-** Participants will be able to: (1) identify psychodynamics of the mourning process; (2) differentiate between uncomplicated and complicated mourning; (3) identify six patterns of complicated mourning; (4) identify treatment techniques to work with mourning problems; (5) identify integrated techniques (EMDR and non-EMDR); (6) develop treatment plans and apply advanced techniques for six patterns of complicated mourning.

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

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.

Joany's European 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.* Last year's visit to the US confirmed her appeal.

### Selections from last year's evaluations:

- Absolutely wonderful! Thank you! Please come back to present your complicated morning. :-)
- Superb. Joany is a gift... she filled the whole two days with material to use.
- A wealth of clinical interventions! I wish I had this when I first used EMDR.
- Entertaining as well as educating.
- Bring her back again sometime soon and consider three days.

*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. Pending APA approval, this program is co-sponsored by the Massachusetts Psychological Association (MPA). MPA is approved by the American Psychological Association to sponsor Continuing Education (CE) for psychologists. MPA maintains responsibility for the program and its content.*

**Online registration at: [EMDRadvancedtrainings.com](http://EMDRadvancedtrainings.com) Questions? [info@emdradvancedtrainings.com](mailto:info@emdradvancedtrainings.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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Level of EMDR Training

- Troubleshooting**
- Complic. Mourning**
- Both**

**My payment of \$ \_\_\_\_\_ is enclosed.** Mail checks made payable to:  
Mark Nickerson, LICSW  
368 Middle Street, Amherst, MA 01002

### **Program Fees (6 CEs/day)**

#### **2 Day- Troubleshooting:**

\$280 if sent by Nov 9, 2015  
\$320 if sent by Nov 20, 2015  
\$350 if sent **after** Nov 20, 2015

#### **1 Day- Complicated Mourning:**

\$180 if sent by Nov 9, 2015  
\$220 if sent by Nov 20, 2015  
\$250 if sent **after** Nov 20, 2015

#### **3 Day- Both Workshops (SAVE):**

\$380 if sent by Nov 9, 2015  
\$420 if sent by Nov 20, 2015  
\$450 if sent **after** Nov 20, 2015

\$60 discount for Community Mental Health clinicians (30+ hours a week) Full refunds until Nov. 20; then 80% until 1 week before training, no refunds after Nov. 28.