

EMDR Therapy for Borderline Personality Disorder, Dissociation and Complex Trauma

PRESENTED BY:

Dolores Mosquera, M.S. and Colin A. Ross, M.D.

In this two-day workshop, Dr. Ross and Dolores Mosquera will provide a comprehensive overview of EMDR, borderline personality disorder, dissociation and complex trauma, including examples of specific treatment techniques and strategies. Dr. Ross will speak on Day One and Dolores Mosquera will speak on Day Two.

In Day One, Dr. Ross will review the definition of dissociation and the differences between psychoform and somatoform dissociation. He will spend considerable time on dissociative identity disorder (DID): how to diagnose it; what it is and what it is not; prevalence, reliability and validity; treatment outcome data for DID; and the relationship between DID and PTSD. In his clinical experience, three common reasons for adverse reactions to EMDR he sees in patients referred to his hospital Trauma Programs are: failure to diagnose a complex dissociative disorder; inadequate history, preparation and stabilization; and moving into desensitization too quickly. Dr. Ross will then discuss borderline personality disorder (BPD) and the relationship between BPD, reactive attachment disorder, and dissociation. He will then place BPD within a modified version of the theory of structural dissociation – this formulation leads naturally to treating DID within EMDR and within the Adaptive Information Processing model. This will be followed by an explanation of the principles of Dr. Ross' Trauma Model Therapy, which is suitable for DID, BPD, PTSD and a wide range of mental health problems and addictions. These principles can be most helpful in EMDR therapy of BPD, prior to desensitization work. He will finish the day with case examples of treatment techniques and an opportunity for questions and discussion.

In Day Two, Dolores Mosquera will draw on her extensive clinical experience as an EMDR clinician, consultant and specialty populations' trainer, and will build on the groundwork laid by Dr. Ross in Day One. She will explain how to treat BPD within the Adaptive Information Processing model and will describe subgroups within BPD that require somewhat different EMDR strategies. She will describe in detail the clinical interview for BPD she conducts prior to treatment, including common problems encountered and common defenses seen. In the next section, she will talk in detail about grounding, stabilization and self-care and emotional regulation skills and treatment strategies. This will be followed by discussion of self-differentiation, psychoeducation strategies, working with defenses and working with dissociative parts. She will conclude the workshop with discussion of target selection in BPD, when to process trauma, and when not to, managing borderline defenses, and the reevaluation phase of EMDR. The focus will be on specific techniques and strategies and a practical, hands-on approach.

March 18-19, 2016

9:00am to 4:45pm both days

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

Day One – Colin A. Ross, M.D.

8:30am	Registration
9:00am	The Dissociative Disorders
10:30am	Break
10:45am	Dissociation and Borderline Personality Disorder (BPD)
12:15pm	Lunch
1:30pm	Trauma Model Therapy, BPD and Dissociation
3:00pm	Break
3:15pm	Trauma Model Therapy
4:45pm	Closing

Day Two – Dolores Mosquera, M.S.

8:30am	BPD, Trauma, Dissociation and EMDR: Phase 1
10:00am	Break
10:30am	BPD, Trauma, Dissociation and EMDR: Phase 2
12:00pm	Lunch
1:00pm	BPD, Trauma, Dissociation and EMDR: Phase 3
2:45pm	Break
3:15pm	BPD, Trauma, Dissociation and EMDR: Phases 4-8
4:45pm	Closing

Objectives – Participants will be able to:

1. Describe the phenomenology, epidemiology, reliability and validity, and treatment outcome for dissociative identity disorder.
2. Describe the relationships between trauma, disrupted attachment, PTSD, dissociation and borderline personality disorder (BPD).
3. Describe the core principles and techniques of Trauma Model Therapy.
4. Describe the relationship between trauma, dissociation and BPD from the perspective of the Adaptive Information Processing model, and how this guides EMDR therapy.
5. Describe stabilization techniques to improve self-care and self-regulation in BPD and complex trauma.
6. Describe strategies and techniques for target selection, choosing when to do bilateral stimulation and managing defenses within EMDR therapy for trauma and BPD.
7. Describe strategies to explore the system of parts in a safe way, promoting integration.

Presenter Bios

Colin A. Ross received his M.D. from the University of Alberta in 1981 and completed his psychiatry training at the University of Manitoba in 1985. He has been running a Trauma Program in the Dallas, Texas area since 1991 and consults to two other Trauma Programs, one at Forest View Hospital in Grand Rapids, Michigan and one at Del Amo Hospital in Torrance, California. His Texas Trauma Program moved to UBH Denton in September, 2015. Dr. Ross is the author of 28 books and 190 professional papers and is a Past President of the International Society for the Study of Trauma and Dissociation. Dr. Ross has spoken widely throughout North America and in Europe, China, Malaysia, Australia and New Zealand. *Dr. Ross is an internationally renowned speaker. He is adept at imparting complex information in a clear, user-friendly fashion.* More info at the Colin Ross Institute: rossinst.com



Dolores Mosquera is psychologist and psychotherapist. She is the director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP), a private institution where she has worked with EMDR for many years on cases related to severe traumatization. She is an EMDR Europe Consultant and Facilitator. She has extensive teaching experience, leading seminars, workshops and lectures internationally. *She has published many books and articles on personality disorders, complex trauma and dissociation and is a recognized expert in this field.*

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 Questions? info@emdradvancedtrainings.com

2 Day Workshop
 Day 1: Ross - this option is only available for Day 1 of the workshop, since Day 2 is a continuation of topics covered on Day 1.

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

Program Fees

TWO DAY WORKSHOP
(includes 12 CEs)

\$295 if sent by Feb 18, 2016
 \$335 if sent by Mar 3, 2016
 \$365 if sent **after** Mar 3, 2016
 \$70 discount for Community Mental Health clinicians (30+ hours a week)

ONE DAY WORKSHOP
(includes 6 CEs)

\$195 if sent by Feb 18, 2016
 \$235 if sent by Mar 3, 2016
 \$265 if sent **after** Mar 3, 2016
 \$35 discount for Community Mental Health clinicians (30+ hours a week)

Full refunds until Feb 25; then 80% until 1 week before training, no refunds after Mar 11.

In Person
 Via Livestream

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