

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

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 proposals have been offered for adapting EMDR procedures to this specific population. Based on these early cautions, EMDR is still considered by many clinicians as offering interventions that are 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. From this conceptualization, the use of EMDR is strongly limited and many survivors of severe traumatization are seen as unable to benefit from EMDR, if at all, only much later in the treatment process.

On Day One, clinical case examples and video fragments will be used to illustrate interventions with EMDR for dissociative clients following the "Progressive Approach" (Gonzalez & Mosquera, 2012). This workshop will demonstrate how EMDR clinicians can safely utilize a wide range of EMDR interventions from early in the preparatory phase of treatment for patients with dissociative disorders.

Key Program Content

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

Day Two will build on the concepts of Day 1. In this workshop we will explore the different stages of suicidal ideation and how to work with them. The assessment of vital risk is a priority in a patient with these behaviors. We will also address self-harm behaviors and emotional regulation from the perspective of EMDR.

Key Program Content

- This workshop integrates the management of suicide ideation, self-harming behaviors and emotional dysregulation with the AIP model.
- How to conceptualize different self-harming behaviors and suicide from the AIP model.
- How to organize EMDR the treatment plan of suicidal ideation and self-harm.
- Specific interventions for self-harm and suicidal ideation
- Skills to improve emotional regulation and coping strategies.
- Clinical examples.

December 7-9, 2018

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: Treating Dissociative Disorders with EMDR: The Progressive Approach

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: EMDR Therapy for Suicidal clients and Self-harming behaviors

9:00am	Phase 1. History taking
10:30	Break
10:45	Phase 2. Preparation
12:15pm	Lunch
1:15	Self-harm and Self-destructive behaviors: Phases 4-8
2:45	Break
3:00	Self-harm and Self-destructive behaviors: Phases 4-8 cont.
4:30	Close

Day 3: Working with hostile voices and parts of the personality in complex trauma and dissociative disorders

Many dissociative clients have difficulties with voices that are hostile and critical. The internal conflict is sometimes so strong that the person will even have difficulties carrying on with an ordinary conversation. One factor that affects this conflict is how the patient deals with the voices or parts of the self.

Key Program Content

- Identify the internal system of dissociation and internal voices that are hostile and critical
- How to read the function and purpose behind the saboteur parts of self.
- Using compassion and understanding to help deal with dissociative phobias within the internal system
- Skills to reduce impasses and resistance that may complicate or reduce the efficacy of the treatment
- Specific steps to organize the work with hostile parts and voices

Schedule

9:00am Dissociation, lack of integration and the internal conflict
10:00 Basic components of clinical work with hostile parts and voices
10.30 Break
10:45 How to explore the system with complicated parts that are critical, hostile or suicidal
12:15pm Lunch
1:15 Improving integrative capacity by working with parts and voices
2:30 Break
2:45 Attachment to the perpetrator
4:15 Close



Dolores Mosquera is a 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

<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"/> Day 1 (Dec 7) <input type="checkbox"/> Day 2 (Dec 8) <input type="checkbox"/> Day 3 (Dec 9)	Program Fees (6 CEs/day) ALL THREE DAYS \$395 if sent by Oct 21, 2018 \$425 if sent by Nov 18, 2018 \$465 if sent after Nov 18, 2018 ANY TWO DAYS \$295 if sent by Oct 21, 2018 \$325 if sent by Nov 18, 2018 \$365 if sent after Nov 18, 2018 ANY ONE DAY \$195 if sent by Oct 21, 2018 \$225 if sent by Nov 18, 2018 \$265 if sent after Nov 18, 2018 <i>\$30/day discount for Clinicians working for non-profits (30+ hours a week)</i> <i>Full refunds until October 21; then 80% until 1 week before training, no refunds after December 1.</i>
<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, 441 West Street, Amherst, MA 01002	