

Dissociation of the Personality and the EMDR Treatment of Chronic Traumatization

PRESENTED BY:

Onno van der Hart, PhD & Denise J. Gelinas, PhD

BONUS 3RD DAY WORKSHOP OPEN TO NON-EMDR PRACTITIONERS—DETAILS ON REVERSE

There is currently consensus that the EMDR standard protocol needs to be modified for repeatedly traumatized clients, such as clients with complex dissociative disorders, as it may destabilize them. Therefore, therapists need to understand the dissociative personality structures that exist in these clients, as well as their needs and capabilities during treatment, including EMDR procedures. Dissociation is not an epi-phenomenon of traumatic experience but rather its major feature. Based on an integrative failure, dissociation involves a division of the survivor's personality, that is, of the dynamic biopsychosocial system as a whole that determines his or her characteristic mental and behavioral actions, into two or more insufficiently integrated subsystems. Some of these subsystems exert functions related to daily life, and others to dealing with overwhelming threat. The more severe the traumatization, the more dissociative parts, involving more complex trauma-related disorders, can be expected to exist. Dissociative parts have psychobiological boundaries that are maintained, to a large degree, by different trauma-related phobias, which need to be systematically resolved in phase-oriented treatment. Participants will become acquainted with the key concepts of structural dissociation of the personality and their implications for diagnosis and phase-oriented treatment, including EMDR therapy. This involves ways of relating dissociative symptoms to the underlying dissociation of the personality; recognizing dissociative interferences to therapeutic progress, identifying targets such as the dissociation-maintaining phobias and working with dissociative parts and their interrelationships. In all this the role of EMDR interventions during the respective treatment phases will be highlighted .

Learning Objectives

By the end of Day 1 participants will be able to:

- Understand trauma-related dissociation as, primarily, an integrative failure and, secondarily, as a coping strategy or defense
- Understand how different dissociative parts are mediated by respectively action system of daily life functioning and the defense action system
- Identify positive and negative, psychoform and somatoform dissociative symptoms
- Understand how various phobias maintain the dissociation of the personality and, within the context of phase-oriented treatment, constitute targets for therapeutic interventions
- Regard problems and symptoms of dissociative clients from a systems perspective
- Work with therapeutic approaches that call upon clients' imaginative capacity

By the completion of Day 2, participants will be able to:

- Identify the relationship between a clients' integrative capacities and their ability to productively use different EMDR processing procedures
- Provide at least two key elements to enhance preparation for EMDR processing phases
- Use different processing formats to avoid or repair over-accessing and overwhelm
- Recognize and intervene with dissociative interferences during EMDR phases
- Identify guidelines and use several techniques for working with dissociative parts of the personality
- Recognize and be able to use some interventions with the phobias of structural dissociation of the personality

Join us for:

2 day Training: EMDR Practitioners: Dissociation of the Personality and the EMDR Treatment of Chronic Traumatization

1 day Training: Dealing with Pandora's Box: The therapeutic relationship as a model for fostering collaboration among dissociative parts in clients with complex trauma-related disorders

OR BOTH

April 21-23, 2017

9:00am to 4:15pm all 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

8:30am Registration

9:00am *Round 1:* Understanding trauma-related dissociation of the personality as integrative failure

10:30am Break

10:45am *Round 2:* Continued; Distinguishing dissociative parts of the personality mediated by daily life action systems and those mediated by the defense action system and stuck in trauma-time

12:15pm Lunch

1:00pm *Round 3:* Principles of phase-oriented treatment

2:30pm Break

2:45pm *Round 4:* Continuation of working with dissociative parts, fostering acceptance and collaboration among dissociative parts

4:15pm Closing

Day Two

9:00am *Round 1:* Complex posttraumatic disorders: Managing 'over-accessing' during EMDR processing phases

10:30am Break

10:45am *Round 2:* Working with dissociative under-accessing across EMDR phases – "vanishing acts"

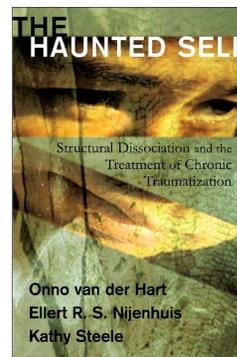
12:15pm Lunch

1:00pm *Round 3:* Working with dissociative parts in EMDR – "hijacking"

2:30pm Break

2:45pm *Round 4:* Working with the phobias of Structural Dissociation of the Personality in EMDR

4:15pm Closing



The Haunted Self "is required reading for everybody working in the trauma field. It contains a wealth of new information, ideas, and propositions. It is a pioneering work, a milestone in the trauma field." -- *Tijdschrift voor Psychiatrie (Dutch Flemish Journal of Psychiatry)*, July 2008

Dealing with Pandora's Box: The therapeutic relationship as a model for fostering collaboration among dissociative parts in clients with complex trauma-related disorders

Presented by Onno van der Hart, PhD

Becoming thoroughly informed about dissociation is mandatory for all clinicians working with traumatized individuals, especially those with a history of chronic childhood traumatization. All too often, a therapist starts treating a patient/client for acute trauma, such as related to war, terrorism, or serious traffic accidents, only to discover that Pandora's Box is opened in the process.

Learning Objectives — Participants will be able to:

- Understand trauma-related dissociation as, primarily, an integrative failure and, secondarily, as a coping strategy or defense
- Regard many dissociative symptoms as attempts by dissociative parts to solve certain problems
- Define the therapeutic relationship in terms of collaboration between therapist and client, and apply this to fostering acceptance and collaboration among dissociative parts
- Use some other tools in helping dissociative parts to transform their phobic or conflicting relationships with other dissociative parts;
- Develop a therapeutic approach with regard to perpetrator-imitating parts
- Foster collaboration among dissociative parts in preparing and participating in integrative actions with regard to traumatic memories and unification of the personality.

Day 3 Schedule

- 9:00am *Round 1:*
Understanding trauma-related dissociation of the personality as integrative failure
- 10:30am Break
- 10:45am *Round 2:* Phase-oriented treatment
- 12:15pm Lunch
- 1:00pm *Round 3:* Phase 1 treatment
- 2:30pm Break
- 2:45pm *Round 4:* Phase 2 treatment
- 4:15pm Closing

GO TO

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Presenter Bios

Onno van der Hart is the author of *The Haunted Self*. He is a psychologist, adult psychotherapist, trained family therapist and researcher, and Professor of Psychopathology of Chronic Traumatization at the Department of Clinical and Health Psychology at Utrecht University, the Netherlands, and a psychologist/psychotherapist at the Sinai Center for Mental Health, Amsterdam. He is clinical consultant of the Center for Post-Trauma Therapy and Trauma Education, Helsinki and Oulu, Finland. Until recently Dr. van der Hart was Chief of Research at the Cats-Palm Institute—a research institute in the area of childhood abuse and neglect—in Zeist and a lead psychotherapist, specialized in the treatment of clients with complex trauma-related disorders, at the Mental Health Center Buitenveldert in Amsterdam.



Denise Gelinas specializes in treating complex posttraumatic disorders, integrating knowledge from the trauma field with EMDR therapy. She is the author of *The Persisting Negative Effects of Incest*, which first identified the link between incestuous abuse and PTSD. In 2003 she authored *Integrating EMDR into Phase-Oriented Treatment for Trauma*, and was a co-author of the ISSTD's *Guidelines for Treating Dissociative Identity Disorder in Adults* (2005 and 2011 editions). She serves on the Editorial Boards of the Journal of EMDR and the Journal of Trauma & Dissociation. She has presented at over 200 conferences and held numerous teaching and clinical appointments. Dr. Gelinas was an EMDR Institute Specialty Presenter on Dissociation, is an EMDRIA Approved Consultant, an Institute and HAP/TR Facilitator and HAP/TR Trainer. Dr. Gelinas conducts her private practice in Northampton, MA, treating clients and consulting, individually or in co-lead groups, to clinicians engaged in similar work.



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

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| <p>Name _____</p> <p>Discipline and License # _____</p> <p>Address _____</p> <p>City, State, Zip _____</p> <p>Email _____ Phone _____</p> <p>Level of EMDR Training _____</p> | <input type="checkbox"/> 2 Day Workshop <input type="checkbox"/> 1 Day Workshop <input type="checkbox"/> 3 Day Workshop |
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Program Fees (6 CEs/day)

2 Day- EMDR Practitioners:
 \$280 if sent by March 24, 2017
 \$320 if sent by April 7, 2017
 \$350 if sent **after** April 7, 2017

1 Day- Pandora's Box:
 \$180 if sent by March 24, 2017
 \$220 if sent by April 7, 2017
 \$250 if sent **after** April 7, 2017

3 Day- Both Workshops (SAVE):
 \$380 if sent by March 24, 2017
 \$420 if sent by April 7, 2017
 \$450 if sent **after** April 7, 2017

\$60 discount for Community Mental Health clinicians (30+ hours a week) Full refunds until March 24; then 80% until 1 week before training, no refunds after April 14.

- In Person**
 Via Livestream

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