



Dolores Mosquera: A Three Day EMDR Advanced Webinar on Dissociation

September 17, 18, and 19, 2020

7:30 a.m. - 8:00 a.m. Login to webinar

8:00 a.m. - 12:00 p.m. Webinar

WEBINAR DESCRIPTION

Treating Dissociative Disorders with EMDR: The Progressive Approach

After many early cautions about the potential dangers of using EMDR with individuals suffering from dissociative disorders, limited proposals have been offered for adapting EMDR procedures to this specific population. Based on these early cautions, EMDR is still considered by many clinicians as offering interventions that are limited to the treatment of traumatic memories in high functioning dissociative clients and only after a long preparation phase that depends on other treatment modalities. From this conceptualization, the use of EMDR is strongly limited and many survivors of severe traumatization are seen as unable to benefit from EMDR, if at all, only much later in the treatment process.

In this workshop, clinical case examples and video fragments will be used to illustrate interventions with EMDR for dissociative clients following the “Progressive Approach” (Gonzalez & Mosquera, 2012). Using this model, this workshop will demonstrate how EMDR clinicians can safely utilize a wide range of EMDR interventions from early in the preparatory phase of treatment for patients with dissociative disorders. Our aim is to provide a comprehensive model for applying EMDR therapy in the treatment of dissociative disorders, extending the AIP model to address the kinds of dysfunctionally stored information found in those with the most severe forms of traumatization and dissociative phobias. EMDR therapists will learn to integrate new interventions into their clinical work at different phases of treatment. In particular, they will learn to implement specific clinical interventions, based on ‘progressive protocols’ for dissociative disorders.

Key Program Content

1. EMDR therapy and managing dissociation, an expanded AIP model.
2. Managing dissociative phobias: identifying dissociative phobias and clinical strategies throughout different phases of treatment.
3. Empowering the client: working through the Adult Self with EMDR Therapy.
4. Understanding and exploring the internal system safely with Dissociative Disorders: clinical tools and interventions.
5. The Tip of the Finger Strategy and other tools to reprocess trauma gradually and safely.

Learning objectives:

1. Participants will be able to describe three key aspects of the Progressive Approach model for dissociative clients from the EMDR perspective and the AIP model.
2. Participants will be able to identify three or more EMDR procedures for dissociative clients and link these to different phases of EMDR treatment.
3. Participants will be able to list examples of dissociative phobias and how to describe methods to work with them.
4. Participants will be able to explain three or more strategies for exploring the internal system safely in complex trauma cases.

5. Based on the book, "EMDR and Dissociation: the Progressive Approach" participants will be able explain three procedures including when, where and how to apply these procedures in their clinical practice.
6. Participants will be able to list three or more subtle dissociative signals and explain how to adapt treatment pacing to these signals in each case.

Working With Hostile Voices and Parts of the Personality in Complex Trauma and Dissociative Disorders

Many dissociative clients have difficulties with voices that are hostile and critical. The internal conflict is sometimes so strong that the person will even have difficulties carrying on with an ordinary conversation. One factor that affects this conflict is how the patient deals with the voices or parts of the self.

Most approaches to helping people with hostile or critical voices have something to do with either trying to get rid of the voice, such as by taking drugs until it fades away, or trying to ignore the voice or distract attention away from it. One problem with these strategies is that they all involve avoiding issues or emotions the voice may be bringing up. A key aspect to the work with hostile parts of the personality and voices is to understand their function and the meaning behind their disruptive behaviors.

A comprehensive approach is needed with the most complex cases where internal conflict can lead to harmful behaviors for the self and others. In these cases, transforming conflict through dialogue, compassion and understanding is essential. Specific procedures to work with the conflict in these clients in different phases of EMDR treatment will be illustrated through case examples.

Key Program Content

1. Identify the internal system of dissociation and internal voices that are hostile and critical.
2. How to read the function and purpose behind the saboteur parts of self.
3. Using compassion and understanding to help deal with dissociative phobias within the internal system.
4. Skills to reduce impasses and resistance that may complicate or reduce the efficacy of the treatment.
5. Specific steps to organize the work with hostile parts and voices.

Learning objectives:

1. Participants will be able to describe an approach to the work with hostile voices.
2. Participants will apply skills to adapt the clinical language to the needs of clients and considerations when working with critical and hostile parts.
3. Participants will select skills to assist clients with understanding the motivations behind self-harming behaviors such as self-mutilation and other hostile or critical dynamics.
4. Participants will be able to dialogue with the unintegrated parts of Self and to reduce the internal conflict among the system of parts in different phases of EMDR.
5. Participants will be able to list three or more basic components of clinical work with hostile parts.
6. Participants will be able to identify at least 5 steps to organize their work with hostile and critical parts and include it in the treatment planning.

MEET OUR PRESENTER



Dolores Mosquera is a psychologist and psychotherapist specializing in severe and complex trauma, personality disorders, and dissociation. She is an accredited EMDR Europe Trainer and supervisor. Dolores is the director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP) in A Coruña, Spain—a 3-clinic private institution initially founded in 2000. She collaborates with two different Domestic Violence Programs, one focused on Women Victims of DV and another one on Males with Violent Behavior. She belongs to the Spanish National Network for the Assistance of Victims of Terrorism, and also collaborates with an organization aiding victims of emergencies, accidents, violent attacks, kidnapping and other traumatic incidents. She is a member of the editorial board of the *European Journal of Trauma and Dissociation* a member of the *Journal of EMDR Practice and Research* and the co-editor of the European Society for the Study of Trauma and Dissociation's Newsletter.

Dolores has extensive teaching experience leading seminars, workshops, and lectures internationally. She has participated as a guest speaker in numerous conferences and workshops throughout Europe, Asia, Australia, and North, Central, and South America. She has published 16 books and numerous articles on personality disorders, complex trauma, and dissociation, and is a recognized expert in this field. She also teaches in several Universities, and collaborates with supervising Clinical Psychologists in postgraduate training programs in Spain. She received the David Servan-Schreiber award for outstanding contributions to the EMDR (Eye Movement Desensitization and Processing) field in 2017, and was made a Fellow of the International Society for the Study of Trauma and Dissociation in 2018, for her important contributions to the trauma and dissociation field.

There are no known conflicts of interests for this workshop.

REGISTRATION FEES

\$375 Early Bird Fee – Must be received/postmarked by August 18, 2020

\$395 Regular Fee – When received/postmarked after August 18, 2020

Non-Profit 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/Student Early Bird Fee – Must be received/postmarked by August 18, 2020

\$355 Non-Profit/Student Regular Fee – When received/postmarked after August 18, 2020

If you are having difficulties registering on-line, prefer to submit payment through the mail, or have multi-payers for your registration, please use the registration form at the end of this document which you can print, complete, and mail or email to us.

CANCELLATION POLICY

Your registration fee less a \$60 processing fee will be refunded to you if requested a minimum of 15 days prior to the event (by September 3, 2020). If you cancel after September 3, 2020 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. 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. Refund requests must be made by sending an email to info@graymattertherapyworkshops.com.

EMDRIA CREDITS & CONTINUING EDUCATION (CE) CREDITS

12 EMDRIA Credits

12 CE Credits

To obtain the credits listed above; participants must sign in at the start of each day, sign out at the end of each day, attend the workshop in its entirety, and complete the workshop evaluation form. Per EMDRIA and Ce-Classes.com policies, NO partial credits can be given.

Level of Difficulty: Advanced

This workshop is intended for clinicians who have completed EMDR basic 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 emdria.org



This workshop is approved 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 3/31/2021
- 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-12-147-0221 Expires 02-2021
- The Texas Board of Social Work Examiners, Continuing Education Provider – 5674 expires 4/30/2020
- The Texas Board of Professional Counselors, Continuing Education Provider
- Massachusetts Authorization Number: (TBD)

- Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Provider # RCST031201 Expires 5/31/2021
- 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 10/31/2020 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 11/30/2020.

INTENDED PARTICIPANTS

Licensed mental health professionals (psychiatrists, psychologists, clinical social workers, mental health counselors, marriage and family therapists, psychiatric nurses, accredited psychotherapists, etc.) with EMDR basic 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: Susan Wulff at 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 Susan Wulff at info@graymatterstherapyworkshops.com if special accommodations are required.

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Michelle Anspaugh, LCMFT, LPC
Susan Wulff, LPC

Dolores Mosquera: A Two Day EMDR Advanced Workshop on Dissociation

Workshop Timeline and Content

Day One - Thursday, September 17, 2020

7:30-8:00	Login to Webinar
8:00-9:30	EMDR and Dissociation: An Extended AIP Model
9:30-10:00	Empowering the Client: Working through the Adult Self with EMDR therapy Case examples
10:00-10:15	Break followed by Check In for Continuing Education Credits
10:15-11:00	Empowering the Client: Working through the Adult Self with EMDR therapy Case examples (continued)
11:00-12:00	Trauma related phobias Reprocessing dissociative phobias procedures
12:00	Day One Concludes – Sign Out

Day Two - Friday, September 18, 2020

7:30-8:00	Login to Webinar
8:00-8:15	Trauma related phobias Reprocessing dissociative phobias procedures (continued)
8:15-10:15	The Tip of the Finger Strategy Other tools to process trauma gradually and safely Case examples
10:15-10:30	Break followed by Check In for Continuing Education Credits
10:30-12:00	The meaning of voices Dissociative Phobias The internal conflict <ul style="list-style-type: none"> ○ Internalization of messages ○ Understanding how the conflict develops ○ The maintenance of the internal conflict
12:00	Day Two Concludes – Sign Out

Day Three - Saturday, Saturday 19, 2020

7:30-8:00	Login to Webinar
8:00-9:15	Basic aspects in the work with parts and voices <ul style="list-style-type: none"> ○ Setting up a clinical session-general structural steps ○ Goals for the first sessions ○ Aspects to keep in mind during the different phases of the therapeutic process
9:15-10:00	Exploring and working with the internal system <ul style="list-style-type: none"> ○ How to explore the system safely when there are hostile voices and parts ○ Procedures to deal with frequent difficulties
10:00-10:15	Break followed by Check In for Continuing Education Credits
10:00-12:00	Integration <ul style="list-style-type: none"> ○ Reaching agreements regarding trauma work ○ Co-consciousness
12:00	Day Three Concludes – Sign Out

September 17, 18, and 19, 2020 Registration Form
Dolores Mosquera: A Three Day EMDR Advanced Webinar on Dissociation

First and Last Name _____ Email Address _____

Phone Number _____ Profession, License State(s) and License Number(s) _____

Year you completed an EMDRIA-Approved EMDR Basic training (required to receive EMDRIA credits) _____

Organization Name _____ Address _____ City, State, and Zip Code _____

REGISTRATION FEES (check one)

_____ \$375 Early Bird Fee – Must be received/postmarked by August 18, 2020

_____ \$395 Regular Fee – When received/postmarked after August 18, 2020

_____ \$335 Non-Profit/Student Early Bird Fee-Must be received/postmarked by August 18, 2020

_____ \$355 Non-Profit/Student Regular Fee-When received/postmarked after August 18, 2020

MULTI-PAYER INSTRUCTIONS

If your employer is funding a portion of your registration fee, please complete the following.

Employer Payment Amount \$ _____

Your Payment Amount \$ _____

Total Payment Amount \$ _____ (equal to Registration Fee checked above)

METHOD OF PAYMENT (check one) _____ Payment Amount \$ _____

_____ Check or Money Order Payable to: Gray Matters Therapy Workshops, LLC

_____ Credit Card Type and Number _____ Exp Date _____ CVV _____

Name Printed on Credit Card _____ Signature of Card Holder _____ Billing Zip Code _____

Please return this form with payment to: Gray Matters Therapy Workshops, LLC
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CANCELLATION POLICY: Your registration fee less a \$60 processing fee will be refunded to you if requested a minimum of 15 days prior to the event (by September 3, 2020). If you cancel after September 3, 2020 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. 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. Refund requests must be made by sending an email to info@graymatterstherapyworkshops.com.