

THREE DAYS OF LEARNING WITH Dolores Mosquera, M.S.

Innovative Approaches to Complex PTSD and Dissociative Disorders in EMDR Therapy

Presented by EMDR Advanced Training and Distance Learning

After many early cautions about the potential dangers of using EMDR with individuals suffering from dissociative disorders, limited methods have been offered for adapting standard EMDR procedures to this specific population. Based on these early cautions, EMDR is still considered by many clinicians as limited to the treatment of traumatic memories in high functioning dissociative clients and only after a long preparation phase that depends on other treatment modalities. Confined by this conceptualization, the use of EMDR is too often limited and many survivors of severe traumatization are unable to benefit from EMDR reprocessing and, if at all, only much later in the treatment process.

On Day One, the fundamentals of the "Progressive Approach" (Gonzalez and Mosquera, 2012) will be taught and brought to life with clinical case examples. EMDR clinicians will learn to safely titrate and utilize a wide range of EMDR interventions (including the use of strategic BLS) from early in the preparatory phase of treatment for clients with complex trauma and dissociative disorders.

Key Program Content

1. EMDR therapy and managing dissociation, an expanded AIP model
2. Managing dissociative phobias: identifying dissociative phobias and clinical strategies throughout different phases of treatment
3. Empowering the client: working through the Adult Self with EMDR Therapy
4. Understanding and exploring the internal system safely with Dissociative Disorders: clinical tools and interventions
5. The Tip of the Finger Strategy and other tools to reprocess trauma gradually and safely

Day Two will further develop core concepts from the groundbreaking book *EMDR and Dissociation: The Progressive Approach* with new case examples and clinical discussion. An array of strategies will be offered to better understand and treat the more confounding challenges of complex trauma: to enhance emotional regulation, self-care, and safety; and to repair attachment wounds and promote integration.

Key Program Content

1. Developing client capacity for emotional regulation
2. Assisting clients to experience an internal sense of safety
3. Self-care work in severely traumatized clients: repairing attachment deficits with specific protocols
4. Working with internal self-differentiation in severely traumatized clients
5. Developing and expanding co-consciousness
6. Enhancing adaptive integration. Identifying and appreciating progress and handling stuck points

October 20-22, 2017

9:00am to 4:30pm all days

Crowne Plaza Natick

1360 Worcester Street, Route 9,
Natick, MA 01760

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

Day One

9:00am EMDR and dissociation: An extended AIP model
10:00 Dissociative Phobias: the maintenance of dissociation
10:30 Break
10:45 Working with Dissociative Phobias
12:15pm Lunch
1:15 Empowering the client: working through the Adult Self with EMDR Therapy
2:00 Exploring the internal system
2:45 Break
3:00 How to explore the internal system safely in Dissociative Disorders
3:45 The Tip of the Finger Strategy and other tools to process trauma gradually and safely
4:30 Close

Day Two

9:00am How to develop emotional regulation and safety in complex traumatization
10:00 Self-Care work in severely traumatized clients
10:30 Break
10:45 The Self-Care protocol: repairing attachment
12:15pm Lunch
1:15 Working with differentiation in severe traumatization
2:00 Working with co-consciousness
2:45 Break
3:00 Working with co-consciousness cont
3:45 Integration. Identifying progress and stuck point
4:30 Close

Day 3: Working with unintegrated parts of Self

This third day will address additional symptoms common to clients who have complex trauma and dissociative disorders such as self-harm, suicidality, hearing voices and the phobic avoidance of traumatic experiences related to unintegrated parts of the self. Methods to identify and work with a client's unintegrated inner structural organization will be featured. Common ways clients and clinicians get stuck will be discussed along with strategies to move forward.

Key Program Content

1. Key concepts and strategies for clinical work with parts of the personality
2. When to use parts language and when not to
3. Identifying and dealing with client avoidance (internal and external)
4. Working with fearful and distrustful parts of the personality
5. Understanding and working with hostile parts of the personality

Schedule

- 9:00am Working with parts: Basic steps to keep in mind to organize the work
10:00 When to use part language and when not
10:30 Break
10:45 Identifying and dealing with avoidance
12:15pm Lunch
1:15 Identifying and dealing with avoidance cont.
2:00 Working with fearful and distrustful parts
2:45 Break
3:00 Working with fearful and distrustful parts cont.
3:45 Understanding and working with hostile parts of the personality
4:00 Close



Dolores Mosquera is a gifted and popular EMDR advanced trainer who annually presents her innovative contributions to EMDR Therapy at EMDRIA conferences. A psychologist based in Spain (fluent English speaker), 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 offers advanced EMDR training globally and has published many books and articles on personality disorders, complex trauma and dissociation and is a recognized expert in this field. **We are fortunate to have her in the U.S. for three days of training!**

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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| <input type="text" value="Name"/> <input type="text" value="Discipline and License #"/> <input type="text" value="Address"/> <input type="text" value="City, State, Zip"/> <input type="text" value="Email"/> <input type="text" value="Phone"/> <input type="text" value="Level of EMDR Training"/> | <input type="checkbox"/> 2 Day Workshop <input type="checkbox"/> 3 Day Workshop | Program Fees <u>TWO DAY WORKSHOP</u> (includes 12 CEs) \$295 if sent by Sept 17, 2017 \$335 if sent by Oct 8, 2017 \$365 if sent after Oct 8, 2017 <i>\$70 discount for Clinicians working for non-profits (30+ hours a week)</i> <u>THREE DAY WORKSHOP</u> (includes 18 CEs) \$395 if sent by Sept 17, 2017 \$435 if sent by Oct 8, 2017 \$465 if sent after Oct 8, 2017 <i>\$70 discount for Clinicians working for non-profits (30+ hours a week)</i> Full refunds until September 17; then 80% until 1 week before training, no refunds after October 8. |
| <input type="checkbox"/> In Person <input type="checkbox"/> Via Livestream | <input type="checkbox"/> My payment of \$_____ is enclosed. Mail checks made payable to: Mark Nickerson, LICSW, 368 Middle Street, Amherst, MA 01002 | |