

Easy Ego State Interventions
Presenter: Robin Shapiro, LCSW
April 1-2, 2022
9:00am - 4:30pm
Hybrid Event: In-person and Live Webinar

LOCATION

*KU Edwards Campus
BEST Conference Center
12604 S Quivira Rd
Overland Park, KS 66213*

ABSTRACT

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' 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.

COVID-19 PANDEMIC INFORMATION

Due to the COVID-19 Pandemic, this hybrid event may be subject to move to a live webinar only. With the uncertainties brought on by the pandemic, we recommend that all attendees purchase travel insurance when making travel arrangements.

All attendees may change their registration from in person to virtual or vice versa by emailing your request to info@graymattertherapyworkshops.com by March 18, 2022. At this time, we have the following COVID-19 precautions in place for in-person trainings:

The University of Kansas requires masks at this time and we anticipate that masks will still be required on April 1-2, 2022. Masks will be required for unvaccinated individuals, regardless of a KU mask mandate. Vaccines or proof of the vaccine are NOT required to attend in person trainings.

Socially distanced seating will be required.

If you are feeling ill or have been exposed to anyone who has been ill, please stay at home. All participants attending this in-person training will be required to sign a Covid-19 Release form. Release forms will be available at the training to sign before entering. If individuals do not sign the COVID-19 release

form, they will not be allowed to attend the training in person. Click [here](#) to download a copy of the release form.

Please note that this policy is subject to change, and that while we will update participants on any changes made to this policy by email, we encourage you to check the website at <https://graymattertherapyworkshops.com>.



MEET OUR PRESENTER

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. Robin's trainings are accessible, transformational, and highly usable. Robin 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.

There are no known conflicts or interests for this workshop.

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.

CONTENT AND TIMELINE

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

REGISTRATION FEES

\$375 Early Bird Fee – Must be received/postmarked by Tuesday, Mar 1, 2022; \$395 Regular Fee – When received/postmarked after Tuesday, Mar 1, 2022

Non-Profit Discount and Non-Licensed Graduate Student Discount: There is a \$40 discount for attendees employed by a non-profit organization and non-licensed graduate students. \$335 Non-Profit Early Bird Fee – Must be received/postmarked by Tuesday, Mar 1, 2022; \$355 Non-Profit Regular Fee – When received/postmarked after Tuesday, Mar 1, 2022.

Click [here](#) to download a PDF of the workshop details.

If you are having difficulties registering on-line, prefer to submit payment through the mail, or have multi-payers for your registration, please click [here](#) for a registration form you can print, complete, and mail.

CANCELLATION POLICY

Your registration fee less a \$60 processing fee will be refunded to you if you cancel within at least 14 days prior to the event (by March 18, 2022). If you cancel after March 18, 2022 and before the start of the workshop, 50% of your registration fee will be refunded. No refund will be made for cancellations received after the workshop begins. There is no charge to change your registration category from in person to virtual or vice versa. All changes must be requested by March 18, 2022.

Registrants who partially attend the workshop, or do not complete the training will not receive a refund and cannot transfer their attendance to another workshop. Cancellation or change of registration status requests must be made by sending an email to info@graymattertherapyworkshops.com.

EMDRIA Credits (approved) & CONTINUING EDUCATION (CE) Credits (pending approval)

12 EMDRIA Credits and 12 CE Credits

To obtain the credits listed above; participants must log on or sign in at the start of each day, log off or sign out at the end of each day, attend the workshop in its entirety, and complete the workshop evaluation form. No partial credits can be given.

Level of Difficulty: Intermediate

Partial EMDR Training Required. This workshop is open to clinicians who are at least partially trained in EMDR (have completed part of an EMDRIA Approved Basic EMDR Training). Attendees are encouraged to complete the full EMDR basic training and have experience in using EMDR with this client population before using the EMDR material presented in this workshop. This training is not a Basic Training in EMDR therapy.

This workshop is approved for 12 EMDRIA Credits. Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training. Attendees who are partially trained in EMDR are not eligible to receive EMDRIA Credits. A Certificate of Completion will be awarded for full participation in both days.

Gray Matters Therapy Workshop, LLC, EC provider #18024, maintains responsibility for this workshop and its content in accordance with EMDRIA requirements. The official definition of EMDR therapy is available at <https://www.emdria.org/emdr-training/become-a-virtual-basic-trainer/emdr-international-association-definition-of-emdr/>.



This workshop is pending approval for 12 CE credits by ce-classes.com. Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at ce-classes.com, entering a keycode, and completing an on-line evaluation form.

Licensed Professionals should contact their regulatory board to determine course approval.

Ce-Classes.com is approved by:

- The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.
- Florida Certification Board
- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2023
- The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-147-0223 Expires 02-2023
- The Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education
- The Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education
- Massachusetts Authorization Number: (TBD)

- Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Provider # RCST031201
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2022 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2022.

INTENDED PARTICIPANTS

Licensed mental health professionals (psychiatrists, psychologists, clinical social workers, mental health counselors, marriage and family therapists, psychiatric nurses, accredited psychotherapists, etc.) with at least partial EMDR training.

GRIEVANCE PROCEDURE

Gray Matters Therapy Workshops seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to info@graymatterstherapyworkshops.com. Grievances will receive, to the best of our ability, corrective action in order to prevent further problems.

ACCOMMODATIONS FOR THE DIFFERENTLY ABLED

Gray Matters Therapy Workshops uses training facilities which are handicap accessible and ADA compliant. Please contact info@graymatterstherapyworkshops.com if special accommodations are required.

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info@graymatterstherapyworkshops.com

Michelle Anspaugh, LCMFT, LPC

Susan Wulff, LPC

