



Working with Family & Domestic Violence using EMDR Therapy

12 EMDRIA Credits

Hosted by MICHELLE GAY, M.A., RCC, CCC
Certified EMDR Therapist
EMDRIA Approved EMDR Therapist

About the Trainer

Dolores Mosquera is a psychologist and psychotherapist specializing in complex trauma, personality disorders, and dissociation. She is the director of the Institute for the Study of Trauma and Personality Disorders. INTRA-TP) in A Coruña, Spain—a 3-clinic private institution initially founded in 2000.

Dolores has extensive teaching experience leading seminars, workshops, and lectures internationally. Dolores also teaches in several Universities, and collaborates supervising Clinical Psychologists in postgraduate training programs in Spain. She has published several books, book chapters and articles on personality disorders, complex trauma, and dissociation. 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).



When: March 31 and April 1, 2026 9:00 am-4:30 pm

Sign-in: 8:30 am-9:00 am

Where: Coast Victoria Hotel & Marina
146 Kingston Street, Victoria, British Columbia, Canada

* Coffee/Tea/snacks will be served during the morning and afternoon breaks



Dolores Mosquera, PhD



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Some people find themselves repeatedly involved in harmful relationships in which both abuse and maltreatment occur. Many of them struggle to walk away from the relationship, set boundaries, or protect themselves adequately. While in some cases victims are aware that the relationship is harmful, potentially dangerous, and must come to an end, in others, they are unable to assess the risks.

Several authors have hypothesized that the victim's behavior occurs, among other reasons, because of the intense emotions of guilt and learned helplessness that become activated. This could be explained, on the one hand, as part of the invalidation process to which they are subjected by their perpetrators and, on the other, as a result of the victim's own learning history.

There are two concepts that will be important to differentiate clearly: responsibility and vulnerability. Although the perpetrator is the only one responsible for the mistreatment, the victim may have vulnerabilities that come from her personal history. It will be essential to work on these vulnerabilities to prevent her from becoming involved again in harmful relationships. In some cases, it will be necessary to strengthen the victim's resources so she can leave the relationship. This will include offering psychoeducation on prototypical abusive behaviors and types of perpetrators, so that they can identify their partners as such and protect themselves from the strategies they use to retain victims by their side. At the same time, they may need to be guided through the complex process of leaving such a relationship. In other cases, it will be essential to overcome the traumatic bond generated with the perpetrator, which may involve working with apparently positive aspects such as idealization or the addictive component of the relationship.



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Learning Objectives:

Day 1 - Open to All Therapists

Participants will learn:

Phase 1. Understanding the difficulties

- A. Common difficulties in victims of domestic violence
- B. Blocking emotions
 - I. Inadequate responsibility and guilt
 - II. Difficulties leaving a harmful and/or dangerous relationship
- C. The lack of safety issue
- D. Defensive regulation
- E. Awareness of the problem and ambivalence
- F. Common defenses in victims of domestic violence

Phase 2. Safety, containment, and preparation

- A. Interventions in the initial intake
- B. Increasing safety for the victims
- C. Reducing the triggers of trauma
- D. Working with adequate responsibility
- E. Working with self-care
- F. Working with emotional regulation
- G. Working with defenses



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Learning Objectives:

Day 2 - Open to EMDR Certified Therapists

Participants will learn:

Working with trauma

- A. Common difficulties in phases 3 to 8
- B. Identifying specific targets in victims of domestic violence. Beyond the obvious trauma.
- C. Organizing the work plan
- D. Idealization and dysfunctional positive affect
 - I. The “best moment” procedure
 - II. Working with attachment and idealization of the perpetrator
 - III. Working with idealization related moments



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Daily Schedule - March 31 & April 1, 2026

08:30 am - 9:00 am: Sign-in

09:00 am - 10:30 am: Morning Session

10:30 am - 10:45 am: Break

10:45 am - 12:15 pm: Late Morning Session

12:15 pm - 1:15 pm: Lunch On Your Own

1:15 pm - 2:45 pm: Afternoon Session

2:45 pm - 3:00 pm: Break

3:00 pm - 4:30 pm: Late Afternoon Session