

presents:

BEYOND THE STANDARD PROTOCOL:

Maintaining Momentum in EMDR therapy

MELBOURNE | 19-22 NOVEMBER 2020

The EMDR Standard Protocol assists people to resolve trauma, negative emotions and dysfunctional beliefs.

However, clients can sometimes experience blocks that can slow down our work. The EMDR field has expanded and further understandings have emerged that can augment EMDR therapy.

The importance of attachment style pertains to work with children, but also with adults. The attachment frame can alert us to the difficulties that attachment patterns can present in clients' lives, and also to how they are likely to engage with the EMDR process.

Many therapists lack confidence in working with dissociation and dissociative states. This presents challenges in therapy, resulting in blocks that need to be worked through before EMDR can continue.

Ana Gómez and **Jamie Marich** are both highly regarded internationally in the EMDR field. Over four days they will present a wealth of material on practical and creative ways we can work through blocks and maintain momentum in EMDR therapy.

DAY 1 & 2

Ana Gómez

**Developmental Trauma:
Using EMDR Therapy to Heal
Attachment Wounds across
the Lifespan**

DAY 3 & 4

Jamie Marich

**Demystifying Dissociation
and the Power of Process in
EMDR Therapy**

**Please note that it is a prerequisite for attendance at this training for participants to have completed an EMDRAA approved basic training programme to at least level one.*



Ana M Gómez

MC, LPC

Ana M Gómez, MC, LPC is the founder and director of the AGATE Institute in the U.S. She is an EMDR Institute, and EMDR-IBA trainer of trainers in Colombia. She is a psychotherapist, author, and an international speaker on the use of EMDR therapy with children and adolescents with complex and developmental trauma as well as generational wounds and dissociation. She has been the keynote and invited speaker at numerous conferences and workshops. She has presented in over 70 cities in 15 countries.

Ana is the author of *EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment and Dissociation* and several books, book chapters and articles on the use of EMDR therapy with children and adolescents.

She is the author of *Dark, Bad Day...Go Away*, a book for children about trauma and EMDR therapy which has been translated into four languages. Ana also developed and created "The Thoughts Kit for Kids" and co-authored with Dr. Francine Shapiro, an article on the use of EMDR therapy with children, published in 2013. Ana was the recipient of the 2011 "Distinguished Service Award" from the Arizona Play Therapy Association and the 2012 Sierra Tucson "Hope Award."

Ana has developed numerous intensive programs and protocols that include the "EMDR-Sandtray Protocol" and "The Systemic, EMDR- Attachment Informed Program to Heal Intergenerational Trauma & Repair the Parent-Child Attachment Bond."

For detailed information and to register please go to www.emdraa.org

NOVEMBER 19, 20

Developmental Trauma: Using EMDR Therapy to Heal Attachment Wounds across the Lifespan

ANA M GÓMEZ, MC, LPC

Trauma occurring chronically and early in life impacts neurobiological development, memory integration, and identity formation. Many of these experiences occur when cognitive capacities are not yet developed and the right, nonverbal, emotionally-connected mind governs. This results in hidden burdens that become core organizers of the individual's sense of self. This presentation will address the theory as well the complexities of the treatment of individuals with long standing attachment wounds.

Children with insecure patterns of attachment and adults with unresolved states of mind do not receive the experiences necessary to develop a coherent sense of self. They build defenses and internal representations of the self as inadequate, shameful and unworthy and the other as unavailable and incapable of meeting deep needs for connection and safety. Such individuals, see, feel, perceive and interpret their life occurrences through the lenses of these defenses and internal representations.

For parents with unresolved trauma, their child's routines may serve as activating stimuli that shift the parents' attention from their child's needs, to their own survival and self-preservation. As a result, the parent's integrative functioning and with it the capacity to hold the child's mind in mind is thwarted and compromised. These misattuned, asynchronous-traumatic-dyadic interactions may inflict deep injuries to the mind of the child.

This presentation will focus on practical and creative strategies for working with children and their parents as well as adults that have been impacted by environments that failed to provide the relational building blocks needed to attain a secure sense of self. Preparation strategies and a number of protocols will be presented that increase affect tolerance and state change capacities. A multifactor model (Gomez) of stabilization is presented with various central organizers that facilitate the structuring and configuration of preparation phase with complex cases. Shame as well as defenses are pillars that maintain dysfunctional patterns of

emotion, cognitions and bodily states. This training will offer alternatives and interventions that access entrenched maladaptive forms of self-protection. Shame is a core emotion that emerges in people with attachment injuries and developmental deficits. This training will present strategies for children and adults to work with core traumatic shame in a titrated manner, and as a result promote the healing of wounded parts of the self.

Concepts from interpersonal neurobiology are utilized throughout the training. The capacity of the therapist to synchronize and align moment to moment to the client's system is emphasized. The psychotherapeutic relationship as an essential foundation for healing attachment wounds is highlighted. This presentation will address the power of working with and processing reenactments that often emerge in the therapeutic relationship to promote repair and healing.

Furthermore, the use of parts work to resource the "adult's younger self" and "the child's little self" will be addressed. The use of a number of interweaves will be presented and demonstrated. These includes reparative interweaves, storytelling interweaves and intergenerational tales among others. These interweaves work with younger wounded parts to provide corrective experiences and meet attachment needs that were not met. This presentation will provide EMDR therapists with the theory, tools, protocols and strategies that will support them in working with individuals with attachment injuries and deficits.

Jaime Marich

Ph.D., LPCC-S, LICDC-CS,
REAT, RYT, RMT



Dr. Jaime Marich is the author of *EMDR Made Simple: 4 Approaches for Using EMDR with Every Client* (2011), *EMDR Therapy and Mindfulness for Trauma Focused Care* (with Dr. Stephen Dansiger, Springer Publishing, 2018) and five other books on trauma recovery and the expressive arts. Jamie's journey with EMDR began as a client in 2004, and she's offered EMDR as a clinician since 2006. An EMDRIA Certified Therapist, Approved Consultant, and Education Provider, Jamie was the EMDRIA Research Poster Award Winner in 2008 for her qualitative research on EMDR and addiction. Jamie's doctoral dissertation on the use of EMDR in addiction continuing care was later published in *Psychology of Addictive Behaviors*, a major APA journal. Jamie travels internationally speaking on topics related to EMDR, trauma, addiction, and mindfulness while maintaining

a private practice in her home base of Warren, OH. She is the developer of the *Dancing Mindfulness practice*, holds the credential of Registered Expressive Arts Therapist (IEATA), and is a Reiki Master teacher. Jamie is a Certified *Integrated Amrit Method (I AM) Yoga Teacher (RYT-200)* and has training in several other trauma-informed and recovery yoga approaches. Additionally, Jamie developed the *Yoga Unchained* approach to trauma-informed yoga with Jessica Sowers. Marich's writing and work on *Dancing Mindfulness* was featured in the *New York Times* in 2017. Jamie is the winner of the 2015 President's Award from NALGAP: The Association of Lesbian, Gay, Bisexual, Transgender Addiction Professionals and Their Allies for her inclusive work in trauma and addiction. She also delivered a *TEDx talk* on trauma in 2015, available on YouTube.

NOVEMBER 21, 22

Demystifying Dissociation and the Power of Process in EMDR Therapy

JAMIE MARICH,
PH.D., LPCC-S, LICDC-CS,
REAT, RYT, RMT

In many clinical settings, a great deal of fear still abounds on working with various manifestations of dissociation. This fear can exist even amongst EMDR therapy professionals who regularly work with trauma. In this workshop, EMDR author/trainer and dissociation advocate Dr. Jamie Marich debunks the myths and provides a practical and sensitive orientation to how the dissociative mind works. Participants are challenged to expand their internal knowledge of conceptualizing and healing dissociation within a trauma-focused lens for clinical practice. Participants are given a primer on working with grounding skills in stabilization and preparation phases of EMDR therapy. Special attention is given to working with expressive arts, yoga, and mindfulness-focused strategies. Participants will receive an overview on the theory of structural dissociation and begin to explore their own dissociative profile and internal system of parts. Strategies are given for translating this knowledge to practice settings and making the best clinical decisions possible, particularly in treatment planning, case conceptualization and working with extreme emotional distress throughout the phases of EMDR therapy.

This course is relevant and applicable to all EMDR therapists seeking a higher degree of understanding on how to work with complex trauma in their practices and expanding their skill set of proactive measures. Dr Marich blends the latest in neuroscience and evidence-based knowledge with her immense insight into the subject of dissociation for a course that is truly innovative and thought-provoking. Please come ready to participate and to engage in discussion that is bound to transform your practice of EMDR therapy.

OUR LEARNING OBJECTIVES OVER THE TWO DAYS INCLUDE:

1. To define dissociation in a trauma-focused manner and explain the multi-faceted manner in which signs of dissociation may manifest
2. To list 5 common myths about working with dissociative clients in psychotherapy, in general and specific to EMDR therapy
3. To explain the theory of structural dissociation and utilize at least two metaphors to explain it to a client
4. To utilize the concept of metaphor in taking a thematic client history (EMDR Phase 1) optimal for working with complex trauma
5. To describe one's own dissociative profile as an individual and translate this learning about the self into better understanding the internal world of a dissociative client
6. To implement at least 3-5 strategies from expressive arts therapy and mindfulness-informed approaches into early phases (Phase 2 Preparation), particularly for grounding and building awareness, and in later phases (Phase 7 Closure) for safely concluding and linking sessions
7. To implement at least 3-5 strategies from expressive arts therapy and mindfulness-informed approaches into later phases (Phase 7 Closure and Phase 8 Re-Evaluation) for safely concluding and linking sessions
8. To apply at least 2-3 strategies learned through the previous objectives for enhancing case conceptualization and managing abreactions or dissociative responses within EMDR Therapy Phases 3-6
9. To apply expert consultation in conceptualizing difficult EMDR cases with dissociation components
10. To decrease overall fear and increase personal confidence in working with dissociative clients within the context of EMDR therapy