



Dolores Mosquera: Christchurch and Auckland Feb/March 2025

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

CHRISTCHURCH

25 February 2025 from 9am-4:30pm: [EMDR Therapy from Stabilizing to Reprocessing](#)

26 February 2025 from 9am-4:30pm: [Working with parts in Dissociative Disorder, a clinician's guide](#)

Venue: [Chateau on the park 189 Deans Avenue, Christchurch](#)

AUCKLAND

3 March 2025 from 9am – 4:30pm: [Working with emotional abuse, severe neglect and invisibility](#)

4 March 2025 from 9am to 4:30pm: [Therapeutic challenges in the use of EMDR](#)

Venue: [Jet park Hotel Auckland airport, new conference centre](#)

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 Vice Chair)

Enquiries to: events.hopeworx@gmail.com

Registration and Payment <https://events.humanitix.com/dolores-mosquera-nz-2025>

Full dietary provision on registration

Free parking on-site and accommodation are available at the hotel with a free bus from Auckland airport. A code for a discount for hotel accommodation is on the event information when you book; quote the 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-2025>

COST:

- **Special discounted Package all 4 days 25 & 26 Feb and 3&4 March, Early bird to 30/01/25 \$1259, regular \$1399**
- Christchurch, 25 & 26 February 25, Early bird to 30/01/25 **\$699**, regular \$749
- Christchurch, 25 February 25 only, From stabilizing to reprocessing
- Christchurch, 26 February 25 only, Working with parts in dissociative disorder a clinicians guide

- Auckland, 3 & 4 March 25, Early bird to 30/01/25 **\$699**, regular \$749
- Auckland, 3 March only Working with emotional abuse, severe neglect and invisibility
- Auckland 4 March only, Therapeutic challenges in the use of EMDR
- **Any 1 day only: early bird before 30/01/25 \$375, regular \$399**

SEMINAR OUTLINES

Christchurch Day 1: 25 February 2025 from 9am – 4:30pm

EMDR Therapy from Stabilizing to Reprocessing

This workshop explores the practical problems faced by EMDR therapists with different levels of experience in applying the AIP model and EMDR procedures with their patients as identified in actual consultation sessions. Common clinical dilemmas, essential concepts and practical skills are illustrated with numerous clinical vignettes and video recordings that add clarity to the presentation.

Many clinicians encounter problems with the paradigm change involved with integrating EMDR into clinical practice. Perceptual, conceptual and procedural habits from the previous orientation of the clinician can interfere with an adequate comprehension and application of EMDR. Sometimes it can be difficult for novice EMDR trained clinicians (even experienced ones) to understand where some of the most frequent difficulties in the use of EMDR come from.

Participants will be able to identify a wide range of practical problems that EMDR therapists frequently encounter with their patients over the course of their professional development with EMDR.

Participants will be able to recognize and conceptualize frequent problems encountered with survivors of severe neglect and traumatization such as with individuals suffering from Personality Disorders and Dissociative Disorders. In some cases, these issues can be related to undetected dissociation as well as to countertransference and vicarious traumatization.

Participants will acquire conceptual frameworks, learn practical principles and how to apply specific tools to identify their own difficult clinical situations while using EMDR in the different Phases and how to manage these clinical situations.

Christchurch Day 2: 26 February 2025 from 9am – 4:30 pm

Working with parts in Dissociative Disorders. A practical guide for EMDR Therapist

Many therapists report problems in working with patients with dissociative disorders, especially regarding developing the treatment plan, structuring the sessions, or managing the patient's internal conflict, as well as working with those parts that are most challenging. When parts are stuck in trauma, it is easy to encounter a wide range of difficulties in therapy. Some of the main problems are related to the internal conflict presented by these patients, who show difficulties in regulatory capacities, distrust, and hostility.

Working with dissociative disorders requires approaching the difficulties of this clinical population, as well as developing skills to adapt the procedures and techniques. This workshop will describe useful concepts to help therapists understand patients with dissociative disorders and organize the work plan. In addition, a variety of techniques and tools for the different steps of the work will be illustrated, allowing for safe interventions with various types of clinical problems and dissociative parts

Learning Objectives

1. Participants will be able to distinguish ego states from dissociative parts
 2. Participants will be able to describe a structure to work with dissociative parts
 3. Participants will be able to identify at least 4 relevant aspects to keep in mind in the work with challenging parts
 4. Participants will be able to apply a guide for structuring the clinical session
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Auckland Day 1: 3 March 2025, from 9am to 4:30pm

Working with the effects of emotional abuse, severe neglect and invisibility

The effects of emotional abuse, feeling like a burden for others or unwanted have a profound effect on the child and future adult. In early childhood, caregivers' affective signals and lack of contingent availability present a more common perceived threat to the child's development of a secure sense of self than the actual level of physical danger or risk for the child's survival. These "hidden traumas" of neglect, related to the caretakers' inability to modulate affective dysregulation, result in deactivating responses to attachment cues. Children who learn to deactivate automatic responses never develop basic abilities such as co-regulation, emotional regulation, and self-care. In addition, in some households, having needs or expressing them may be dangerous and children are neither given the chance to trust others nor themselves. Experiencing other types of additional traumatic events will complicate the picture even more.

Since children must adapt to survive, victims of severe emotional abuse and neglect must develop strategies to deal with their experiences. These survival strategies become automatic and may be difficult to identify in adults. Clients often learn to ignore their emotions and their most basic needs, which makes them feel invisible, unseen, and neglected. As adults they keep seeing themselves through the eyes of the people who have hurt them and tend to treat themselves in the same way they were treated as children.

In this workshop, participants will learn practical tools to work with the effects of early attachment disruptions and neglect, including feeling invisible, avoidance, distrust, and lack of self-acceptance. As therapists, modeling a new way for clients to learn look at themselves through empathy and compassion becomes crucial.

Videotaped clinical case examples will be shown.

Auckland Day 2: 4 March 2025, from 9am to 4:30pm

Therapeutic challenges in the use of EMDR

Do you ever find it difficult to organise the treatment plan with complex cases? Do the tools that usually work with other clients fall short? Do you have a hard time setting realistic goals with some clients? Do you ever feel confused about where to start and how to maintain a working structure? Do you sometimes doubt what to do, how and when? Do you feel that there are blockages that are difficult to manage? This presentation will answer these questions and other practical issues related to common challenges in working with trauma and, in particular, with trauma processing with EMDR therapy. Cases with different problems

and points of blockage and the tools to organise the work and handle the various challenges that usually arise will be described.

Learning Objectives

1. Participants will be able to identify and identify defences and how they show up in therapy.
2. Participants will be able to describe at least 5 tools to aid processing in the different phases of EMDR Therapy with Complex Trauma cases.
3. Participants will be able to describe at least 4 complicated issues around trauma processing with Complex Trauma Cases.