

Dolores Mosquera (Coruña, Spain): EMDR in the treatment of victims of domestic violence

Training dates: Thursday–Friday, 4–5 December 2025

Training location: Turku, Linnateatteri auditorium, Puutarhakatu 8, Turku.

Preliminary schedule: Registration on Thursday 4 December from 8.30 am to 9 am.
Lectures on Thursday 4 December from 9 am to 4.30 pm and Friday 5 December from 9 am to 4.30 pm.

Spanish psychologist and EMDR trainer Dolores Mosquera is coming to Finland in December 2025 to give a two-day training course on the use of EMDR therapy in the treatment of victims of domestic violence. Mosquera is an experienced psychotherapist and trainer who has previously trained in Finland in 2014, 2022 and 2024, and the training feedback has consistently been very good.

The training is intended for all EMDR therapists (who have completed Level I). It will be held as an in-person event and includes 14.5 hours of lectures. The entire training will be interpreted into Finnish by Kimmo Absetz.

The price of the training is EUR 530 + VAT 25.5% (2 days) and EUR 285 + VAT 25.5% EUR. The price includes coffee/tea in the morning and afternoon. Registration is available on the Memodria Ltd website (memodria.fi) or via the link below. The registration period ends on 4 November 2025, and cancellations made after the registration period will be charged 50% of the total price.

Training abstract

Some people repeatedly find themselves in harmful relationships involving both abuse and assault. Many of them have difficulty leaving the relationship, setting boundaries or protecting themselves adequately. In some cases, victims are aware that the relationship is harmful and potentially dangerous and that it must end, but in other cases they are unable to assess the risks.

Several authors have suggested that the victim's behaviour is caused by, among other things, strong feelings of guilt and learned helplessness. This could be explained, on the one hand, as part of the invalidation process to which victims have been subjected by their perpetrators and, on the other hand, as a result of the victim's own developmental history.

It is important to clearly distinguish between two concepts: responsibility and vulnerability. Although only the perpetrator is responsible for the assault, the victim may have vulnerabilities that stem from their personal history. It is important to address these vulnerabilities in order to prevent the victim from re-entering harmful relationships. In some cases, it is necessary to strengthen the victim's resources so that they can leave the relationship. This includes providing psychoeducation about prototypical abusive behaviour and types of perpetrators so that they can recognise their partners as such and protect themselves from the strategies perpetrators use to keep victims with them. At the same time, they may need to be guided through the complex process of leaving such a relationship. In other cases, it is essential to break away from the traumatic bond formed with the perpetrator, which may require working with seemingly positive aspects, such as idealisation or aspects of the relationship that cause dependency.

In this presentation, we will examine various problem areas that usually need to be addressed. Cases will be presented from an EMDR perspective, both in terms of understanding the case and treatment. We discuss how to create an individualised treatment plan that takes into account aspects such as the psychoeducation needed by the person in question and the selection of targets on which we need to focus, because it is necessary to work with both the person's early history and previous negative relationships as well as their current relationship.

Programme

1. Step 1. Understanding the difficulties
 1. Common difficulties faced by victims of domestic violence
 2. Emotional blockage
 3. Unreasonable responsibility and guilt
 4. Difficulties in leaving a harmful and/or dangerous relationship
 5. Lack of a safety perspective
 6. Defensive regulation
 7. Awareness of the problem and ambivalence
 8. Common defences among victims of domestic violence
2. Stage 2. Safety, inclusion and preparation
 1. Measures in the initial stages of contact
 2. Increasing the safety of victims
 3. Reducing the activity of trauma triggers
 4. Working with appropriate responsibility
 5. Working with self-care
 6. Working with emotion regulation
 7. Working with defences

3. Working with trauma

1. Common difficulties in stages 3–8
2. Identifying specific targets for victims of domestic violence. Beyond obvious trauma.
3. Organising a work plan
4. Idealisation and dysfunctional positive affect: i. “Best moment” procedure ii. Working with attachment and idealisation of the abuser iii. Working with moments of idealisation

Preliminary schedule

Thu 4 Dec

8:30–9:00	Registration
9:00–10:30	Lecture
10:30–10:45	Coffee
10:45–12:15	Lecture
12:15–13:30	Lunch
13:30–14:30	Lecture
2:30–3:00	Coffee
3:00–4:30	Lecture

Thu 5 Dec

9:00–10:30	Lecture
10:30–10:45	Coffee
10:45–12:15	Lecture
12:15–13:30	Lunch
13:30–14:30	Lecture
2:30–3:00	Coffee
3:00–4:30	Lecture