

SIMPLIFYING COMPLEX PTSD: NEW TREATMENT APPROACHES AND EMDR 2.0: AN ENHANCED VERSION OF EMDR THERAPY

DYNAMICALLY PRESENTED BY

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Hosted by EMDR Advanced Training and Distance Learning

February 15-16, 2020

9:00am to 5:00pm both days

**The VERVE Boston Natick, MA
or via Livestream/Delayed
Viewing**

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

DAY ONE: Simplifying Complex PTSD: New Treatment Approaches

Complex PTSD is a term used to denote severe forms of PTSD with symptom clusters such as difficulties in regulating emotions, disturbances in relational capacities, and adversely affected belief systems. From a clinical point of view, there are a number of challenges when treating patients with Complex PTSD. including client fears in confronting their memories and emotions, the possibility of severe abreactions, dissociative reactions that may limit access to trauma memories, the possibility that SUD levels do not decline and that cognitive distortions (e.g. guilt) do not shift. In addition, other issues (e.g., regarding self-concept and improvement of relationships) often need concurrent clinical work.

A robust discussion has emerged within the field of trauma treatment and the EMDR therapy community regarding how soon and how aggressively clients in trauma treatment can successfully undertake direct processing of traumatic memories. An emerging trend in EMDR therapy is intensive treatment. Upending the traditional once a week therapy format, various models of intensive therapy (multiple sessions within a day or week) are reporting impressive clinical results and tout the power and efficiency of the treatment strategy.

There is mounting research supported evidence showing that the general recommendation of trauma-focused treatments as first-line interventions for PTSD is also valid for those suffering from Complex PTSD. The workshop presenters demonstrate ways this can be done in an effective and efficient manner within a limited number of sessions. Their clinical experience is supported by research experiences from four years of services within the Psychotrauma Expertise Center (PSYTREC). Research with 150 patients with complex PTSD, using a treatment program lasting 8 days, demonstrated a success rate of 70% loss of PTSD diagnosis. Similar results have come within a similar 6-day intensive treatment program at the Altrecht Academic Anxiety Centre.

This intensive treatment model applies the EMDR standard protocol, supplemented with novel techniques and applications. These innovative techniques for working with Complex PTSD (also effective for anxiety, ASD and PTSD) include targeting the fear of decompensation due to facing the trauma memories using the flashforward technique and employing high levels of working memory taxation to rapidly process the trauma memories.

This engaging workshop will include multimodal teaching methods and will include case presentations and video segments* of treatment sessions with a wide range of individuals suffering from Complex PTSD and severe comorbidities. Some techniques will be demonstrated live and participants will have opportunities and guidance to practice with the new material.

DAY TWO: EMDR 2.0: An Enhanced Version of EMDR Therapy

EMDR therapy prospers in a climate that supports innovation but insists upon corroborating research to validate findings. This workshop explores scientific interest in the working memory theory, which states that the effects of EMDR therapy can be attributed to dual taxation of a clients limited working memory capacity while recalling aversive memories. Specifically, research has shown that greater working memory taxation is more effective than lesser taxation.

This workshop presents multiple ways in which this knowledge can be integrated into EMDR therapy to maximize the working memory load. Consistent with this theory is the necessity of efficiently activating trauma memories to maximize reprocessing effects. The EMDR 2.0 package contains effective new applications that vary from modality-specific working memory-taxing techniques and serve to destabilize memories by bold techniques such as the "EMD bomb". The purpose of this workshop is to teach new methods for the treatment of patients with Complex PTSD who display high levels of anxiety and dissociation and show limited treatment effects. Case examples, video clips* and live demonstrations will portray innovative techniques. Participants will have practice opportunities and will receive a toolkit filled with new techniques.

Day One:

8:00am	Registration
9:00	Issues in Treating PTSD and Complex PTSD
10:30	Break
10:45	Current debate about "stabilization", guidelines, and case conceptualization
12:15pm	Lunch
1:30	Intensive EMDR treatment, using a trauma-focused approaches, practicum exercises
3:00	Break
3:15	Dealing with abreaction and dissociation (demonstrations, video clips*, etc.)
5:00	Close

Day Two:

8:00am	Registration
9:00	Working memory theory, consequences for treatment, practicum exercises
10:30	Break
10:45	Trauma activation, desensitization, modality-specific taxing and exercise
12:15pm	Lunch
1:15	Additional working memory taxing tasks, practical tips and demonstration
3:00	Break
3:15	Dealing with mnemophobia, "EMD-bomb" and exercise
5:00	Close

*- video descriptions for distance viewers

LEARNING OBJECTIVES—PARTICIPANTS WILL BE ABLE TO:

DAY ONE:

1. Describe common components of Complex PTSD
2. Describe key features of "intensive" trauma treatment
3. Describe presenters' evidence-based methods that can speed up treatment of anxiety, ASD, PTSD and Complex PTSD
4. Describe components of the debate about the need for "stabilization" and presenters' findings and recommendations
5. Describe components of the debate about treatment of Complex PTSD, current guidelines, and presenters' findings and recommendations
6. Describe presenters' methods to deal with abreactions, blocking and dissociation in complex PTSD patients

DAY TWO:

1. Describe the working memory taxation theory
2. List research findings supporting the working memory taxation theory
3. Identify ways to motivate clients for processing memories that have a high level of disturbance
4. Describe techniques for enhancing activation of traumatic memories
5. Identify and employ multiple memory-taxing tasks to aid in reprocessing traumatic memories
6. Describe techniques for destabilizing memories including the "EMD bomb"



Ad de Jongh, Ph.D. is clinical psychologist and professor of Anxiety and Behavior Disorders at the University of Amsterdam. He is honorary professor in psychology at the School of Health Sciences of Salford University in Manchester, at the Institute of Health and Society of the University of Worcester, and at the School of Psychology of Queen's University in Belfast. In 2015 Ad de Jongh was involved in establishing the Psychotrauma Expertise Center (PSYTREC), a mental health institution in the Netherlands that uses a short, and highly intensive treatment program for Complex PTSD. He is an approved trainer for the EMDR Europe association. He is an expert in the treatment of anxiety disorders and involved in research on the efficacy of evidence-based treatments for a wide variety of patient groups, including traumatized children, people with intellectual disabilities and other complex psychiatric conditions such as psychosis. He (co-) authored more than 400 articles/book chapters and 6 books on his areas of expertise. He is a member of the Council of Scholars; the Future of EMDR project.

Suzy Matthijssen Ph.D. is a clinical psychologist-psychotherapist, senior researcher, cognitive behavioral therapist, psychotraumatologist NtVP, NRGD registered pro justice reporter, EFT therapist, EMDR supervisor in training and is a lecturer at university and post-doctorate psychology specialization programs. The focus of her research is on the optimization of trauma treatments. She works at the Altrecht Academic Anxiety Centre where she is head of an intensive trauma treatment program and she is expert leader on PTSS. She is affiliated with Utrecht University. She is involved in research on the enhancement of trauma therapy, intensive trauma treatments and working mechanisms of trauma therapy. She is on the scientific committee of the Dutch and the EMDR Europe association and is a member of the Council of Scholars; the Future of EMDR project.

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. Completion EMDRIA approved EMDR training is required. Advanced Psychotherapy Trainings is approved by the American Psychological Association to sponsor continuing education for psychologists. NY CEs by arrangement. EMDR ATDL maintains responsibility for this program and its content.

Online registration at: EMDRadvancedtrainings.com Questions? info@emdradvancedtrainings.com

<p>Name _____</p> <p>Discipline and License # _____</p> <p>Address _____</p> <p>City, State, Zip _____</p> <p>Email _____ Phone _____</p> <p>Level of EMDR Training _____</p>	<p><input type="checkbox"/> Day 1 (Feb 15)</p> <p><input type="checkbox"/> Day 2 (Feb 16)</p>	<p>Program Fees (6 CEs/day)</p> <p>BOTH DAYS \$325 if sent by Jan 15, 2020 \$355 if sent by Feb 2, 2020 \$385 if sent after Feb 2, 2020</p> <p>ANY ONE DAY \$215 if sent by Jan 15, 2020 \$245 if sent by Feb 2, 2020 \$275 if sent after Feb 2, 2020</p> <p><i>\$30/day discount for Clinicians working for non-profits (30+ hours a week). Group discounts</i></p> <p><i>Full refunds until January 15, 2020; then 80% until 1 week before training, no refunds after February 8, 2020.</i></p>
<p><input type="checkbox"/> In Person</p> <p><input type="checkbox"/> Via Livestream/Delayed Viewing</p>	<p><input type="checkbox"/> My payment of \$_____ is enclosed. Mail checks made payable to: Mark Nickerson, LICSW, 441 West Street, Amherst, MA 01002</p>	