

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 to control 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 Borderline patients may generate strong countertransference issues in clinicians, these must be taken into consideration in working with this population. In addition, EMDR 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 the defensive responses that arise. Affect phobias will be crucial in selecting and applying treatment strategies EMDR therapy with BPD.

This workshop helps understand Borderline pathology from the perspective of the Adaptive Information Processing model, as well as develop a sound case conceptualization of BPD cases. It highlights the importance of learning to identify and address the role of defenses along the 8 Phases of EMDR therapy.

Through the use of educational videos, how to go from current symptoms to core targets for EMDR reprocessing will be demonstrated, as well as when it becomes necessary to previously address defenses. Target selection according to different problems and presentations will be addressed, and examples on how to keep processing within the window of tolerance will also be shown.

### 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. In this presentation we will show how to conceptualize and treat different profiles characterized by self-centeredness, selfish attitudes and a lack of empathy from the EMDR perspective.

To conceptualize EMDR therapy in these cases it is important to understand the developmental pathways from early experiences to present problems. Narcissism features can be final outcomes of a neglecting environment, chronic abuse or other adverse experiences. In some cases it can even be related to excessive appraisal. A variety of attachment disturbances with primary caregivers 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 adequate case conceptualization.

All these aspects and the complexity of therapeutic relationship in narcissistic clients will be reviewed in this presentation linking theory and case examples. Case examples will be shown to illustrate conceptualization and treatment methods.

#### Objectives—Participants will be able to:

1. Identify overt and covert clinical presentations
2. Identify the different types of Dysfunctional Stored Information to identify a variety of targets in this population
3. Describe at least 3 defensive regulation strategies
4. Describe at least 4 different problems that arise during Phases 3 to 7 of EMDR Therapy
5. Describe the role of dysfunctional positive affect in clients with Narcissism

#### Schedule

9:00am	Phase 1 in clients with Narcissism
10.30	Break
10:45	Managing the therapeutic relationship Phase 2 in Narcissism
12:15pm	Lunch
1:30	Phases 3-8. Adapting EMDR procedures for narcissistic personalities
3:00	Break
3:15	Target selection Treatment planning
4:45	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](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 _____	

- 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** Sep 23, 2019

**Narcissism Only DAY 3**  
\$195 if sent by Sept 8, 2019  
\$225 if sent by Sept 23, 2019  
\$265 if sent **after** Sep 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