

Dolores Mosquera, M.S.

Working with Hostile Voices and Parts of the Personality in Complex Trauma and Dissociative Disorders Presented by Inspired Therapy

Many dissociative clients have difficulties with voices or parts that are hostile and critical. 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. In these cases, transforming conflict through dialogue, compassion and understanding is essential. Specific procedures to work with the conflict presenting in these clients, including traumatic experiences will be illustrated through video examples.

Sat. December 16, 2017 9:00am - 4:15pm

Southern Connecticut State University 501 Crescent St. Room 313 New Haven CT

**6 CEUS APPROVED: Licensed Psychologists, MHCs, LCSWs, LMFT, LPCs by ce-classes.com
6 EMDRIA CREDITS**

- Are you afraid to process trauma with clients with critical parts?
- Are you concerned about clients who hear hostile voices and place themselves in danger?
- Do you want to learn dynamic and effective tools to manage hostile parts and voices safely?

If so, this workshop is for you!

- Identify the internal system of dissociation and internal voices that are forceful, hostile and critical
- Understand the clinical underpinnings of how saboteur or self-berating parts of the personality develop.
- Learn when using parts language with hostile internal voices can be useful and when not.
- When employing parts language is not indicated, learn to adapt the clinical language to the needs of clients and to their considerations.
- Better expand the therapist's use of dialogue to more effectively manage the intrusive voices that often derail the therapy.
- Assist clients with understanding the motivations behind self-harming behaviors such as substance abuse, eating disorders, self-mutilation and other hostile or critical dynamics.
- Gain awareness of how ignoring, distracting oneself from or negating the hostile voices may lead to problematic avoidance of important emotions or issues that the voice is bringing up.
- Learn how to better read the function and purpose behind the saboteur parts of self.
- Learn specific interventions to deal with and redirect client distraction, resistance and avoidance.
- Manage work with parts that are very frightened or distrustful of the therapy, other parts and/or the therapist.
- Identify impasses, blocks and resistances that may complicate or impede the efficacy of the treatment, helping to move the therapy forward
- Gain understanding on how to dialogue with the unintegrated parts of Self and how to reduce the internal conflict and shame among the system of parts.
- Implement techniques which use compassion and understanding to help deal with dissociative phobias present within the internal system
- Become better-versed in applying the core components of assessment and clinical work with hostile parts in Attachment disorders, Complex PTSD and dissociative disorders.

Dolores Mosquera, M.S.

is a psychologist and psychotherapist specializing in severe and complex trauma, personality disorders, and dissociation. She 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 as LOGPSIC. She collaborates with two different Domestic Violence Programs, one focused on Women Victims of Domestic Violence and another 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. Dolores has extensive teaching experience leading seminars, workshops, and lectures both nationally and internationally. She has published numerous books and

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 from all over Spain.



Open to all clinicians and students with or without EMDR training.
Lunch will be served.

Inquiries:

Inspired Therapy Cheryl Kenn, LCSW

[\(203\) 675-3440](tel:(203)675-3440)

inspiredtherapy@nuken.net

Hotel Reservations: Block:
Dolores Mosquera

The Courtyard Marriott at Yale in New Haven, CT *closest to venue

[\(203\) 777-6221](tel:(203)777-6221)

<https://tinyurl.com/y9rlcouk>

Clarion Suites in Hamden, CT

[\(203\) 288-3831](tel:(203)288-3831)

<https://tinyurl.com/ydbba3gf>

Registration:

by Sep 25 \$ 179.

by Nov 1 \$ 199.

after Nov 2 \$ 209.

Full refund by Oct. 17

70% refund by Dec. 1

No refund after Dec. 2

NAME & Lic. _____ Email: _____

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