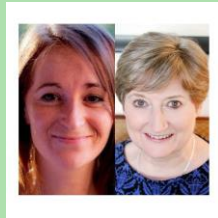




Registration questions to support@beaconlive.com
Program content questions to info@emdradvancedtrainings.com

Essential Skills for Treating Complex Trauma and Dissociation in EMDR therapy:

Want to become more effective as an EMDR therapist?
This workshop is designed to answer the question:
What advanced EMDR knowledge and skills are most essential as I build upon my basic EMDR training foundation to work with more complex trauma and higher levels of dissociation?



Discounts for non-profit agency professionals, groups and international participants

Early bird rate through 10/28/24 - \$345.00

Regular rate beginning 10/29/24 - \$395.00

Presented by:

Dolores Mosquera, MS and Kathy Steele, MN, CS

DATES: November 8 & 9, 2024

TIME: 9:00 am - 4:30 pm (EDT)

On-Site

Hampton Inn Boston/Natick
319 Speen St Natick, MA 01760
(limited time for hotel discount)

or

Livestream

Can't attend live? Free On-Demand viewing is provided for **90 days** following the live event for all registrations. Access instructions provided after registration.

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Program Description: As therapists hear about an increasing number of trauma-informed treatment approaches, it can be hard to know which knowledge and skills are most essential. Many EMDR trained therapists complete the basic EMDR training with a good grasp of the 8-phase approach, but struggle to know how to apply it with their most challenging clients. This training is designed to bridge the gap between the foundational protocols and principles which are covered in basic EMDR therapy training and the additional methods that are often needed to work with more complex trauma, developmental deficits, dissociation and a range of other co-existing symptoms and disorders.

As detailed below and in the website registration details, this training provides an array of next level therapeutic skills including clinical assessment considerations, case conception, treatment planning strategies, intervention options, and moment-to-moment decision making principles. Multiple case examples will be provided and there will be time for questions and discussion.

The training is **co-led by two luminaries** in the field of trauma treatment. **Dolores Mosquera**, a keynote speaker at the EMDRIA 2024 Summit Conference, is an innovative clinician and author who is best known for her many contributions to the treatment of complex trauma within EMDR therapy. **Kathy Steele** is a widely published trauma informed theorist and practitioner. She is the author of multiple treatment-oriented books such as *Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists*. Both are sought after trauma informed trainers who are widely acclaimed for their clinical wisdom and accessible teaching style. This is a unique opportunity to learn from each of these colleagues in this collaboratively taught format.

This training is designed to not only assist recently trained EMDR therapists, but to teach experienced EMDR clinicians and other trauma-informed therapists how to use best-practice methods with complex trauma. Overall, this training will help you build clinical skills and confidence. It will help you evaluate your own treatment approaches and make adjustments where needed.

Learning objectives for Friday November 8th:

1. Identify differences between complex developmental trauma and acute or "single incident" trauma
2. Identify the criteria for Complex PTSD (CPTSD), Other Specified Dissociative Disorders, and Dissociative Identity Disorder
3. Define various ways dissociation is understood, including the biological and psychological underpinnings and the theories that address it
4. Define a dissociative part of self and how it is distinguished from normal ego states
5. Assess readiness and priorities for treatment in clients with CPTSD / Dissociative disorders, including prognostic factors
6. List the three phases of Phase oriented treatment of CPTSD and dissociation and the goals of each phase
7. Identify the manifestations of disorganized attachment and the central conflict of needing to be close but experiencing closeness as dangerous
8. Identify and effectively work with a collaborate relational strategy that manages caretaking and rescue tendencies by the therapist and over-dependency by the client.
9. Describe strategies that support safety and stabilization
10. Describe adequate clinical boundaries and limits, create a stable therapeutic frame, and discuss rationale for these boundaries
11. Describe strategies to improve the client's mentalizing capacities
12. Utilize at least 5 interventions to improve emotion regulation and tolerance for ambiguity

Learning objectives for Saturday November 9th:

1. Define the concept of the Adult Self in treatment
2. Identify strategies to effectively work with the "Adult Self"
3. Identify when it is not possible to work through the Adult Self, and describe integrative options to work with dissociative parts
4. List at least five integrative skills to work with dissociative parts
5. Identify defenses and employ at least five skills to gradually work through defenses.
6. Utilize strategies to titrate clinical work according to the client's window of tolerance
7. Identify the five types of trauma-related phobic avoidance commonly found in CPTSD and dissociative disorders.
8. List at least five skills to work with trauma-related phobias, resistance, and other defenses

About the Presenters

Dolores Mosquera, MS

is a psychologist and psychotherapist. 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 is an EMDR Europe Consultant and Facilitator. She has extensive teaching experience, leading seminars, workshops and lectures internationally. She has published many books and articles on personality disorders, complex trauma and dissociation and is a recognized expert in this field.

Kathy Steele, MN, CS

Kathy Steele, MN, CS has been in private practice in Atlanta, Georgia since 1985. She is also an Adjunct Faculty at Emory University. Kathy is a Fellow and a past President of the International Society for the Study of Trauma and Dissociation (ISSTD). She is the recipient of several awards for her clinical and published works, including the 2010 Lifetime Achievement Award. She received a Distinguished Alumni Award from Emory University in 2006. She has authored numerous publications in the field of trauma and dissociation, including three books, and many book chapters and peer-reviewed journal articles. She is sought as a consultant and supervisor, and as an international lecturer on topics related to trauma, dissociation, attachment, and psychotherapy.

Livestream Program- 12 CE Hours: EMDRIA, Psychologists, LCSW, LMFT, LMHC, LPC and other master's level clinicians. Check with state licensing board to confirm acceptance of NBCC credits.

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