



**RESERVE YOUR SPOT IN NATICK MA OR JOIN US VIA
LIVESTREAM/DELAYED VIEWING.**



**THREE DAYS OF LEARNING WITH
DOLORES MOSQUERA, M.S.**

December 7-9, 2018

9:00am to 4:30pm all days

via Livestream or In-Person:

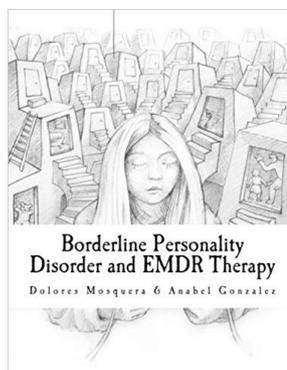
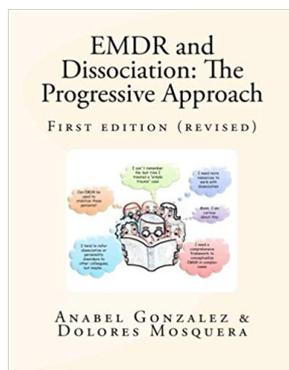
Crowne Plaza Natick

1360 Worcester Street, Route 9, Natick, MA 01760

ATTEND FOR ONE, TWO OR ALL THREE DAYS

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

**The brilliance of Dolores Mosquera's innovative books
brought to life with her accessible teaching style and vivid
clinical examples (including video clips)**



**Challenging Issues with Complex PTSD
and Dissociative Disorders**

DAY 1: Treating Dissociative Disorders with

EMDR: The Progressive Approach

DAY 2: **EMDR Therapy for Suicidal Clients and Self-harming Behaviors**

DAY 3: **Working with Hostile Voices and Parts of the Personality in Complex Trauma and Dissociative Disorders**

REGISTER NOW!

PRESENTER BIO



Dolores Mosquera is a gifted and popular EMDR advanced trainer who annually presents her innovative contributions to EMDR Therapy at EMDRIA conferences. A psychologist based in Spain (fluent English speaker), 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 offers advanced EMDR training globally and has published many books and articles on personality disorders, complex trauma and dissociation and is a recognized expert in this field. **We are fortunate to have her in the U.S. for three days of training!**

After many early cautions about the potential dangers of using EMDR with individuals suffering from dissociative disorders, limited methods have been offered for adapting standard EMDR procedures to this specific population. Based on these early cautions, EMDR is still considered by many clinicians as 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. Confined by this conceptualization, the use of EMDR is too often limited and many survivors of severe traumatization are unable to benefit from EMDR reprocessing and, if at all, only much later in the treatment process.

Dolores Mosquera has developed (with Isabel Gonzalez, M.D.) and will present the *Progressive Approach* model for treating complex trauma and dissociation. Using this AIP informed model, clinicians can safely utilize a wide range of EMDR interventions (including BLS) from early in the preparatory phase of treatment for patients with dissociative disorders. Mosquera's deft clinical skills and ground breaking innovative thinking teaches a middle ground between "dissociation blind" aggressive EMDR interventions and overly cautious delays to the use of EMDR reprocessing.

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 for Day 1:

1. EMDR and dissociation: an extended AIP model
2. Dissociative phobias: the maintenance of dissociation. How to identify dissociative phobias and work with them in different phases
3. Empowering the client: working through the Adult Self with EMDR Therapy
4. How to explore the internal system safely in Dissociative Disorders: adaptations and tools
5. The Tip of the Finger Strategy and other tools to process trauma gradually and safely

Day 1 Learning Objectives - 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
- Identify three or more EMDR procedures for dissociative clients and link these to different phases of EMDR treatment
- List examples of dissociative phobias and how to describe methods to work with them
- Explain three or more strategies for exploring the internal system safely in complex trauma cases
- Explain three procedures including when, where and how to apply these procedures in their clinical practice (with aid of the book *EMDR and Dissociation: the Progressive Approach*, if necessary)
- List three or more subtle dissociative signals and explain how to adapt treatment pacing to these signals in each case

Schedule for Day 1:

9:00am	EMDR and dissociation: An extended AIP model
10:00	Dissociative Phobias: the maintenance of dissociation
10:30	Break
10:45	Working with Dissociative Phobias: how to identify dissociative phobias and work with them in different phases
12:15pm	Lunch
1:10	Empowering the client: working through the Adult Self with EMDR Therapy
2:00	Exploring the internal system; basic aspects
2:30	Break
2:45	How to explore the internal system safely in Dissociative Disorders: adaptations and tools
3:15	The Tip of the Finger Strategy and other tools to process trauma gradually and safely
4:30	Close

Day Two will build on the concepts of Day 1. In this workshop we will explore the different stages of suicidal ideation and how to work with them. The assessment of

vital risk is a priority in a patient with these behaviors. We will also address self-harm behaviors and emotional regulation from the perspective of EMDR.

Key Program Content for Day 2:

1. This workshop integrates the management of suicide ideation, self-harming behaviors and emotional dysregulation with the AIP model
2. How to conceptualize different self-harming behaviors and suicide from the AIP model
3. How to organize EMDR the treatment plan of suicidal ideation and self-harm
4. Specific interventions for self-harm and suicidal ideation
5. Skills to improve emotional regulation and coping strategies
6. Clinical examples

Day 2 Learning Objectives - Participants will be able to:

- Describe the different stages of suicide ideation and how to work with them
- Understand self-harm and suicide from the AIP perspective
- Identify specific structured EMDR interventions intended to improve clients' capacities for basic self-care and emotional self-regulation
- Name at least 3 different examples of relevant targets in the work with suicidal clients
- Recognize and select appropriate responses for coping with suicide and self-harming behaviors
- Recognize and resolve challenging clinical situations that frequently arise in treating clients with repeated suicide attempts and self-harming behaviors

Schedule for Day 2:

- 9:00am Phase 1: History taking
- 10:00 Break
- 10:30 Phase 2: Preparation
- 12:15pm Lunch
- 1:15 Self-harm and Self-destructive behaviors: Phases 4-8
- 2:45 Break
- 3:00 Self-harm and Self-destructive behaviors: Phases 4-8 cont.
- 4:30 Close

Day Three: 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.

Key Program Content for Day 3:

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

Day 3 Learning Objectives - Participants will learn to:

- Implement an approach to clinical work with hostile voices
- Use skills to adapt the clinical language to the needs of clients and considerations when working with critical and hostile parts
- Assist clients with understanding the motivations behind self-harming behaviors such as self-mutilation and other hostile or critical dynamics
- Dialogue with the unintegrated parts of Self and to reduce the internal conflict among the system of parts
- Identify basic components of clinical work with hostile parts
- Identify multiple steps to organize clinical work with hostile and critical parts

Schedule for Day 3:

9:00am	Dissociation, lack of integration and the internal conflict
10:00	Basic components of clinical work with hostile parts and voices
10:30	Break
10:45	How to explore the system with complicated parts that are critical, hostile or suicidal
12:15pm	Lunch
1:15	Improving integrative capacity by working with parts and voices
2:30	Break
2:45	Attachment to the perpetrator
4:30	Close

REGISTER NOW!

PROGRAM FEES

(includes 6 CEs/day)

Any One Day:

\$195 if sent by Oct 21, 2018

\$225 if sent by Nov 18, 2018

\$265 if sent after Nov 18, 2018

Any Two Days:

\$295 if sent by Oct 21, 2018

\$325 if sent by Nov 18, 2018

\$365 if sent after Nov 18, 2018

All Three Days (Dec 7-9):

\$395 if sent by Oct 21, 2018

\$425 if sent by Nov 18, 2018

\$465 if sent after Nov 18, 2018

\$30/day discount for clinicians working for non-profits (30+ hours a week)

Fee includes 6 EMDRIA Credits and all Masters Level CEUs per day as approved by NBCC and APA.

Full refunds until October 21; then 80% until 1 week before training, no refunds after December 1.

Group discount rates also available - [click here](#) to learn more.

Questions? info@emdradvancedtrainings.com

REGISTER NOW!

GROUP DISCOUNT RATE (for delayed viewing, only):

This rate has been designed so that local colleagues can co-register at reduced rates. The intention is to not only reduce costs but increase collaborative discussion among colleagues about the content of the training and therefore increase learning. Please understand that it is unethical for non-paying clinicians to participate in the livestream/delayed viewing option.

The rates are as follow:

- 4 or more clinicians: \$30 off per person per day
- Once a group has been formed, the group organizer (captain) should register and indicate at registration the others in the group. Then those other group members can register using the group rate at checkout

CAN'T ATTEND IN PERSON? Consider the **livestream/delayed viewing**.
If you choose the livestream/delayed viewing option (all one option), you will receive instructional details at least one week before the conference. They will include instructions re: accessing the program and access to tech support. The pre-recorded program will be available three hours after the live version. You will have the ability to view all or parts of the training live as well as prerecorded until March 9, 2019 (with a modestly priced extension available after that).