

Healing the Whole Self Master Class: Treating Dissociation in Harmony with EMDR Therapy (Part 2: Two Day In-Person Practicum)

Intended Audience: Psychologists, Counselors, Social Workers
Skill level – Intermediate to Advanced

\$445 On or Before Early Deadline and \$465 Thereafter

13 CE's Provided

This practicum provides attendees with a hands-on experience; as EMDR therapists we know the importance of assessing the client's readiness for trauma processing and identifying factors that suggest that trauma processing is contradicted until additional preparation phase work is completed. We also know that EMDR therapy, alone, is *not* a standalone treatment for dissociation. The challenge is that while we may "know" this as EMDR therapists, we may still not have an in depth understanding of what to do if, or once, we *have* identified it.

This two day in person / or live web based practicum provides EMDR therapists with the opportunity to now increase their confidence and skills in working with Structural Dissociation Theory and *apply* what has been learned, including the application of Fraser's Dissociative Table /Meeting Place as it relates to EMDR Therapy and working with complex trauma. The goal is to facilitate the demonstration and practice of the advanced stabilization techniques as provided in the course.

Therapists work under supervision of the trainer to conduct the application of Structural Dissociation Theory concepts in real-time in a practicum format. To help apply theory and practice, trainees will receive direct behavioral observation and feedback while they work on real life experiences. To achieve the goals of the Supervised Practicum, practice may be done in dyads or triads. The ratio of practicum supervisor to trainees will not exceed 1:10 to allow for direct behavioral observation of each trainee.

Objectives

- To provide attendees with a brief review of Structural Dissociation Theory and its relationship to the EMDR Therapy and the AIP model
- To be able to apply how to consider EMDR therapy within the context of the three-phased approach to trauma treatment (Stabilization/Processing/Integration of Experience) and moving beyond the continuum model of dissociation.
- To apply case conceptualization through the lens of EMDR therapy and in conjunction with dissociation theory.
- To be able to apply how dissociation impacts the EMDR therapist's decision making process when evaluating client readiness for trauma processing, as well as *throughout* the eight phases.
- To apply a minimum of three initial strategies that can support the treatment of dissociation in order to decrease client's associated affect phobias and increase readiness for trauma processing through EMDR therapy.
- To participate in staffing opportunities via the utilization of demonstrations/role plays.

- To provide EMDR Therapists with an opportunity to apply structural dissociation theory and its relevance to the EMDR therapist working with complex trauma.
- To be able to recognize and apply the concept of “window of tolerance” as it relates to readiness for processing.
- To be able to apply and demonstrate the process of identifying “cognitive errors” and their impact on trauma processing.
- To be able to apply and demonstrate “process” vs. “content” as relating to the therapeutic relationship.
- To be able to apply and demonstrate utilizing mindful language when working with dissociative parts.
- To be able to identify the concept of “trance logic” and the process of counter transference.
- To be able to identify how the impact of “agreeing with the cognitive error” continues to maintain the dissociative process and can further contribute to clinical impasses.
- To be able to create a minimum of one personal self-development goal as a result of participating in the course.
- To be able to create a minimum of one professional development goal as a result of participating in the course.

Event Schedule Day One

8:45-9:00	Registration
9:00-9:15	Check In/Introductions/Group discussion
9:15-9:45	Fraser’s Table Meeting Place/Internal World Review/Client and Therapist Stabilization
9:45-10:30	Break into Dyads of “Therapist” and “Client” – Reviewing of each person’s current Calming and Resource States
10:30-12:30	Fraser’s Dissociative Table Practicum
12:30-2:00	Lunch
2:00-4:00	Fraser’s Dissociative Table Practicum
4:00-4:15	Break 15 minutes
4:15-5:00	Check In/Q and A/Discussion/Debriefing

Event Schedule Day Two

8:45 - 9:00	Registration
9:00-9:30	Check In/Q and Q
9:30-10:30	Fraser’s Table Demo of “Next Session”/Client and Therapist Stabilization
10:30-12:30	Fraser’s Dissociative Table Practicum
12:30-2:00	Lunch
2:00-4:00	Fraser’s Dissociative Table Practicum
4:00-4:15	Break 15 minutes
4:15-5:00	Q and A/Debriefing Whole Course/Next Steps/Closure