

EMDR Advanced Training and Distance Learning presents:
EASY EGO STATE INTERVENTIONS
Robin Shapiro

Enjoy and learn from author/teacher Robin Shapiro's engaging and refreshing teaching style, deep and practical knowledge, and clever solutions to common clinical challenges.

Participants in Easy Ego State Interventions learn how to see clients through the lens of ego state therapy and EMDR and to distinguish healthy, flexible states from dissociative ones. Through lecture, guided experience, case examples, demonstrations, role-plays, and practice they will be able to utilize their awareness of vagal states, body types, and trauma and attachment histories to make accurate diagnoses, plan treatment, clear trauma, heal attachment issues, and enhance relationships with ego state therapy. The workshop includes content differentiating normal ego states from dissociative states; Stephen Porges's Polyvagal theory as the basis for many states; how ego state interventions work; the Theory of Structural Dissociation; accessing functional and dysfunctional states; the 2-Hand Interweave technique; a simple trauma protocol with ego states; material on attachment to abusers and working with survivors of sexual abuse to create a healthy sex life; April Steele's Imaginal Nurturing protocol and healing place interventions if there is a phobia of younger parts; working with relationship issues, including using adult states to pick a good partner; Calming over-active immune systems and chronic pain with EMDR and ego state work; working with personality disorders, including Borderline, and both Exhibitionist and Codependent Narcissists; and several hours on working with Dissociative Disorders including Dissociative Identity Disorder (DID). The DD work includes diagnosis, working within the Theory of Structural Dissociation, many case examples, a review of useful tools, including use of the Dissociative Table, Healing Places, and "Switching" Places. It also speaks to the self-care of therapists who work with this population.

Robin Shapiro is a practical, clear, and entertaining speaker, who is responsive to questions and the needs of the participants. She often has participants role-play especially difficult clients, in order to show methods of dealing with dissociative defenses in therapy sessions.

June 14-15, 2019

9:00am to 4:30pm all days

Crowne Plaza Natick

1360 Worcester Street, Route 9,
Natick, MA 01760

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

Day One:

9:00am Introduction to Ego States (including guided experience)
10.30 Break
10:45 The Two-Hand Technique with emotions, thoughts, introjects, self-image, addictions
12:15pm Lunch
1:15 Working with Sexual Abuse Survivors; Attachment Issues: Imaginal Nurturing, Healing Place Interventions
2:45 Break
3:00 Ego States and EMDR with Over Active Immune Systems
4:30 Close

Day Two:

9:00am Personality Disorders: Causes and Descriptions
10.30 Break
10:45 Introduction to DID
12:15pm Lunch
1:15 Rage Room Demonstration and Dealing with "Protector Parts"
2:45 Break
3:00 More Trauma therapy with DD Integration and Final stages in DD treatment
4:30 Close

LEARNING OBJECTIVES—PARTICIPANTS WILL BE ABLE TO:

DAY ONE:

1. Distinguish functional ego states from dysfunctional dissociative states.
2. Utilize the Two-Hand Interweave to assist clients to distinguish between kinds of emotions, thoughts, introjects, and choices.
3. Utilize a simple ego state trauma protocol with a wide variety of clients.
4. Assist survivors of sexual abuse to have healthy, happy, trauma-free sex lives with their current partners.
5. Utilize ego state therapy to assist clients to find and create healthy love relationships.
6. Utilize EMDR and ego state therapy to heal over-active immune systems and chronic pain.

DAY TWO:

1. See personality disorders as dissociative disorders and identify several PD diagnoses, including Borderline, and two kinds of Narcissistic PDs.
2. Identify DID clients.
3. Utilize the Theory of Structural Dissociation as a roadmap to treatment of Dissociative Disorders.
4. Utilize the Calof's Rage Room and other containment "rooms" with destructive DD parts.
5. Utilize the Dissociative Table with DD clients.
6. Utilize appropriate trauma strategies with DD clients, including modified EMDR protocols, modified Life Span Integration, and others.



Robin Shapiro has used ego state therapy for more than 36 years. She is the editor and an author in two EMDR Solutions books, The Trauma Treatment Handbook, and Easy Ego State Interventions. In her books, lectures, clinical consultations, and workshops, Robin strives for plain language, easy-to-grasp concepts, and maximum usability for her readers, students, and consultees. As a frequent speaker at conferences and free-standing workshops in North America and Europe, she teaches about the treatment of trauma, dissociation, depression, attachment issues, bringing sexual abuse survivors to a happy, healthy sex life, and suicide prevention. She provides clinical consultation to groups and individuals in Seattle, and long distance, across the U.S., Canada, and Europe. Since her professional beginnings in the 1980s, the awareness of culture, ethnicity, class, gender, and sexual identity have been themes in all of Robin's work. She's currently writing How to Do Psychotherapy. Robin's trainings are accessible, transformational, and highly usable.

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

Name _____

Discipline and License # _____

Address _____

City, State, Zip _____

Email _____ Phone _____

Level of EMDR Training _____

Program Fees (12 CEs)

BOTH DAYS

\$295 if sent by April 28
\$325 if sent by May 26
\$365 if sent **after** May 26

\$60 discount for Clinicians working for non-profits (30+ hours a week)

Full refunds until May 26, 2019; then 80% until 1 week before training, no refunds after June 8, 2019.

- In Person
 Via Livestream

- My payment of \$_____ is enclosed.**
Mail checks made payable to: Mark Nickerson, LICSW,
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