

Dolores Mosquera two-day workshop



Borderline Personality Disorder and Complex Trauma

Therapy skills for working with trauma and dissociation

About:

The workshop will be held July 7-8, 2017

Registration deadline:
15 May, 2017
Registration fee:
40,000 HUF (cca 135€)

OVERVIEW: Borderline Personality Disorder (BPD) can present great challenges for treatment, particularly when trauma and dissociation are part of the history and presentation. Knowing what to focus on first, and what areas of difficulty to delay in treatment, can present challenges irrespective of the theoretical orientation of the health worker or practitioner.

It is known that people with BPD and a history of complex trauma have many difficulties with self-regulation and relating to others. The management of these self-regulation and relational difficulties are central aspects in the specific treatment of trauma and in general treatment of BPD.

Insecure and disorganised attachments, and early relational neglect and trauma, profoundly affect the developmental trajectory of the future adult and increase the risk of developing Borderline Personality Disorder (BPD).

The stabilisation phase has been remarked as essential prior to trauma work. In treating BPD and complex trauma this implies many particularities that we should keep in mind including the role of:

- Attachment-related states of mind and phobias for attachment
- Emotional dysregulation and difficulties with affect
- Traumatic memories that intrude into the present and are brought to therapy

Working with cases of BPD and complex trauma is intrinsically relational and often involves the need to manage moments of intense affect and affect phobias in the transference and countertransference. Understanding these aspects and having strategies for addressing them is essential both before and during the work of traumatic memories to ensure that it can be done safely and effectively with these patients.

This workshop integrates theoretical exposition with the presentation of videos and case examples. Specific objectives from attending this workshop include:

1. Clarifying the relationship between BPD and complex trauma
2. Skills in setting safety in the treatment relationship
3. Understanding how to sequence treatment when trauma is present
4. Working with trauma to address core BPD symptoms and deficits
5. Implications for evidence-based therapies including DBT, Schema-Focused, Transference- Focused and EMDR.



Dolores Mosquera is a highly sought after speaker across Europe and brings a wealth of research, clinical experience and practical vignettes and case studies to her training workshops. As a psychotherapist and psychologist she works in and directs a program for the treatment of abused women as well as in a male offenders program. Her program is recognised as a centre for external training therefore supports psychologists in the public system across Spain. She has extensive teaching experience, leading seminars, workshops and lectures internationally. She also tutors at the University of Santiago de Compostela, and teaches a master's degree at the National University for Distance Education. She has been trained in several psychotherapeutic approaches and is an EMDR Europe Supervisor and Facilitator. She has published many books and many articles on personality disorders, complex trauma and dissociation and is a recognised expert in this field. Dolores Mosquera is co-editor of the European Society for Trauma and Dissociation Newsletter and a Board member of the European Society for Traumatic Stress Studies.

The language of the workshop is English. Translation into Hungarian will be offered. The workshop will be held in Budapest, Hungary. The venue will be decided upon after registration closes, depending on audience size. Participants will be notified on the exact location in time. The organizer reserves the right to cancel the workshop in case of an insufficient number of participants (minimum 15 people).

Registrations are expected via email at gorozdie@me.com. Registration is valid only upon payment. Fees are to be transferred to the following bank account no later than May 17, 2017: Help & Care Kft., MKB Bank, account number: 10300002-10627386-49020013, IBAN: HU84 1030 0002 1062 7386 4902 0013, BIC/SWIFT Code: MKKB HU HB.