**Dolores Mosquera: *EMDR Therapy with Somatoform Dissociation and Suicidal and Self-harming behaviours***

**19 & 20 July 2024**

**Holiday Inn Auckland Airport**

**(This training is in person only and will not be live streamed or recorded)**

 **19 July 2024** from 9am - 5pm: Treating Somatoform Dissociation with EMDR Therapy

**20 July 2024** from 9am - 5pm: EMDR Therapy for suicidal and self-harming behavior’s

**Dolores Mosquera** is a psychologist specializing in complex trauma, personality disorders, and dissociation. She is the director of the Institute for the Study of Trauma and Personality Disorders in Spain. Dolores has extensive teaching internationally. She has published several books, book chapters and articles trauma-related disorders. Dolores received the David Servan-Schreiber award for outstanding contributions to the EMDR (Eye Movement Desensitization and Reprocessing) field in 2017, was made Fellow of the International Society for the Study of Trauma and Dissociation in 2018, for her contributions to the trauma and dissociation field, and received the MAM10 Prix David Servan-Schreiber award in 2021 to a foreign researcher who has made a notable international contribution, having advanced research in the field of EMDR. In 2022 Dolores received the award *Professional of the Year* in the category of Psychology for the trajectory and significant contributions in dignifying the profession (psychology).

The outlines of the seminars are included below. A certificate of attendance will be issued for Professional Development.

Hosted by Hope Worx Ltd Events and chaired by Ian Wood (EMDR Accredited Practitioner and EMDRNZ Board member)

**Enquiries to**: [events.hopeworx@gmail.com](file:///D%3A%5CDownloads%5Cevents.hopeworx%40gmail.com)

Registration and Payment <https://events.humanitix.com/dolores-mosquera-nz-2024>. Full dietary provision on registration

Free parking on-site and accommodation are available at the hotel with a free bus from the airport. A code for a discount for hotel accommodation is EMDR Phone 09- to book and quote this code for the discount.

The prerequisite for attendance is the completion of Part One of Basic training.

Full Bio and seminar outlines at <https://events.humanitix.com/dolores-mosquera-nz-2024>

**Cost:** $650 - Early Bird Registration until 1 June 2024

 $695 - Full registration from 2 June 2024

**Seminar Outlines**

**Treating Somatoform Dissociation with EMDR Therapy**

Somatoform dissociation is characterized by multiple somatic symptoms and troubling presentations that initially resemble physical illnesses, however, by definition, no physical explanation for the symptoms can be found.

Clients with somatoform dissociation are often given multiple diagnoses and receive trials of multiple ineffective treatments. These symptoms are often intrusions of the sensory elements of unresolved traumatizing events, including childhood physical and sexual abuse, neglect, and attachment failures. With many dissociative clients we can establish contact with dissociative parts easily and communicate with them, but parts can be more difficult to identify in some somatoform dissociation cases, therefore an approach other than the usual techniques for working with dissociated parts is required.

In the standard EMDR protocol for PTSD we can work with material that the patient does not want to disclose. With somatoform dissociation we can work with material that the client cannot disclose verbally (only through symptoms) and does not even understand. EMDR Therapy is an integrative approach that processes the information in different levels, including the physical sensations. Practical examples on how to deal with such symptoms with EMDR therapy will be presented with videos.

**EMDR Therapy for Suicidal clients and Self-harming behaviours**

Self-harm and suicidal ideation are probably two aspects that present the greatest relational challenges for therapist. The patient who self-injures or thinks about killing himself, poses a complex situation at a relational level, and being aware of our emotional response as clinicians is a central aspect of the intervention.

The situation of hopelessness and despair of the patient who sees no meaning in life, can lead clinicians to see them as lost cases. The emotional reaction to the possibility of a patient committing suicide can be intense, and the therapist may engage in avoidance behaviors. In addition, some patients may attempt to deposit the responsibility of their life on us. This is a particularly important point since a therapist who tends to get involved in excess can end up taking responsibility for the patient's life, which will always be a dead end for the therapeutic process. In this workshop we will address interventions to manage these aspects and prevent unhelpful responses.

Some people confuse the terms suicide and self-harm or the intention of both. Many people who self-harm do not want to die, in fact this behavior sometimes helps them tolerate their suffering and keeps them alive. But if patients do not have the resources to manage their emotions and solve problems, the chances of resorting to suicide as a solution increase.

Self-harm is frequently a trauma-driven coping strategy that can be understood from the perspective of the Adaptive Information Processing (AIP) model and treated with EMDR Therapy (Shapiro, 1995; 2001). Suicidal ideation and self-harming behaviors are often connected with memories of adverse and traumatic life experiences.

Working with EMDR can provide a powerful way to neutralize self-harm. When destructive behaviors are based on lack of regulation skills, it is necessary to give the patient adaptive information and tools. Working on memories that are at the basis of such dysregulation is crucial in many cases. On many occasions, emotions, feelings, beliefs or self-harm memories are connected with specific biographical events. To identify and process these memories can put an end to the self-injurious behavior. The target will not be the self-harming behaviors themselves, but the circumstances surrounding the first time in which they occurred, the origin of the negative beliefs associated with the problem and memories that can identified through the affect bridge.

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**

1. This workshop integrates the management of suicide ideation, self-harming behaviours and emotional dysregulation with the AIP model
2. How to conceptualize different self-harming behaviours 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

**Learning objectives:**

1. Participants will be able to describe the different stages of suicide ideation and how to work with them.
2. Participants will be able to understand self-harm and suicide from the AIP perspective.