

Ego State Therapy Interventions to Prepare Your Most Wounded, Belligerent, and Dissociative Clients for EMDR

*This workshop teaches fundamental client-stabilization interventions. **ALL Therapists** are welcome to attend.*

EMDR Support Network Presents: Rev. Lynn James, LCPC

Arkansas State Veterans Home - 2401 John Ashley Drive

North Little Rock, AR 72114 June 9th, 10th & 11th, 2017

2-Day Training for 13 CEs OR 2.5-Day Training for 16 CEs

Clients need to trust they'll have a safe experience and get the best possible outcomes with their trauma-focused therapy. When treating clients with dissociative disorders and profound emotional wounding in childhood, this can be a challenge to deliver. As long as clients have fears about healing that block therapy, have belligerent child parts that sabotage therapy, or are so easily triggered they cannot tolerate trauma processing, the benefits of trauma desensitization will be out of reach. This workshop teaches a systematic, comprehensive, plan to resolve these problems and more. It involves direct communication with individual wounded child parts, to help them meet specific benchmarks of stabilization and emotion regulation, that prepare them for emotionally taxing trauma work. The training covers a simple Resourcing protocol, a Special Safe Place protocol, and instructions for setting effective therapy goals. Participants will learn how to talk to wounded child parts to (1) help them feel safely connected to vetted, inner Resources; (2) clear their misunderstandings and fill in missing information, (3) orient them to present time; (4) help them see they're in an adult body now; (5) and reassure them that their perception of "reliving" an old trauma is just a harmless recording playing back. The training will also emphasize ways to build rapport with oppositional and belligerent child parts. **EMDR therapists** will learn exactly how to apply these interventions during Phase 2, to prepare wounded child parts for processing past, present, and future-template targets. Teaching methods will include lecture, video, and practice. Upon completing the training, participants should be able to use these interventions with clients, with the scripts provided.

This training teaches basic ego state therapy skills and interventions of value to all therapists – whether trained in EMDR or not – so all therapists are welcome to attend. While this is NOT an EMDR training, the content is specifically tailored for EMDR therapists who need help preparing fragile, wounded, dissociative clients for trauma desensitization. Attendees wishing to learn EMDR as well, should follow up with an EMDRIA-approved basic EMDR training after this workshop.

Application for EMDRIA Credits is under review. If approved, certified EMDR therapists will be able to get EMDRIA Credits for attending - either 13 EMDRIA Credits for the 2-day training, or 16 EMDRIA Credits for the 2.5-day training. (The EMDRIA review process should be complete by April 30. Similar trainings have been approved.) If approval is granted AFTER this training, your EMDRIA credit certificate will be issued retroactively. Attendance at an entire workshop is required to receive the EMDRIA credits.

Outline/Schedule

<p>Day 1</p> <p>Background Core Assumptions Types of Wounding Healing Childhood Wounds</p> <p>Ego State Theory Parts of Self Self-System Executive Control Dissociative Disorders Getting Triggered</p> <p>Introduction Memory Reconsolidation & AIP Intervention Overview Safe & Effective EMDR Primary Agent for Change</p> <p>Getting Started Get a History Introduce this to Clients</p>	<p>Foundational Interventions Mobilize Resources Anchors for Soothing Establish a Special Safe Place Set an Effective Therapy Goal</p> <p>Nurturing Interventions Wounded Part Comes Forward Connect Part to Resources Attune, Validate, Empathize</p> <p>Educational Interventions Provide Needed Information Manage Enmeshment</p> <p>Day 2 Orient to Present Time Explain Illusion of Significance Wrap-up</p> <p>Controlling Reactive Parts What are they? Radical Acceptance Build Rapport</p>	<p>Complications Resource Problems Processing Blocks</p> <p>Attunement Attunement Basics Confusion is Your Friend Window of Nurturing Attunement Attuned Grief Processing Know Who You're Talking To</p> <p>How the Brain Changes State Change vs Trait Change Porges' Polyvagal Theory Siegel Similarities</p> <p>Optional Half Day – 3 hours Group Facilitated Practice with Video and/or Live Demo</p>
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Learning Objectives

1. Participants will be able to differentiate between trauma and attachment wounds, and describe the treatment implications of each kind of wounding.
2. Participants will be able to describe the fundamentals of ego state theory.
3. Participants will be able to predict EMDR trauma-processing outcomes based on degree of client's attachment wounding and accessibility of Adaptive Information.
4. Participants will be able to introduce ego state therapy concepts to clients.
5. Participants will be able to guide clients to mobilize a Resource team.
6. Participants will be able to guide clients establish a Special Safe Place where wounded child parts can hang out with their Resources.
7. Participants will be able to guide clients to set an effective therapy goal that wounded parts won't block.
8. Participants will be able to directly dialogue with a wounded child part, to attune, validate, and empathize.
9. Participants will be able to use a number of different methods for providing a wounded part missing information and clearing misunderstandings.
10. Participants will be able to help a wounded part overcome an unhealthy enmeshment.
11. Participants will be able to orient a wounded child part to present time.
12. Participants will be able to reassure a wounded child part that her perception of "reliving" an old trauma is just a harmless recording playing back.
13. Participants will be able to invite a wounded part to settle in to her Special Safe Place at the close of a session.
14. Participants will be able to build trust and rapport with oppositional, controlling parts.
15. Participants will be able to overcome blocks to mobilizing Resources and to stabilizing wounded parts.
16. Participants will be able to stay attuned to wounded child parts – even while confused.
17. Participants will be able to explain how the stabilizing interventions align with polyvagal theory

About the Presenters:

Lynn James is a Licensed Clinical Professional Counselor in private practice in Island Lake, Illinois. She's specialized in treating complex PTSD and dissociation since 1990. She was trained in EMDR in 2010, certified in 2012, and quickly began integrating EMDR with ego state therapy – especially with childhood onset abuse and neglect. She also has advanced training in the Developmental Needs Meeting Strategy (DNMS). <http://www.lynnjames.net>

Workshop Format, Dates, Times, and Cost

2-Day Workshop

- Format:** Covers core material with lecture, practice, drills, and videos of real sessions.
Dates: Friday-Saturday, June 9-10, 2017
Times: 8:30-4:45. Sign-in begins at 8:00 am both days.
Cost: \$340 by May 16, 2017, \$375 thereafter \$400 walk in day of Training-see note below
CEs: 13 CEs included. See section below to verify if you're covered.

2-Day Workshop + Half Day

- Format:** Covers core material – plus an extra 3 hours of group facilitated video "practice" and/or a live demo.
Dates: Friday-Sunday June 9-10-11, 2017
Times: Fri-Sat 8:30-4:45 and Sun 8:30-12noon
Cost: \$390 by May 16, 2017, \$425 thereafter \$450 walk in day of Training-see note below
CEs: 16 CEs included. See section below to verify if you're covered.

Seating is limited. Register early! Walk Ins Day of Training: Space may be limited and that one will not be guaranteed a seat even if they show up with a completed registration and fees in hand the day of training unless they have made arrangements ahead of time. Please contact Gary Scarborough via phone or text and receive confirmation if one wishes to 'walk in' day of training.
479-518-0280 Gary.D.Scarborough@Gmail.com

Cancellation/Refund Policy: Cancellation/Refund: Tuition refundable up to 15 days prior to workshop date, less a processing fee of \$100. No refunds after that.

Continuing Education Credits & EMDR Credits:

CEUs applied for/pending with Commonwealth Seminars for Licensed Counselors and Social Workers. For Psychologists, Nurses, or Marriage and Family Therapists CEUs available for \$25. Please email us @ gary.d.scarborough@gmail.com by May 24th, 2017 to affirm availability if you wish Nursing, Marriage and Family Therapist, or Psychologist CEUs.

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Shirley Jean Schmidt maintains responsibility for this program and its content in accordance with EMDRIA standards.

Workshop Location:

Held at the **Arkansas State Veterans Home**, 2401 John Ashley Drive, North Little Rock, AR 72114

This workshop is held in facilities in accordance with the Americans with Disabilities Act. Please notify Gary Scarborough at 479-518-0287, if you require special accommodations.

Contact Information

For questions about **registering for the training**, call 479-518-0287 or email gary.d.scarborough@gmail.com

Our website is: <https://emdrsupport.net/>

Our Facebook page is: <https://www.facebook.com/EMDRSupportnetwork/>

Registration Form

2-Day Training for 13 EMDRIA CEs OR 2.5-Day Training for 16 EMDRIA CEs

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Name _____

Email _____

Mail- Address _____

City _____ State _____

Zip _____

Bus. Phone _____

Cell _____

Payment Information:

2- Day Training:

\$340 postmarked by May 16th, 2017

\$375 thereafter

\$400 day of training*

2.5 Day Training

\$390 postmarked by May 16th, 2017

\$400 thereafter

\$450 day of training*

* Seating is limited. Register early! Walk Ins Day of Training: Space may be limited and that one will not be guaranteed a seat even if they show up with a completed registration and fees in hand the day of training unless they have made arrangements ahead of time. Please contact Gary Scarborough via phone or text and receive confirmation if one wishes to 'walk in' day of training.

479-518-0280

Please Make Check or money order payable to: Gary Scarborough

PO Box 97

Clarksville, AR 72830

Cancellation/Refund: Tuition refundable up to 15 days prior to workshop date, less a processing fee of \$100. No refunds after that.

Please call or email Gary Scarborough to confirm your attendance and to receive further information. 479-518-0287

Gary.D.Scarborough@Gmail.Com