

THREE DAYS OF LEARNING WITH  
**Dolores Mosquera, M.S.**  
Presented by EMDR Advanced Training and Distance Learning

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.

**On Day One**, clinical case examples and video fragments will be used to illustrate interventions with EMDR for dissociative clients following the “Progressive Approach” (Gonzalez & Mosquera, 2012). 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.

**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

**Day Two** will build on the concepts of Day 1. New case examples and videos will be used to illustrate the procedures explained in the book *EMDR and Dissociation: the progressive approach*. In this workshop, clinical case examples and video fragments will be used to illustrate how EMDR can be used to understand and conceptualize some of the complexities and, to enhance emotional regulation, self-care and safety.

**Key Program Content**

1. Developing client capacity for emotional regulation
2. Assisting clients to experience an internal sense of safety
3. Self-care work in severely traumatized clients: repairing attachment deficits with specific protocols
4. Working with internal self-differentiation in severely traumatized clients
5. Developing and expanding co-consciousness
6. Enhancing adaptive integration. Identifying and appreciating progress and handling stuck points

**October 20-22, 2017**

9:00am to 4:15pm all days

**Crowne Plaza Natick**

1360 Worcester Street, Route 9,  
Natick, MA 01760

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

**Day One**

9:00am EMDR and dissociation: An extended AIP model  
10:00am Dissociative Phobias: the maintenance of dissociation  
10.30am Coffee break  
10:45am Working with Dissociative Phobias  
12:15pm Lunch  
1:00pm Empowering the client: working through the Adult Self with EMDR Therapy  
2:00pm Exploring the internal system  
2:30pm Coffee break  
2:45pm How to explore the internal system safely in Dissociative Disorders  
3:15pm The Tip of the Finger Strategy and other tools to process trauma gradually and safely

**Day Two**

9:00am How to develop emotional regulation and safety in complex traumatization  
10:00am Self-Care work in severely traumatized clients  
10.30am Coffee break  
10:45am The Self-Care protocol: repairing attachment  
12:15pm Lunch  
1:00pm Working with differentiation in severe traumatization  
2:00pm Working with co-consciousness  
2:30pm Coffee break  
2:45pm Working with co-consciousness cont  
3:15pm Integration. Identifying progress and stuck point

### **Day 3: Working with unintegrated parts of Self**

This workshop will describe a practical trauma-informed approach that emphasizes the need to identify and work with the individual's unintegrated inner structural organization as a means to address the root causes of symptoms. Steps for treatment planning and interventions will be illustrated through video examples.

#### **Key Program Content**

1. Key concepts and strategies for clinical work with parts of the personality
2. When to use parts language and when not to
3. Identifying and dealing with client avoidance (internal and external)
4. Working with fearful and distrustful parts of the personality
5. Understanding and working with hostile parts of the personality

#### **Schedule**

- 9:00am Working with parts: Basic steps to keep in mind to organize the work  
10:00am When to use part language and when not  
10.30am Coffee break  
10:45am Identifying and dealing with avoidance  
12:15pm Lunch  
1:00pm Identifying and dealing with avoidance cont.  
2:00pm Working with fearful and distrustful parts  
2:30pm Coffee break  
2:45pm Working with fearful and distrustful parts cont.  
3:15pm Understanding and working with hostile parts of the personality



**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)**

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<input type="checkbox"/> <b>2 Day Workshop</b>		<b>Program Fees</b> <b><u>TWO DAY WORKSHOP</u></b> <b>(includes 12 CEs)</b> \$295 if sent by July 20, 2017 \$335 if sent by Sep 20, 2017 \$365 if sent <b>after</b> Sep 20, 2017 <i>\$70 discount for Clinicians working for non-profits (30+ hours a week)</i>
<input type="checkbox"/> <b>3 Day Workshop</b>		
<input type="checkbox"/> <b>My payment of \$_____ is enclosed.</b> Mail checks made payable to: Mark Nickerson, LICSW, 368 Middle Street, Amherst, MA 01002		<b><u>THREE DAY WORKSHOP</u></b> <b>(includes 18 CEs)</b> \$395 if sent by July 20, 2017 \$435 if sent by Sep 20, 2017 \$465 if sent <b>after</b> Sep 20, 2017 <i>\$70 discount for Clinicians working for non-profits (30+ hours a week)</i> Full refunds until August 20; then 80% until 1 week before training, no refunds after October 10.

<input type="checkbox"/> <b>In Person</b>
<input type="checkbox"/> <b>Via Livestream</b>

Name _____	Discipline and License # _____	Address _____	City, State, Zip _____	Email _____	Phone _____	Level of EMDR Training _____
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