

# Dissociation of the Personality and the EMDR Treatment of Chronic Traumatization

PRESENTED BY:

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

This training integrates core concepts from Van der Hart's highly acclaimed book:  
*The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization*

There is currently consensus that the EMDR standard protocol needs to be modified for repeatedly traumatized clients, such as clients with complex posttraumatic and 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 daily life action systems (ANPs) and those mediated by defense action systems, stuck in trauma-time (EPs)
- 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 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.

## Dissociation of the Personality and the EMDR Treatment of Chronic Traumatization (2 day Training for EMDR Practitioners):

April 21-22, 2017 (Fri and Sat)

12 credits: EMDRIA, APA, NASW, LMFT and LMHC, LPC and other NBCC approved masters level clinicians

The April 21-22 training will emphasize the active integration of TSDP within EMDR therapy. An additional day of training will be offered by Dr. van der Hart on Sunday. *Dealing with Pandora's Box* is geared toward non-EMDR clinicians. It will include a presentation of structural dissociation interventions with an emphasis on psychodynamic considerations. EMDR clinicians can also attend this workshop but *only* if registered for the primary 2-day workshop. However, please tell your non-EMDR clinician colleagues about this opportunity.

## Dealing with Pandora's Box (1 day Training for non-EMDR Practitioners; details on reverse):

April 23, 2017 (Sun)

6 credits

9:00am to 4:15pm all days

## Livestream or In Person

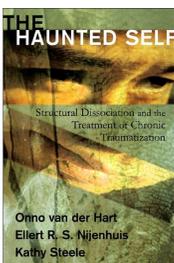
Crowne Plaza Natick  
1360 Worcester Street, Route 9,  
Natick, MA 01760

## 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
- 12:15pm Lunch
- 1:00pm *Round 3:* Principles of phase-oriented Treatment, overcoming phobias of SDP
- 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 "overwhelm" 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—stepped method
- 4:15pm Closing



"*The Haunted Self* is an elegant integration of theory, research, and clinical practice about the struggles endured by survivors of complex and repeated trauma."

"This book 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—overcoming dissociative phobias

2:30pm Break

2:45pm *Round 4:* Phase 2 treatment—integrating trauma memories

4:15pm Closing

GO TO [EMDRADVANCEDTRAININGS.COM](http://EMDRADVANCEDTRAININGS.COM) FOR MORE INFORMATION

### Presenter Bios

**Onno van der Hart** is a psychologist, adult psychotherapist in private practice, trained family therapist and researcher; he is Emeritus Professor of Psychopathology of Chronic Traumatization at the Department of Clinical and Health Psychology at Utrecht University, the Netherlands. He is a scholar in Pierre Janet Studies. Both nationally and internationally, he is a clinical consultant on diagnosis and treatment of complex trauma-related disorders and he presents lectures and workshops on complex PTSD, dissociative disorders, phase-oriented treatment of chronic traumatization. Apart from having co-authored *The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization* (Norton, 2006), with Suzette Boon and Kathy Steele, he wrote *Coping with Trauma-related Dissociation: Skills Training for Patients and Therapists* (Norton, 2011), and with Kathy Steele and Suzette Boon, *Treating Trauma-related Dissociation: A Practical, Integrative Approach* (Norton, 2017).



**Denise Gelinis** 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. Gelinis was an EMDR Institute Specialty Presenter on Dissociation, is an EMDRIA Approved Consultant, an Institute and HAP/TR Facilitator and HAP/TR Trainer. Dr. Gelinis 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](http://EMDRadvancedtrainings.com) Questions? [info@emdradvancedtrainings.com](mailto:info@emdradvancedtrainings.com)

Name \_\_\_\_\_

Discipline and License # \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Level of EMDR Training \_\_\_\_\_

- 2 Day Workshop
- 3 Day Workshop

### 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

### 3 Day– EMDR Practitioners and Pandora's Box:

\$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