

EMDR Advanced Training and Distance Learning presents 2 workshops:

Dolores Mosquera, M.S.

EMDR Therapy for Borderline Personality Disorder and Understanding and Treating Narcissism with EMDR

The DSM-5 establishes the criteria for the Borderline Personality Disorder (BPD) diagnosis, which includes frantic efforts to avoid real or imagined abandonment, identity disturbance, impulsivity, potentially self-damaging behaviors, affective instability due to a marked reactivity of mood, suicidal ideation and a history of (or risk of) suicide attempts, chronic feelings of emptiness, difficulties controlling anger and dissociative symptoms. This compound of symptoms offers a glimpse into why Borderline Personality Disorder (BPD) has a reputation for being one of the most challenging disorders to treat.

Since patients with BPD may generate strong countertransference responses from clinicians, these must be taken into consideration in working with this population. In addition, EMDR therapy may mobilize intense affect in patients. The combination of these two important factors makes it essential for clinicians to pay close attention to affect phobias – both in themselves and their BPD patients—and develop the ability to recognize these and other defensive responses that arise. Awareness of affect phobias is crucial in selecting and applying BPD treatment strategies EMDR therapy. This workshop teaches EMDR therapy intervention methods for BPD which draw from the perspective of the Adaptive Information Processing model and include careful case conceptualization and strategic treatment planning. Considerations throughout the 8 Phase Model will be discussed, including the need to be on the lookout and adjust to the emergence of potentially treatment sabotaging defensive responses

Case examples will illuminate an array of different client difficulties and symptoms and how they may manifest in challenging clinical presentations. Methods for engaging clients collaboratively and constructively in their treatment will be discussed as well as strategies to keep client reprocessing within the window of tolerance to increase clinical effectiveness and efficiency

Objectives—Participants will be able to:

1. Describe the relationships between trauma, PTSD, dissociation and borderline personality disorder (BPD).
2. Describe the DSM criteria from the perspective of the Adaptive Information Processing model
3. Describe stabilization techniques to improve self-care in BPD
4. Describe stabilization techniques to improve self-regulation in BPD and complex trauma.
5. Describe strategies and techniques for target selection
6. Describe how to conceptualize BPD, three types of BPD and treatment differences
7. Describe at least 3 frequent defenses in BPD and how to work with them
8. Describe distinctive features when selecting Negative and Positive cognitions
9. Describe distinctive features during VOC installation in BPD
10. Identify at least 3 common difficulties and solutions in the work of BP

October 12-14, 2019

9:00am to 4:45pm 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 Brief review of BPD and trauma
- A. Understanding DSM criteria from a trauma perspective
 - B. The relevance of Adaptive Information in BPD
 - C. Clinical examples
- 10.30 Break
- 10:45 Phase 1 in Borderline Personality Disorder and Complex trauma
- A. Specific instruments designed for EMDR
 - B. Common problems encountered in Phase 1
- 12:15pm Lunch
- 1:30 Phase 2 in Borderline Personality Disorder
- A. Enhancing emotional regulation in BPD
 - B. Identifying and addressing defenses
 - C. Specific strategies and case examples
- 3:00 Break
- 3:15 Phase 2 (continuation)
- 4:45 Close

Day Two:

- 9:00am Identifying and managing common relational dynamics in the therapeutic relationship with the Borderline Patient
- A. Case examples in order to analyze our own possible triggers
- 10.30 Break
- 10:45 Phases 3-7 in Borderline Personality Disorder
- A. Basic and advanced aspects to take into account in this clinical population
 - B. How to go from symptom to target
 - C. Identifying core BPD targets
 - D. Positive and negative cognitions in BPD
 - E. Case examples
- 12:15pm Lunch
- 1:30 Adapting EMDR procedures for BPD
- A. Distinctive features during reprocessing in BPD cases
 - B. Distinctive features during VOC installation
 - C. Successful application of the Standard EMDR Protocol
 - D. Case examples
- 3:00 Break
- 3:15 Phase 8 in BPD
- A. The relevance of reevaluation
 - B. Common difficulties and solutions
- 4:45 Close

Day 3: Understanding and treating Narcissism with EMDR

Narcissism is associated with selfish behaviors and lack of empathy towards others. Patients with this diagnosis show a self-centered profile and a (sometimes only apparent) lack of concern about the suffering that they can cause in other people. But this is only part of the picture.

The description of narcissistic personality disorder usually focuses on the “overt” qualities of narcissism (grandiosity, exploitation, arrogance, interpersonal problems and rage) while omitting the less obvious and more subtle “covert” characteristics (tendency to be shame sensitive, introverted, vulnerable, inhibited and anxiety-prone). All of these aspects may be present in both abusers and victims, in either overt or subtle presentations. This workshop we will show how to conceptualize and treat different clinical presentations characterized by self-centeredness, selfish attitudes and a lack of empathy within EMDR therapy.

The AIP model invites an understanding of narcissism within a developmental progression from early life experiences to present problems. Narcissism features can be final outcomes of a neglecting environment, chronic abuse, unmet needs or other adverse experiences. In some cases, it is the learned outcome of excessive attention and approval. The workshop will teach assessment strategies including exploring a variety of attachment disturbances with primary caregivers which can lead to lack of empathy and self-centeredness. Being able to identify (and reprocess) the etiological experiences at the roots of the symptoms is crucial for an meaningful treatment results.



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

Name _____

Discipline and License # _____

Address _____

City, State, Zip _____

Email _____ Phone _____

Level of EMDR Training _____

- Day 1-2 (Oct 12-13)
- Day 3 (Oct 14)

Program Fees (6 CEs/day)

ALL THREE DAYS

\$395 if sent by Sept 8, 2019
\$425 if sent by Sep 23, 2019
\$465 if sent **after** Sept 23, 2019
\$30 discount for per day Clinicians working for non-profits (30+ hours a week)

BPD Only DAYS 1-2

\$295 if sent by Sept 8, 2019
\$325 if sent by Sept 23, 2019
\$365 if sent **after** Sept 23, 2019

Narcissism Only DAY 3

\$195 if sent by Sept 8, 2019
\$225 if sent by Sept 23, 2019
\$265 if sent **after** Sept 23, 2019

Full refunds until Sept 8; then 80% until 1 week before training, no refunds after October 5, 2019.

- In Person
- Via Livestream

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