

*2005
EMDRIA
Conference*

*September 15 - 18, 2005
Seattle, Washington*

Acknowledgements

The EMDR International Association wishes to acknowledge the EMDRIA Conference Committee volunteers for their hard work and devotion in putting together the 2005 EMDRIA Conference Program. Special appreciation is also expressed for all those volunteering their time to present and work at the Conference. We couldn't have done it without you.

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Conference at a Glance

The EMDR International Association strives to provide a Conference dedicated to high quality presentations by trained clinicians and researchers to establish, maintain, and promote the highest standards of excellence and integrity in EMDR practice, research, and education. With this in mind, our goal is to keep participants informed on the most current research and findings in EMDR as it pertains to EMDR practitioners and researchers.

Friday

Registration Open
7:00am - 5:00pm

Announcements & Welcome Address
~ Grand Ballroom ~
8:00am - 8:15am
by Scott Blech, CAE &
Barbara Hensley, Ed.D., LPCC

Traditional Native American Blessing
by Father Tim
Tistowanohpataakiwa, MA
8:15am - 8:30am

Plenary - Session 201
8:30am - 10:00am
with Tonya Edmond, Ph.D.

Sessions 211 - 212
10:30am - 5:00pm

Sessions 221 - 227
10:30am - 12 Noon

Lunch (on your own)
12 Noon - 1:30pm

Sessions 231 - 236
1:30pm - 5:00pm

**EMDRIA Awards
& Recognition Dinner**
~ Entertainment provided by
Jukebox Jane ~
7:00pm - 9:00pm

EMDR HAP Dance
9:00pm - 12 Midnight

Saturday

Registration Open
7:00am - 5:00pm

Announcements
8:00am - 8:30am

Plenary - Session 301
8:30am - 10:00am
with Howard Lipke, Ph.D.; Susan
Rogers, Ph.D.; Nancy Errebo, Psy.D.

Sessions 311 - 312
10:30am - 5:00pm

Sessions 321 - 325
10:30am - 12 Noon

Lunch (on your own)
12 Noon - 1:30pm

Sessions 331 - 336
1:30pm - 5:00pm

Session 341
1:30pm - 3:00pm

Session 351
3:30pm - 5:00pm

EMDRIA General Membership Meeting
5:30pm - 6:30pm

**Formal Poster Sessions &
Closing Reception**
6:30pm - 7:30pm

Thursday

Pre Conference Registration
7:00am - 8:30am

**Pre Conference
Sessions 101, 102, & 103**
8:30am - 5:00pm

Lunch (on your own)
12 Noon - 1:30pm

**Early Registration for
Main Conference**
2:00pm - 7:00pm

Welcome Reception
5:30pm - 7:00pm

Sunday

Registration Open
7:00am - 12 Noon

Announcements
8:00am - 8:30am

Plenary - Session 401
8:30am - 12 Noon
with V.S. Ramachandran, M.D., Ph.D., D.Sc.

Lunch (on your own)
12 Noon - 1:30pm

Sessions 431 - 436
1:30pm - 5:00pm

Session 441
1:30pm - 2:30pm

Sessions 442 - 443
1:30pm - 3:00pm

The
EMDRIA Exhibit Hall is open
Thursday from
12 Noon - 5:30pm &
Friday - Sunday from
7:30am to 5:30pm...
Stop by and
check it out!

Welcome Reception

Thursday, September 15th 5:30pm to 7:00pm

Please join us for this year's Welcome Reception to be held in the **Grand Ballroom Foyer**. There will be hors d'oeuvres and a cash bar. Take this opportunity to meet others attending this year's Conference or catch up with old friends. Everyone is welcome!

Special Interest Group Meetings

Friday - Sunday * See below for times

Pre scheduled meetings are as follows:

FRIDAY "Special Interest Group" MEETINGS

EMDR with Children & Adolescents

12:15pm to 1:15pm East Ballroom B

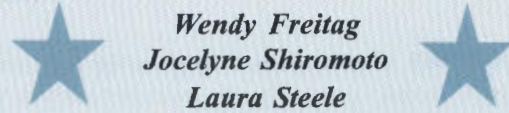
EMDR and Performance Enhancement

12:15pm to 1:15pm East Ballroom A

EMDR with Eating Disorders

12:15pm to 1:15pm Aspen Room

We would like to extend a special Thank You to our Volunteer Staff.



We would also like to thank all of our Monitors for their hard work.

We couldn't do it without ALL of your help!

EMDRIA Awards & Recognition Dinner

Friday, September 16th 7:00pm to 9:00pm

In recognition of those who have dedicated their time, expertise, and knowledge to the preservation and growth of EMDR, we invite you to join us at the annual Awards & Recognition Banquet. Entertainment will be provided by *Jukebox Jane*. This event will be held in the **Washington State Convention & Trade Center** located next to the Hotel. Directions are on Page 3, 22, and on the back of your dinner ticket.

EMDR HAP Dance

Friday, September 16th 9:00pm to Midnight

Come join the EMDR Humanitarian Assistance Programs for a Celebration of HAP's 10th Birthday at their annual fundraising dance in **Grand Ballroom C**. Featuring live music by *The New Blues Brothers Revue* and a cash bar. Suggested donation of \$25, and all proceeds will benefit EMDR HAP.

EMDRIA Regional Coordinator Meeting

Saturday, September 17th 12:15pm to 1:15pm

All Regional Coordinators are invited to a meeting to discuss policies and activities of the EMDRIA Regional Meeting program. This meeting will be held in the **Cirrus Room** on the *35th Floor*. Lunch will not be provided, however, there is food available within walking distance of the Hotel (See flyer in your registration materials).

EMDRIA General Membership Meeting

Saturday, September 17th 5:30pm to 6:30pm

Members and Non-Members of EMDRIA are encouraged to attend. The meeting will be held in **Grand Ballroom B**. This meeting is designed to provide you with updates on what our organization has accomplished in the past year and our vision for the upcoming year. Come and be introduced to our Board of Directors and Officers. Find out what's new and what's going on with EMDRIA and how you can get involved.

Formal Poster Sessions & Closing Reception

Saturday, September 17th 6:30pm to 7:30pm

Please join us in the **Grand Ballroom Foyer** for hors d'oeuvres and cocktails as you stroll and converse with poster authors as they present their posters for questions and comments. Poster awards will be presented.

About the Guest Speakers

TONYA EDMOND, Ph.D., is an Associate Professor at the George Warren Brown School of Social Work at Washington University in St. Louis. She received her Ph.D. and a Master of Science in Social Work from the University of Texas at Austin. Her substantive area as a researcher and practitioner is violence against women, with a specific interest in the provision of effective interventions for adult survivors of childhood sexual abuse, sexual assault, and domestic violence. She has 20 years of experience working as a Social Worker in both clinical and administrative roles, predominately in domestic violence and rape crisis centers. She has 20 publications in peer-reviewed journals and books, which include three articles on EMDR. Her dissertation, *"Eye Movement Desensitization and Reprocessing: Evaluating its effectiveness in reducing trauma symptoms in adult female survivors of childhood sexual abuse"* was selected as one of the ten best dissertations in the country for the Twelfth National Symposium on Doctoral Research in Social Work (2000). She is also the recipient of the 2005 Outstanding Research in EMDR Award from EMDRIA.

NANCY ERREBO, Psy.D., is a psychologist at the Vet Center in Missoula, Montana. She was formerly a staff psychologist at the Phoenix Veterans Affairs Medical Center. She also maintains a private psychotherapy practice. She is an EMDRIA Approved Consultant, an EMDR Institute Facilitator, and an EMDR-HAP Trainer (Part I). She has participated in many national and international HAP trainings. Currently, she is the co-coordinator of HAP's project in Sri Lanka, training local counselors to use EMDR to help the tsunami victims.

JANINA FISHER, Ph.D., is an Instructor and Senior Supervisor at the Trauma Center in Boston, Massachusetts, an outpatient clinic founded and directed by Bessel van der Kolk. She also maintains a psychotherapy and consultation practice in Watertown, MA. Dr. Fisher is an EMDRIA Approved Consultant, a trainer for the Sensorimotor Psychotherapy Institute, past president of the New England Society for the Study of Trauma and Dissociation and a former Instructor at Harvard Medical School, Cambridge Hospital. In addition, Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities.

CAROL FORGASH, LCSW, BCD, maintains a clinical and consulting practice in Smithtown, NY. She utilizes EMDR and Ego State therapy for complex post-traumatic stress disorders, general psychotherapy, performance issues, and problems associated with serious illness, especially the health issues of sexual abuse survivors. Ms. Forgash is a lecturer and consultant on the integration of EMDR with Ego State therapy and psychodynamic treatment of complex posttraumatic stress disorder. She has presented at international EMDRIA and ISSD Conferences. Ms. Forgash is an EMDR Institute Senior Facilitator, an EMDRIA Approved Consultant, an Approved Provider of the EMDR Basic Training, and an Executive Board member of EMDR-Humanitarian Assistance Program.

FRANCES (Frankie) KLAFF, Ph.D., is a senior facilitator and specialty trainer with the EMDR Institute and is one of the pioneers in applying EMDR to the child and adolescent population within a family context. Dr. Klaff has a private practice in clinical psychology, supervises staff in several agencies and has given workshops internationally and at many EMDRIA Conferences. She trained with Minuchin at the Philadelphia Child Guidance Clinic.

HOWARD LIPKE, Ph.D., is a clinical psychologist at North Chicago VA Medical Center. He is the former director of the residential combat-related PTSD treatment program there. Dr. Lipke has been treating combat veterans since 1971, and using EMDR since 1990. He has been providing EMDR training to therapists working with combat related PTSD since 1993. Recently he has been providing EMDR training to military and DoD therapists on bases both in the US and in Germany. Dr. Lipke is the author of the book, *EMDR and Psychotherapy Integration*.

V.S. RAMACHANDRAN, M.D., Ph.D., D.Sc., is Director of the Center for Brain and Cognition and Professor with the Neurosciences Program and Psychology Department at the University of California, San Diego, and adjunct professor of biology at the Salk Institute. Ramachandran trained as a Physician obtaining an M.D. and subsequently a Ph.D. from Trinity College at the University of Cambridge, Ramachandran is one of the world's foremost neuroscientists. His early research was on visual perception but he is best known for his work in behavioral neurology. Two topics that were considered mere curiosities - phantom limb and synesthesia- have now become part of mainstream neuroscience and psychology partly as a result of his work. He has also worked extensively on hemispheric specialization and its role in psychopathology. NEWSWEEK magazine named him a member of "the Century Club", one of the "hundred most prominent people to watch in the 21st century." His many honors and awards include the Presidential Lecture Award from the American Academy of Neurology. He gave the Decade of the Brain Lecture at the 25th annual (Silver Jubilee) meeting of the Society for Neuroscience and the inaugural keynote lecture at the Decade of the Brain Conference held by NIMH. Ramachandran has published over 150 papers in scientific journals (including five invited review articles in the Scientific American), is Editor-in-chief of the Encyclopedia of Human Behavior, the Encyclopedia of the Human Brain and author of the critically acclaimed book *Phantoms in the Brain* that has been translated into eight languages, and formed the basis for a two-part series in the UK and a one-hour PBS special in the US.

SUSAN ROGERS, Ph.D., has been working with veterans since 1982. She is currently the Assistant Director/Research Coordinator of the PTSD Unit at the VA Medical Center in Coatesville, PA. She has presented on EMDR at a wide variety of venues including the International Society for Traumatic Stress Studies, the Association for the Advancement of Behavior Therapy and the American Psychological Association. She has published several articles on EMDR and is co-author of *Light in the Heart of Darkness: EMDR and Survivors of War and Terrorism*. She has been involved in teaching EMDR in the US and overseas since 1995. She was the recipient of the 2004 Ron Martinez Memorial Award for her work in EMDR.

BOB TINKER, Ph.D., a licensed psychologist in private practice for the past 32 years, specializes in EMDR treatment for adults and children. He is senior author of *Through the Eyes of a Child: EMDR with Children*. Dr. Tinker is co-author of several published EMDR Research articles (JCCP '95, '97; IJSM, 2001). Dr. Tinker is a specialty trainer for children and has trained therapists around the world.

MARCIA WHISMAN, LCSW, is a private practice clinician in St. Louis, MO, with over 20 years specialization in Anxiety Disorders. She conducted her Master's research on Agoraphobia and in vivo Exposure under Dr. Dianne Chambless in Washington, D.C. She then practiced for two years with St. Louis University using Cognitive/Behavioral methods with Anxiety Disorders, in- and out-patient. She has been an EMDR therapist for 14 years; a member of the EMDR Institute faculty for 12 years; and has presented her work incorporating EMDR into Anxiety Disorders for 12 years. She has given presentations in London, the Netherlands, Milan, Istanbul, Canada, Mexico, as well as across the United States. She is an EMDRIA Approved Consultant; has sat on the EMDRIA Board of Directors; and is active on its Regional Coordinating Committee. She is also an active participant in the EMDR Humanitarian Assistance Program.

SANDRA WILSON, Ph.D., is Executive Director and founder of the Spencer Curtis Foundation (now the Wilson-Tinker Institute) in Colorado Springs, which has conducted scientific research and treatment outcome studies of EMDR with special populations and humanitarian projects. Dr. Wilson, as principal investigator, has published research in the prestigious APA Journal of Consulting and Clinical Psychology (Wilson, Becker, & Tinker, JCCP, 1995, 1997; International Journal of Stress Management, 2001). Drs. Wilson and Tinker have on-going projects with children, phantom limb pain, pain memories, training child trainers in European countries, and providing EMDR with Children workshops in the US, Europe, England, and Japan. Dr. Wilson has directed many EMDR relief and training programs, including Oklahoma City, Columbine, Dunblane, Scotland, and with Albanian refugee children, among others. She has trained EMDR therapists to conduct similar projects in other parts of the world, such as Palestine and Rwanda. She has most recently initiated EMDR training of the therapists for returning military located at Fort Carson in Colorado Springs. She is also co-author with Dr. Tinker of *Through the Eyes of a Child: EMDR with Children*.

RAFFLE RAFFLE RAFFLE

Some of our Exhibitors have generously donated items for our Stamp Stop Raffle. Take your Stamp Stop Raffle Card that you received at registration, and visit ALL the participating exhibits. Once your Card is completely full, drop it in the box at the Registration Table (or EMDRIA Booth). Drawings will occur throughout the weekend. Good Luck!!

Thanks to the following Exhibitors for their generous donations:

Bilateral Sound Recordings
Child Trauma Institute
DNMS Institute
EMDR International Association
HeartMath
Mentor Books
Neurolateral
Sound on Tape

PRE CONFERENCE

8:30am - 5:00pm
FULL DAY SESSIONS

SESSION 101

Minding the Body: Working with the Somatic Legacy of Trauma

Janina Fisher, Ph.D.

As the price for surviving trauma, individuals are left with an inadequate memory record and a host of easily re-activated neurobiological responses. Trauma-related autonomic dysregulation prohibits processing and resolution, and the somatic responses, divorced from the events that caused them, are interpreted as data about the self or the world. This workshop will introduce approaches for working with traumatically encoded somatic experience using Sensorimotor Psychotherapy, a body-centered talking therapy that addresses these non-verbal, autonomic components by using the body as the entry point in treatment, rather than the event. Sensorimotor Psychotherapy offers simple body-oriented interventions for tracking, naming, and safely exploring trauma-related somatic activation, modulating a dysregulated nervous system, creating new resources and competencies, and restoring a somatic sense of self. Sensorimotor Psychotherapy can be easily integrated into EMDR and other trauma treatments and used to enhance installation of positive cognitions and resources or to facilitate processing and integrating of traumatic memories. (All levels) 50% 📺

SESSION 102

Practical EMDR with Children and Adolescents: An Integrative Family Systems Approach

Frankie Klaff, Ph.D.

This workshop offers creative and practical applications for integrating EMDR into child, adolescent and family systems therapy. Ways to introduce EMDR, uncover targets, adapt cognitive interweave to different ages and stages of development and assess and utilize parental involvement will be taught. Problems such as resistance, family complexities and chronic versus crisis problems will be addressed. Enhancement skills including affect management and ego strengthening will be taught. The how-to's of play, art, music and stories as vehicles for creatively using EMDR will be demonstrated. Cases involving ADHD, adoption, cutting, divorce, sexual abuse and other traumas will be illustrated with videos, scripts and roleplay. Dr. Klaff is known for her lively presentations, creativity and humor. (All levels) 80%

SESSION 103

Treating the Trauma of Panic and Understanding Panic as an Aspect of Trauma

Marcia Whisman, LCSW

Anxiety, although experienced by everyone, is unique and complex in the Panic Disordered client. Therapists who will be treating these clients need to comprehend the overwhelming experience of panic; its life-altering consequences; underlying causes; and the phobic responses that range from irrational to bizarre. Panic is a major symptom of post-trauma phenomena; and the experience of Panic is traumatizing itself. The end results are remarkably similar: distortions in attributions (cognitions) and coping mechanisms (behavior), and an intolerance of particular emotional states. The goal of this workshop is to expand the clinician's awareness, sensitivity and skill in treating the many faces of Panic and to incorporate Bilateral Stimulation and Adaptive Information Processing (EMDR) as an integral part of that treatment. (All levels) 100% 📺

MAIN CONFERENCE

8:00am - 8:15am
WELCOME ADDRESS

Barbara Hensley, Ed.D., LPCC ~ EMDRIA President

8:15am - 8:30am

Father Tim Listowanohpataakiwa, MA, will open the Conference with a traditional Native American blessing. Tim is a Spiritual Director in private practice on Bainbridge Island, an Episcopal priest and a traditional Native healing practitioner.

8:30am - 10:00am
OPENING PLENARY

SESSION 201

The Future of Evidence in EMDR

Tonya Edmond, Ph.D.

Evidence based practice has gained increased attention in recent years, having been advanced initially by the medical professions, encouraged by various academic institutions, increasingly required by insurance companies, and endorsed by many professional associations. Although this represents an important movement towards improving the quality of care available to clients, there are legitimate concerns about what constitutes evidence. In the past 15 years, research on EMDR has proliferated and the methodological rigor of that work has greatly improved. Yet skepticism about the effectiveness of EMDR remains and much is still unknown about the parameters of this innovative approach to psychotherapy. This presentation will provide a description of evidence based practice as a backdrop for examining the current state of EMDR research with recommendations for areas of research that are needed, methodological issues that should be considered, and the role of practitioners in the generation of that knowledge. Findings from a mix-methods study evaluating the effectiveness of EMDR with adult female survivors of childhood sexual abuse will be used as an example to critique the limitations of the gold standard approach to generating evidence based practice and to illustrate the importance of methodological diversity in the pursuit of knowledge about the practice of psychotherapy. (All levels) 100% 📺

10:30am - 5:00pm
FULL DAY WORKSHOPS

SESSION 211

The Marriage of EMDR and Ego State Theory in Couples Therapy

Barry Litt, MFT

By augmenting EMDR with the explanatory power and clinical inventiveness of ego state theory, couples therapy can be brought to new levels of efficacy. This workshop will describe theoretical, clinical and ethical issues in incorporating EMDR into work with couples. Intergenerational pathogenesis of ego fragmentation will be described. Indications and contraindications for conjoint EMDR sessions will be discussed. Through didactic presentation and case illustration, participants will learn how to use ego state theory in their assessment, introduce EMDR into the treatment planning, and learn advanced techniques for facilitating information processing with "stuck" or difficult clients. (Advanced) 50% 📺

THURSDAY

FRIDAY



📺 denotes session to be recorded

SESSION 212

Taming the Storm: 43 Secrets to Successful Stabilization

Sandra L. Paulsen, Ph.D.; Joan C. Golston, DCSW, LICSW

Clients with complex and severe trauma histories require stabilization of symptoms, and containment of affect before ever beginning EMDR. A wealth of stabilization tools helps mitigate the impact of dysregulated affect and physiology. The tools reduce risk of retraumatization, client loss of hope, and abandonment of treatment. They also protect practitioners from reenacting unprocessed client material, ethical and clinical error, and therapist overwhelm. The presenters will identify risks and manifestations of client affect dysregulation, bridging theory and practice, and equipping participants with both a rich toolkit of specific tactics, as well as a decision process for matching tool and circumstance. (Intermediate) 100%

10:30am – 12 Noon
90 MINUTE WORKSHOPS

SESSION 221

Using EMDR to Achieve Breakthroughs in the Treatment of Love Relationship Problems: Case Conceptualization and Technique

David Yarosh, Ph.D.

The Adaptive Information Processing Model can provide a potent conceptual framework for working with clients experiencing “stuck points” in their love relationships. In this workshop, participants will learn to apply the model to trauma-related love relationship problems. Participants will learn to move from the presenting complaint to the foundation issues. Through the use of a Trauma History, “peelback” and floatback, participants will learn to move from the presenting complaint with the painful memories and blocking beliefs that underlie the current love relationship impasse. Creative cognitive and imaginal interweaves to deal with blocked processing will be demonstrated. (Intermediate) 95%

SESSION 222

The Heart with a Door: EMDR with Clients with Mental Disabilities

Andrew Seubert, LPC, NCC

Session video clips, as well as anecdotal reports on the progress of a series of single case studies with clients with mental disabilities will be utilized to demonstrate EMDR effectiveness with this population. This presentation will emphasize the “phase model” aspects of trauma treatment and will demonstrate where EMDR is effective within this model. Attention will also be given to ways in which the basic EMDR protocol would need to be adapted to meet the needs of these clients. Specific therapeutic issues common to this population will be highlighted while employing an expanded definition of the word “trauma”. (Intermediate) 70%

SESSION 223

PTSD, Information Processing and Thalamo-Cortical Dialogue

Ulrich Lanius, Ph.D.

The presentation integrates recent findings in neuroscience and the neurobiology of traumatic stress and proposes a theoretical model to account for EMDR treatment effects. It reviews relevant basic neuroscience studies and theories with regard to learning, memory and information processing. Participants will increase the understanding of possible underlying neurobiological processes with regard to both PTSD and EMDR treatment and be able to integrate Shapiro's Adaptive Information Processing Model with current theory and research in the field of neuroscience. (Advanced) 100%

SESSION 224

The Impact of Childhood Sexual Abuse on Childbearing: EMDR and Other Therapeutic Interventions

Phyllis Klaus, MFT, LCSW

Childhood abuse memories can be activated at significant developmental periods or at stressful life events. Childbearing is especially vulnerable due perhaps to uncontrollable factors such as rapid changes in the woman's body, uncertainty and pain of labor, numerous invasive procedures, coping with medical professionals who are strangers with authority and power, and responsibility for a tiny, dependent infant. Participants will identify symptoms that may be exhibited during childbearing, recognize specific triggers that activate abuse memories and interfere with birth or parenting, and learn how to incorporate EMDR with specific interventions to help survivors reduce fears, minimize triggers, promote healing and bonding. (Introductory) 40%

SESSION 225

Using Hypnotic Tools to Potentiate EMDR

David Sherwood, Ph.D.

Hypnosis and EMDR are two powerful tools for change. This workshop will focus on enhancing the EMDR clinician's effectiveness through integrating hypnotic principles and techniques derived from the work of Milton Erickson with the EMDR protocol. The presentation will describe essential similarities and differences between the two approaches, and employ rationales for when and how to use each. Ways to integrate hypnotic tools into the EMDR protocol will be described, and two specific protocols for integration will be presented in practicum format. Familiarity and experience with Ericksonian hypnotherapy is desirable, but not essential. (Intermediate) 60%

SESSION 226

The Psychology of High-Performing Leaders

Gregory S. Smith, LISW-CPS

This workshop will introduce the latest research on the psychology of high-performing leaders, and a system for applying it to your EMDR Performance Enhancement work. Participants will learn how to: explain to their clients the skills, psychological characteristics, and critical success factors of High-Performing Leaders; explain to their clients the “derailment” factors and non-rational thinking patterns that are the primary barriers to high-performance; use this information to do optimum EMDR Performance Enhancement case conceptualization; utilize the standard EMDR protocol to reduce/eliminate any performance barriers; utilize an integrated RDI protocol to strengthen and develop high-performance skills and traits. (Advanced) 67%

SESSION 227

EMDR, Disaster, and Emerging Standards for Psycho-Social Response

Jack Saul, Ph.D., Director, International Trauma Studies Program, New York University

Nancy Errebo, Ph.D., Leader and Trainer, EMDR HAP post-tsunami training team in Sri Lanka

Judith Boel, M.Ed., Trainer, EMDR HAP post-tsunami training team in India

James Knipe, Ph.D., Director of Research and Training, EMDR HAP

Moderator: *Robert Gelbach, Ph.D.*, Executive Director, EMDR HAP

(No CE's will be granted for this workshop.)

EMDR volunteers, usually working through Humanitarian Assistance Programs, have been responding to disasters worldwide for over ten years, beginning with Oklahoma City. During that period, major international relief organizations and leaders in psychosocial response to disaster have been generating new and explicit standards to guide interventions. This panel, consisting of EMDR activists and independent experts on disaster relief, will review the emerging standards and how EMDR clinicians can relate to them. (All levels)

☉ denotes session to be recorded

1:30pm to 5:00pm
EMDR MASTERS SERIES

SESSION 231

EMDR Masters Series – I

Carol Forgash, LCSW

EMDR is increasingly being utilized to treat highly challenging clients with a variety of diagnoses including complex PTSD, DESNOS, and a range of dissociative disorders. The dissociative processes commonly described as part of the PTSD spectrum, are also predicted by early attachment difficulties and losses. These clients may present with elements of several disorders (i.e. Borderline PD). Without considerable stabilization work, they may be unable to process information safely. This presentation, through lecture, experiential work and case presentation, will provide clinicians with a model that enables them to provide EMDR treatment effectively with this population.

Participants will become familiar with specialized treatment planning that begins with detailed and complex history taking and pays particular attention to an extensive individualized preparation phase. They will learn how and when to integrate ego state work, somatosensory work and dissociative treatment strategies in this phase and throughout EMDR protocol work. This systemic work will be understood to help patients resolve internal conflicts, deal with stabilization, affect regulation, triggering, overwhelm, dissociation and resistance. (Advanced) 100% 🎧

1:30pm – 5:00pm
HALF DAY WORKSHOPS

SESSION 232

Staying True to the Model: Fidelity to the EMDR Protocol with Children

Robbie Adler-Tapia, Ph.D.; Carolyn Settle, MSW

This workshop focuses on the efficacy of EMDR with children while demonstrating fidelity to the model. The presenters are conducting an EMDR fidelity study at ChildHelp, USA, and have written a treatment manual that provides specific languaging and tools for use with child clients. Participants will learn how to assess Sensory Integration Dysfunction and adjust the EMDR protocol while still maintaining fidelity to the model in order to improve processing for clients displaying SI issues. All interventions presented evidence the child's ability to effectively participate in all phases of the EMDR model. (Advanced) 100% 🎧

SESSION 233

Clinician Strategies for Dealing with Challenging EMDR Clients

Mark Dworkin, LCSW

This experientially based workshop will address clinician issues with clients who are challenging to work with both before and during an EMDR session. Participants will develop greater awareness of these moments and learn strategies to overcome potential moments of misattunements. These strategies will include parts of the Procedural Steps Outline in preparation for anticipated problems; applied RDI strategies for compartmentalizing activated clinician state dependent moments in session; and using a variation of a cognitive interweave when an interruption of the flow of states between clinician and client temporarily ruptures contingent collaborative communication. "The Clinician Self Awareness Questionnaire" will be introduced as a method of enhancing these awarenesses. Participants are invited to bring their most challenging cases to work on. (Intermediate) 100% 🎧

SESSION 234

Enhancing Performance and Positive Emotion with EMDR

John Hartung, Psy.D.

While the presenter will provide some information through lecture and handouts, this workshop will be mostly based on experiential learning processes. Demonstrations, a supervised practicum, and other hands-on experiences are seen as the best ways to learn the model of performance enhancement with EMDR. Because the practicum focus will be exclusively on the development and strengthening of positive emotion, risks to participants are not predicted. The presenter will focus on ways to define psychotherapy in addition to its value as a treatment of problems in living. Positive psychology and coaching for development will be terms used frequently, both in the lecture and throughout the demonstration and practicum experiences. (Intermediate) 90% 🎧

SESSION 235

Open Forum to Share Clinical Uses of EMDR with Child/Adolescent Population – Facilitated by the EMDRIA Child/Adolescent SIG Chairs

Terry Becker-Fritz, MS, RN, CS; Laurie Donovan, LMSFT, LCSW; Marsha Heiman, Ph.D.; Susan Packwood, LMSW-ACP, LMFT, CGP; Gary Peterson, M.D.; Barbara Peck, LPC, Med. Doctoral Candidate; Barbara Huss, LSCSW

Many clinicians who work with children and adolescents struggle with applying the basic protocol for EMDR for this population as well as focus on clinical issues that can be treated effectively with EMDR. It can feel overwhelming for the clinician to be creative within their own practice without support for what they are doing, or suggestions on other strategies that may be more effective. This conversation hour session, lasting 3 hours, will provide a panel of professionals from different fields of expertise to lead a discussion of clinical applications of EMDR when treating children and adolescents. The first topic will address how the EMDR protocol may need to be adjusted to accommodate the needs or limitations for children and adolescents. The second topic will focus on what specific developmental considerations need to be considered when using EMDR with attachment disorders as well as identifying guidelines and strategies for including the family in the EMDR process with this population. The final topic will address 2 commonly seen diagnoses of AD/HD and anxiety addressing the possible negative cognitions, resource installations, and cognitive interweaves that can be used when treating children or adolescents with EMDR to resolve the trauma issues when having these disorders. The members of the panel are the current chairs of the EMDRIA Child/Adolescent SIG who will share their expertise with the audience. (All levels) 100%

SESSION 236

Utilizing EMDR and DBT Techniques in Trauma and Abuse Recovery Groups

Carole Lovell, Psy.D., LCSW; Cathy Langford, LCSW

There is a strong link between Borderline Personality Disorder and Post Traumatic Stress Disorder. DBT is the most effective method of treating Borderline Personality Disorder. EMDR and adjunct therapies may be effectively incorporated into these groups for more substantial results that remain over time. As new skills are mastered, EMDR is the most effective method of strengthening these. Increasing mindfulness, improving interpersonal relationships and improving emotional regulation skills are of tremendous benefit to PTSD patients. In this workshop, participants will learn the format to do this and receive suggestions for the ways to use EMDR and adjunct therapies to increase results over time. (Introductory) 30% 🎧

🎧 denotes session to be recorded

8:30am - 10:00am

PLENARY

SESSION 301

Getting Past "You Weren't There": EMDR and the Combat Veteran
Howard Lipke, Ph.D.; Susan Rogers, Ph.D.; Nancy Erbebo, Psy.D.

The EMDR trauma protocol was based, in part, on Shapiro's early work with combat veterans. In a time of ongoing military conflicts, private practitioners may be encountering the challenges of working with returning veterans for the first time. Using a combination of case examples, videotapes, and research, the presenters will discuss common characteristics of combat veterans, countertransference and other therapist issues, and integration and modification of the EMDR protocol. (All levels) 80% 🎧

10:30am - 5:00pm

FULL DAY WORKSHOPS

SESSION 311

The Therapeutic Interweave in EMDR: Responsibility, Safety, and Choices

Sandra Kaplan, LCSW; Ginger Gilson, MA, MFT

This workshop presents the expanded concept of the Therapeutic Interweave in EMDR treatment as it relates to responsibility, safety and choices. It includes cognitive interweaves, as well as affective, body awareness, imaginal, ego state, experiential, dynamic, spiritual, and other interweaves. It offers a format for EMDR clinicians to utilize in decision-making in clinical practice. The workshop also teaches assessment of the client's need to front-load their system for resourcing and stabilization, i.e., self-soothing, affect modulation, and ego strengthening before beginning or during the EMDR protocol. The workshop is rich in strategies, current case examples and specially designed practice exercises. (Intermediate) 100%

SESSION 312

EMDR and Creativity

David Grand, Ph.D.

Creativity has been interwoven into the discovery and development of EMDR, and EMDR is an effective tool in unblocking creativity. The EMDR protocol and processing are creative and the EMDR relationship is co-creative. Creative enhancements in EMDR's healing tools including: "open listening," avoiding assumptions, flowing eye movements with variable speed, integrating music into left/right auditory stimulation and enhancing of body sensations with color and imagery. EMDR effectively addresses creativity. The EMDR protocol can target trauma underlying creative blocks. The future template is a tool for enhancing creativity with non-blocked artists (actors, singers, dancers, writers). Mini-practica and demonstrations are used with lecture and handouts. (Intermediate) 75% 🎧

10:30am - 12 Noon
90 MINUTE WORKSHOPS

SESSION 321

Rebuilding Trust: Healing for Couples Using EMDR

Frederick Capps, Ph.D., LPC, AAC

Previous couples therapy using EMDR has focused on attachment injuries. The body of work is discussed, as is the EMDR protocol, for couples proposed by Moses (2003). This workshop focuses on *trust wounds* within the relationship by describing 3 scenarios: substance abuse, domestic violence, and infidelity. Protocol variants that enhance client safety are illustrated. Results that include trauma resolution, increased empathy, relapse prevention gains, and heightened intimacy are reported. Innovative outcome measurement instrumentation is demonstrated. (Intermediate) 75% 🎧

SESSION 322

Using EMDR as an Intervention for Symptom Severity in ADD

Sharon Friday, Ph.D.

This study investigated the intervention effects of EMDR on the trauma and behavior symptom severity of ten children, ages 8 to 11, diagnosed with Attention Deficit Disorder (ADD). ADD is a common childhood disorder with increasing prevalence rates that raise questions concerning over diagnoses, misdiagnoses, and possible inadequate assessment of primary, comorbid and differential diagnoses. ADD and trauma have comorbid symptoms that often inhibit an accurate diagnosis. Accurate assessments for ADD and trauma-related attention problems have important behavioral implications for diagnostic intervention and treatment planning. The purpose of this research was to investigate if a three-phased treatment intervention, including EMDR, would show a reduction in the trauma and behavior symptom severity in children with ADD and trauma symptoms. (Intermediate) 60% 🎧

SESSION 323

Extending Safe Place/Resource Development Protocols to Increase Client Stability

Roy Kiessling, LISW

While many clients are able to immediately access and utilize their safe place/resource development strategies for EMDR trauma reprocessing, some are not. This workshop will teach participants the difference between state and trait change, and how to develop access, utilize, and strengthen a client's safe place/resource during and between sessions. Clinicians will learn, through a live demonstration, the extending safe place/resource development protocols. Clinicians will be able to discuss how re-evaluation helps increase client stability and builds confidence in their safe place/resource to the point where they are ready to address their traumatic material with the EMDR protocol. (Intermediate) 100% 🎧

SESSION CHANGES

A reminder that Session Changes may
only be made
Thursday - Sunday
from 12 Noon - 1:30pm
&
Thursday - Saturday
from 5:00pm - 5:30pm

🎧 denotes session to be recorded

SESSION 324

Becoming an EMDRIA - Approved Trainer

Molly Gierasch, Ph.D.; Ricky Greenwald, Psy.D.; Robin Shapiro, LICSW; Oliver Schubbe, MA, Dipl.-Psych.

Four EMDRIA Approved Providers of basic EMDR training, Molly Gierasch, Ricky Greenwald, Robin Shapiro and Oliver Schubbe, will speak about their unique experience of becoming trainers and their particular approach, including training settings and trainee populations, in teaching EMDR. The panel will address the present EMDRIA process and criteria for potential Approved Providers of basic EMDR training and the networking, sharing of resources, and support that has evolved over the last few years for all EMDRIA Approved Providers of basic EMDR training. (Advanced) 100%

SESSION 325

Basics for EMDRIA Conference Submissions

Jennifer Lendl, Ph.D.

(No CE's will be granted for this workshop.)

Are you wanting to present at the Conference but don't know where to start? Have you had a submission rejected? Are you bored with the Conference offerings? Then this is the workshop for you. We will review the Call for Papers application, the use of the EMDRIA definition of EMDR, applicable APA ethics and standards, and possible resources for the evidence base. The Conference Program Committee process will be explained and a sample application will be provided as a model. (All levels)

1:30pm to 5:00pm

EMDR MASTERS SERIES

SESSION 331

Master Series – II

Bob Tinker, Ph.D.; Sandra Wilson, Ph.D.

The effectiveness of EMDR with children can be enhanced with the use of a number of theoretical conceptualizations, protocol modifications, and specific techniques. In this master class, we will cover: understanding how attachment theory informs the use of EMDR with attachment-disordered children; how EMDR can be used on a group basis across cultures, with children scarred by war as well as natural disasters; how attunement is more important than relationship in EMDR; how resource development can be used within the EMDR protocol, instead of beforehand; how dissociation is manifested and treated with children; how additional techniques can be used to jump-start stalled processing with children; how trauma-based diagnosis relates to DSM-IV nomenclature; how heart math solutions can be combined with Safe Place; and how one- and two-year-old children can benefit from EMDR. Also, participants will be encouraged to share their own experiences, techniques, and conceptualizations with EMDR and children. (Advanced) 100%

1:30pm - 5:00pm

HALF DAY WORKSHOPS

SESSION 332

Treating Attachment Issues Through EMDR and a Family Systems Approach

Debra Wesselmann, MS, LPC

EMDR and Family Systems Theory offer different but complimentary approaches to improving quality of attachment relationships. The presentation will provide a theoretical understanding of the similarities between EMDR, family systems, and attachment theory models and an overview of the combined treatment approach. Participants will learn to identify possible precursors to attachment problems within the family that may be useful as targets for EMDR processing, and specific family therapy strategies that will help interrupt negative feedback loops. Participants will learn to utilize parents in EMDR treatment and incorporate the narrative method as an adjunct to EMDR. (Intermediate) 50%

SESSION 333

Treating Dissociation in the Spectrum of Personality Disorders

Uri Bergmann, Ph.D., LCSW

The integration of EMDR with Ego State therapy will be presented as a comprehensive approach to the treatment of the wide spectrum of personality disorders. New evidence from the fields of neuroscience, regarding the normative multiplicity of the self, will be discussed. Historically, the treatment of personality disorders has been described as difficult, if not impossible; manifested by a rigid, character-armor, defensive resistance. This presentation will propose that the presence of untreated dissociation accounts for these failures and will highlight the use of ego-state mapping, exploration, interweaves and the utilization of ego-state-specific EMDR protocols to target dissociation and facilitate robust processing. (Advanced) 70%

SESSION 334

Integrated EMDR Headache Treatment

Steven Marcus, Ph.D.

Ninety percent of the American public gets occasional headaches. An estimated fifty million Americans have severe re-occurring headaches. Up until now the primary treatment for headaches has been pharmaceuticals. This workshop seeks to familiarize you with a non-medication natural alternative for the treatment of headaches that utilizes EMDR. This workshop will employ lecture, demonstration and actual practice of the Integrated EMDR approach. The purpose of this teaching strategy is to prepare you for clinical practice. Objectives include understanding headache etiology, headache trigger identification, threshold theory, training in the Integrated EMDR protocol used in Dr. Marcus' headache research, discussion of protocol utilization in clinical practice, informed consent, transference issues, and discussion of the role of provider when deploying this approach. This workshop is for advanced EMDR practitioners but previous experience in headache treatment is not required. (Advanced) 80%

SESSION 335

EMDR: Targeting the Repetition Compulsion in Couples Therapy

Mark A. Karpel, Ph.D.

EMDR can help couples in therapy when one or both partners experience distress which creates obstacles or impasses in treatment. The benefits of EMDR are examined through the lens of the repetition compulsion and nested within a resource-based approach to couples therapy (fostering attunement, trustworthiness and vitality). Different formats for conducting EMDR (conjointly, separately, and adjunctively) are presented along with their indicators, advantages and disadvantages. Special considerations (such as when to introduce EMDR, balancing alliances, sequencing sessions and instructions to an observing partner) and modifications of the standard protocol are clarified. Contra-indications for EMDR in couples therapy are also examined. (Intermediate) 50%

SESSION 336

"What the Bleep Do We Know?": Examining EMDR with Quantum/Holographic Theory

Christine Ranck, Ph.D., LCSW

Quantum theory is the "science of possibility." The recent documentary film, "What the Bleep..." presents quantum/holographic concepts that challenge assumptions about the nature of reality and the healing process. In this discussion-based and experiential workshop, we will examine EMDR with two of these principles: 1) **Belief creates reality.** A subatomic particle (a tiny piece of matter) always behaves like a wave, spread out all over space, until it is looked at. It only manifests as a particle when it is being observed. Thus, human consciousness plays a central role in quantum theory. That is, we create our own reality. 2) **The part contains the whole.** This holographic concept is best illustrated by the cloning of a sheep from a single DNA cell. In profound trauma, painful experiences of powerlessness are reduced into more manageable holographic fragments (such as a physical symptom, a distinctive odor, etc.) which contain the whole event. Triggering these unresolved holographic encodings floods the nervous system with the whole traumatic memory. EMDR facilitates resolution of these holograms. The brain may use holograms for memory storage and retrieval, and EMDR appears to amplify this process. Quantum concepts will be explored to illuminate aspects of EMDR in new and creative ways. Participants will learn dynamic strategies to enrich EMDR treatment by incorporating quantum/holographic principles. (Introductory) 65%

1:30pm - 3:00pm
90 MINUTE WORKSHOP

SESSION 341

Using EMDR in the Treatment of Eating Disorders

Nancy Bravman, LCSW

Eating disorders, which are frequently associated with Core Attachment Difficulties, present particular challenges to the EMDR clinician, since clients with eating disorders want to disconnect from precisely the affects that EMDR is designed to access. This workshop presents an EMDR model for safe and effective use of EMDR with eating disordered clients. Participants will learn: (1) Techniques to enhance affect tolerance and stabilization; (2) Strategies for target selection and protocol variations; (3) Strategies for enhancing optimal EMDR reprocessing. (Intermediate) 80% ☺

3:30pm - 5:00pm
90 MINUTE WORKSHOP

SESSION 351

Developing EMDR Practice in Community Mental Health & Agency Settings: Working with Clinical or Administrative Reluctance

Donald F. deGraffenried, LCSW

EMDR has not achieved full acceptance as a practice model within community mental health and agency settings. Some agencies are reluctant to develop an EMDR practice due to administrative concerns, clinical apprehensions or implementation reluctance. This resistance has constrained the development of EMDR in communities of color, those that are impoverished and often in settings where post traumatic stress is the focus of treatment. This workshop will identify the three common areas of agency reluctance concerning EMDR and will demonstrate the use of a simple assessment tool designed to identify where the intervention is needed to accomplish change and support EMDR integration into the agency. (Introductory) 100% ☺

8:30am - 12 Noon
PLENARY

SESSION 401

Vestibular Stimulation as Therapy for Bipolar Illness, Complex Regional Pain, PTSD and Phantom Pain

V.S. Ramachandran, M.D., Ph.D., D.Sc.

~ Nursing credits will not be given for this Session ~

Our lab specializes in the study of behavioral/ cognitive changes following focal brain lesions. Phenomena that were once considered mere curiosities - such as phantom limb, anosognosia and synesthesia - have now become "main stream" partly as a result of the work done by us and many colleagues throughout the world. This lecture will focus on disturbances in body image; phantom limbs, anosognosia (denial of paralysis) and somatoparaphrenia (Denial of ownership of a limb). A new theory will be advanced to account for these, especially the latter two- in terms of asymmetries between the two hemispheres "coping styles"; the left involved in "Freudian defences" and the right playing the role of a "devils advocate" or anomaly detector. The spectrum of normal and abnormal personality styles and behavior emerges from a push-pull antagonism between these two opposing tendencies. Vestibular stimulation through caloric cold-water irrigation produces eye movements (nystagmus) and shifts the balance between the two hemispheres during the "orienting" response and produces profound shifts in mood and/or body image. We found that the procedure "de-represses" apparently repressed memories in patients with denial (anosognosia) and there is an obvious analogy here with the therapeutic claims of EMDR. The possibility that bipolar disorder may be based on such alternation between hemispheres was first proposed by us in 1996 and has received some support. Consequently caloric nystagmus might potentially be useful in treating disorders such as bipolar, post-traumatic stress, complex regional pain type 1, and other neuro-psychiatric disturbances as outlined briefly in my book *Phantoms In The Brain*. (All levels) 25% ☺

1:30pm - 5:00pm
HALF DAY WORKSHOPS

SESSION 431

Using EMDR in Processing Grief with Children and Families

Laurie Donovan, MSSW

Grief wears different faces and proceeds in varying paces for the different members of a family that share a loss. Participants will be able to: 1) define relevant issues and strategies for using EMDR with grieving children and their families, 2) identify targets and necessary resources for different stages of grief and ages and roles of family members, and, 3) name criteria to guide the structure, sequence and pacing of EMDR for processing grief within the family system. Theory-based ideas will be storied in case illustrations. Participants will be asked to actively apply each learning objective to a case of their own throughout the workshop. (Intermediate) 75% ☺

SESSION 432

Effective EMDR Targeting with Couples

Philip Manfield, Ph.D.

Based on a relatively simple protocol for finding targets specific to the partners' issues, this approach is especially effective with couples who tend to want to spend sessions complaining about each other and recounting the conflicts of the past week. Equal time will be devoted to identifying targets and then developing them using the basic principles of Ahsen's Eidetic Psychotherapy and a modified version of Watkins' "affect bridge." Methods will be taught to overcome resistance and difficulties clients have with accessing memories. Through case transcripts and participation exercises, the basics of this protocol will be explained and demonstrated. (Intermediate) 80% ☺

SESSION 433

The EMDR Consultation Process: Findings & Fine-Tuning the Future

Jim Lichti, MSW, RMFT

This workshop will review the development of EMDR consultation in order to improve future consultation practices. The differences and similarities between therapy, consultation and consultation-of-consultation will be highlighted. The literature on effective clinical supervision/consultation will be reviewed. New research on the practices of North American Approved Consultants will be presented. Current activities and innovations in EMDR consultation will be critiqued using case examples. All this information will be used to identify the knowledge and skills needed for competent consultation. Participants will then analyze their own practices using all the above information and discuss in small groups how they plan to improve their consultation services. (Intermediate) 80%

SESSION 434

Four Methods of Target Identification and Ordering for EMDR

George Abbott, Ph.D.

This workshop will present an important review of Phase One of EMDR treatment as it fits within the Adaptive Information Processing Model. The presenter will describe and analyze four strategies for identifying and ordering targets for EMDR treatment. Strategies to be covered are 1) Francine Shapiro's standard method; 2) A time line method; 3) A Genogram method proposed by Maureen Kitchur in her *Strategic Developmental Model*; and 4) A hypnotic method inspired by Milton Erickson's *February Man* cases. Analysis of the unique strengths and limitations of each approach will be made. Clinical choices will be outlined with respect to the use of each strategy in light of characteristics of the client, the clinician, and the clinical setting itself. Case examples will be presented. Handouts with guidelines for each method will be distributed. Participants will be invited to engage in imaginal exercises to further the exploration of these strategies. (Intermediate) 85% ☺

☺ denotes session to be recorded

SESSION 435

Phase-Based Trauma Treatment: EMDR and DBT or STAIR

Ann Potter, Ph.D.

Clients who have experienced traumatic events as well as complex issues such as substance abuse/addiction, personality disorders, chronic and/or severe mental illnesses often have significant skill deficits in the area of emotion regulation. Clients' difficulty in regulating emotion can interfere with their ability to process traumatic memories with a minimum of re-traumatization and relapse in or a worsening of symptoms. Phase-based trauma treatment was conceptualized to assist clients in developing adequate emotion regulation skills during a preliminary phase of therapy prior to trauma processing. Phase-based trauma treatment involves two levels of therapy: a preliminary, skills-training phase followed by trauma processing. This presentation will provide a detailed outline of the skills-training phase of the DBT Dialectical-Behavior therapy) and STAIR (Systematic Affect and Interpersonal Regulation) models of trauma treatment. EMDR can be integrated into the second, trauma-processing level of phase-based trauma treatment instead of exposure therapy and skills learned in the initial phase of trauma treatment can be employed during EMDR positive resource development and as cognitive interweaves during EMDR trauma processing. Case examples and live and videotape demonstrations will be utilized throughout the presentation to illustrate topics presented in lecture and discussion. (Introductory) 40%



SESSION 436

Affect Regulation for Children Through Art, Play and Storytelling

Elizabeth Turner, LICSW

Traumatized and neglected children are likely to have deficits that result in low affect tolerance, leading to a tendency to become overwhelmed and dissociate during trauma processing. This workshop will describe the impact of abuse and neglect on emotion regulation and the need for fun and developmentally appropriate experiences that build internal resources prior to trauma processing. Through live demonstration and small group activities, participants will learn to integrate EMDR principles with art interventions that help children identify emotion and tolerate affect. They will be able to apply EMDR principles to common games to increase affect tolerance and install resources and will be able to identify the EMDR principles inherent in effective storytelling appropriate for the preparation phase. (Intermediate) 75%



1:30pm - 2:30pm

CONVERSATION HOUR

SESSION 441

Analysis of Critical Processes and Components in EMDR Treatment of Trauma Memories

Christopher Lee, B.Sc. (Hons), M.Sc. MAPS

Very little is known about the mechanisms that underlie the therapeutic effectiveness of EMDR. Participants will be presented with information to facilitate their understanding of two competing hypotheses to account for EMDR effectiveness. Namely EMDR has been thought to be effective because it uses similar processes found effective in traditional exposure treatments (reliving). Alternatively according to Shapiro's proposal of dual process of attention, the procedure may be successful because it elicits distancing responses. Participants will be able to describe how these competing hypotheses were investigated. The responses made by 44 participants with Post Traumatic Stress Disorder (PTSD) were examined during their first EMDR treatment session. Participants will be able to describe the key process variable found to be effective in EMDR treatment of trauma memories and the extent to which this process is determined by eye movement or by therapist instructions. (Introductory) 100%



denotes session to be recorded

1:30pm - 3:00pm
90 MINUTE WORKSHOPS

SESSION 442

Removing Internal Barriers to Leadership — An EMDR Performance Enhancement Program

Douglas J. Cybela, Ph.D.; Brad Karger, MPA

A Performance Enhancement Program using EMDR can be an effective leadership development tool. The issue of management related stress was explored as a roadblock to effective leadership. APEX, LLC, in partnership with Marathon County, has created an innovative package for leadership development, which has demonstrated positive results in improving the participant's self-confidence, optimism, and social skills in the work setting, along with reducing overall job stress. The program incorporates EMDR and a non-clinical personality to assess the individual's coping style for managing stress in the workplace. Specific strategies for identifying negative & positive cognitions unique to this population are noted. (Intermediate) 50%

SESSION 443

Utilizing EMDR to Heal Undesired Sexual Attractions and to Help Actualize Sexual Potential

Norman Goldwasser, Ph.D.

The utilization of EMDR will be discussed within the context of a multi-modal treatment paradigm to treat unwanted sexual attractions and to help to actualize sexual potential in an individual desiring to alter their sexual arousal patterns. Specifically, focus will be placed on the ways in which childhood and adolescent traumas can derail psychosexual development and contribute to the development of these attractions. Applications of standard EMDR protocols to this treatment paradigm will be described, in terms of healing the traumas that may have contributed to the development of undesired sexual attractions. Furthermore, specific EMDR components that can enhance the actualization of sexual potential will be identified and discussed. Specific focus will be placed on parameters of utilizing this paradigm, ensuring that all treatment goals are client-driven and not reflecting the values of the therapist, and ensuring that all APA Ethical Guidelines are carefully considered. (Intermediate) 33%



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2006

EMDR International Association
Conference

to be held in

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(215) 448-2000 or (800) 996-3426

September 7 - 10, 2006

Continuing Education Information

American Psychological Association

EMDR International Association is approved by the American Psychological Association to offer continuing education for psychologists. EMDR International Association maintains responsibility for the program.

California Board of Behavioral Sciences

For California, this Conference meets the qualifications for the number of hours of continuing education credit listed below for each session for MFCC's and/or LCSW's, as required by the California Board of Behavioral Sciences. Approval #PCE-233.

EMDR International Association

This Conference is approved by the EMDR International Association for EMDRIA Credits.

National Association of Social Workers

The EMDR International Association is approved by the National Association of Social Workers to provide continuing education for Social Workers. This program, including the Pre Conference, was approved by the National Association of Social Workers for 24 CEUs and 24 contact hours. The EMDR International Association maintains responsibility for the program. Course Approval # 886370850.

National Board for Certified Counselors

EMDR International Association is recognized by the National Board for Certified Counselors to offer continuing education, provider #5757, for National Certified Counselors. EMDR International Association adheres to NBCC Continuing Education Guidelines.

Texas Nurses Association

We have applied for approval by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity would meet Type I criteria for mandatory continuing education requirements toward relicensure as established by the Board of Nurse Examiners for the State of Texas. You can inquire about approval at the Conference Registration Desk.

Texas State Board of Social Worker Examiners

EMDR International Association is approved by the Texas State Board of Social Worker Examiners to provide continuing education for Social Workers. Approval #CS2689.

CONTACT HOURS		
	RN*	ALL OTHERS
Pre-Conference		
101 - 103	7.2	6
Main Conference		
201	1.8	1.5
211 - 212	5.4	4.5
221 - 226	1.8	1.5
227	~ No Credits ~	
231 - 236	3.6	3
301	1.8	1.5
311 - 312	5.4	4.5
321 - 324	1.8	1.5
325	~ No Credits ~	
331 - 336	3.6	3
341	1.8	1.5
351	1.8	1.5
401	0	3
431 - 436	3.6	3
441	1.2	1
442 - 443	1.8	1.5

Continuing education credit will be available for individual sessions and Certificates will be mailed AFTER the Conference. Participants are responsible for getting their badges scanned at the beginning and closure of each session in order to obtain credit.

REMINDER:

Continuing education certificates will be available after the Conference. It will not be possible to obtain Certificates at the Conference.

* see Texas Nurses Association information above

About the Presenters

George Abbott, Ph.D., is an EMDRIA Approved Consultant and a training facilitator for the EMDR Institute. Founder of the Association for Advancement of Skill in Clinical Hypnosis, and chairperson since 1992, he also published the AASCH Newsletter for 7 years. Dr. Abbott established the Stress Management Program at Holyoke Medical Center in 1995, where he currently serves as Senior Clinician. Dr. Abbott enjoys teaching and speaking on many topics, including EMDR, clinical hypnosis, meditation, stress management, and therapy with adolescents. He formerly taught clinical and child clinical psychology at Smith College. Dr. Abbott maintains a private practice in Northampton, MA.

Robbie Adler-Tapia, Ph.D., is a licensed psychologist who has worked with children and their families for twenty years. Dr. Adler-Tapia is Certified in EMDR and currently an EMDR Consultant-In-Training. In addition to her private practice in Tempe, Arizona, Dr. Adler-Tapia provides counseling, consultation and psychological services for children and families referred by Arizona Child Protective Services and Division of Developmental Disabilities. Dr. Adler-Tapia specializes in working with infants, toddlers, and young children and wrote the treatment philosophy for a trauma-based approach to treating children with attachment disorders utilizing EMDR for children in the child welfare system in Arizona. Along with her colleague, Carolyn Settle, she is co-investigator on a research study focused on the efficacy of using EMDR with children two-to-ten years and has co-authored a treatment manual utilizing EMDR with children.

Terry Becker-Fritz, MS, RN, CS, is a Clinical Nurse Specialist in Child and Adolescent Mental Health. She is a national speaker on behavior issues dealing with children and adolescents. She consults to school districts as a Behavior Specialist and works with schools on Violence Prevention. She has a private practice and owns her own consulting and training business. Her specialty is working with traumatized children and adolescents and those with AD/HD. Terry is the current Executive Chair of the EMDRIA Child/Adolescent SIG and a member of the EMDRIA Membership Committee. She is Certified in EMDR and an Approved Consultant.

Uri Bergmann, Ph.D., is in full-time private practice in Commack and Bellmore, New York. He is an EMDR Institute Senior Facilitator, an EMDRIA Approved Consultant, and an Approved Provider of Basic EMDR Training. Dr. Bergmann is currently serving on the EMDR International Association Board of Directors. He is a lecturer and consultant on EMDR, the neurobiology of EMDR, and the integration of EMDR with psychodynamic and ego-state treatment. Dr. Bergmann has published articles on the neurobiology of EMDR in peer-reviewed journals and has contributed chapters to various books on EMDR. He has also been a member of several journal editorial boards.

Nancy Bravman, LCSW, is an EMDRIA Approved Consultant; a Faculty member and Supervisor at Institute for Contemporary Psychotherapy; and Supervisor in the EMDR Clinic at National Institute for the Psychotherapies. She is in private practice in New York City.

Frederick M. Capps, Ph.D., LPC, AAC, maintains a practice in Corpus Christi, Texas. He specializes in addictive process, EMDR, and grief and trauma resolution counseling. Dr. Capps has presented at numerous state and national conferences and is a contributing author to Substance Abuse Counseling, 3rd Edition. Dr. Capps earned an undergraduate psychology degree (Highest Honors) at Corpus Christi State University, an M.S. in Counseling and a Ph.D. in Counselor Education at Texas A&M-CC. Dr. Capps is Past President of the Texas Association of Addiction Professionals. He is a Licensed Professional Counselor, an EMDR trained Therapist, and an Advanced Addictions Counselor.

Douglas J. Cybela, Ph.D., received his Ph.D. in Counseling Psychology from the University of Wisconsin-Madison. He is a staff psychologist with the Rice Medical Department of Psychiatry, located in Stevens Point, Wisconsin. He also maintains a private practice in Wausau, along with a business, APEX, that specializes in performance enhancement for managers and administrators in both public service and the private sector. His areas of specialty include psychological testing and using EMDR for the treatment of trauma, anxiety, and performance enhancement. Dr. Cybela is an Approved Consultant with EMDRIA and a Facilitator for the EMDR Institute.

Donald F. deGraffenried, LCSW, is the Director of Outpatient Services for ALSO-Cornerstone in New Haven, CT. He has a passionate interest in supporting the development of EMDR in community mental health and agency settings. Mr. deGraffenried is a member of the EMDRIA Conference Committee and serves as the chair of the EMDRIA Membership Committee. He currently is developing an EMDR Treatment Unit with his agency in Connecticut, which provides residential and outpatient mental health and substance abuse treatment.

Laurie Donovan, MSSW, is a Licensed Marriage and Family Therapist and Licensed Certified Social Worker, currently in private practice in Austin, Texas. She completed EMDR training in 1998, and has been Certified by EMDRIA since 2000; she's been a therapist for 28 years. She has extensive experience treating children and families affected by abuse, neglect, and multiple traumas in a community mental health agency, prior to opting to practice independently. Her practice is family systems based. She works with children, youth, families, couples and adults, multiple nationalities, and a diversity of motivating concerns. Grief, loss, and trauma, and their multigenerational impact are an ever-present focus. She lived in Santiago, Chile from 1971- 1991, was an Assistant Professor of Psychology at the Universidad Catolica de Chile, and Coordinator of Child and Adolescent Services at the University's Psychological Clinic. She has published articles in Chile and presented on work with children and families in numerous conferences, both in Chile and in the US, including past EMDRIA conferences.

Mark Dworkin, LCSW, has practiced EMDR since 1991. His experience in working with traumatized populations started in 1975, when he began working for the Bronx VA Medical Center, just as the war in Vietnam was ending. He is an EMDR Institute Facilitator; an EMDRIA Approved Consultant, an Approved Provider of basic EMDR Training, and has served on the EMDRIA Board. He is a graduate of The Manhattan Institute For Psychoanalysis, and studied Gestalt Therapy with Laura Perls, Ph.D.. He is published in the Journal of Psychotherapy Integration. He taught Consultation Psychiatry on the faculty of the Mount Sinai School of Medicine. He is currently in full time private practice in East Meadow, NY, and consults to different professional organizations.

Sharon Friday, Ph.D., has been involved with the diagnosis and treatment of ADD, learning disabilities and conduct disorders for over 25 years. In the early 80's she was conducting research on the comorbidity of ADD in childhood disorders. It was not until her introduction to EMDR in 1998, that she realized that traumatic accounts in children could precipitate other disabilities. Dr. Friday conducts a private practice that revolves around the special concerns of troubled children and their families. Through her research, she has therapeutically combined EMDR and play therapy for many of these traumatized children.

Molly Gierasch, Ph.D., is a Clinical Psychologist in Boulder, Colorado. She has been an EMDRIA Approved Provider of Basic EMDR Training and has been teaching EMDR since early in 1998. She is presently the Director of the Rocky Mountain EMDR Training Institute.

Ginger Gilson, MA, MFT, is a Facilitator with the EMDR Institute and an EMDRIA Approved Consultant. Ginger is in private practice in Tarzana, California, specializing in the treatment of trauma and related disorders. Ginger provides individual and group consultation, as well as prepares clinicians for EMDRIA Certification and for approval as EMDRIA Approved Consultants. She presents various EMDR workshops and conference presentations. Ginger was a member of EMDRIA's Standards and Training Committee (2000-2003), and has sponsored EMDR training in Santa Barbara and Palm Springs. She also has done EMDR humanitarian outreach - Oklahoma City and the Northridge Earthquake Project. She co-authored *The Therapeutic Interweave in EMDR: Before and Beyond*.

Norman Goldwasser, Ph.D., is a licensed clinical psychologist in Florida, known nationally as the founder of the NEFESH Annual Conference and locally as the founder of Keshet, South Florida's Jewish special education program. Dr. Goldwasser is a nationally renowned speaker whose Jewish Family Encounter Program promotes healthier family functioning through a Torah perspective.

Joan C. Golston, DCSW, LICSW, is a clinician and consultant in Seattle, chair of ethics for NASW (Washington), and author of many articles on the treatment of traumatized populations. She is a Fellow of the International Society for the Study of Dissociation and faculty of their international course, the Psychotherapy of the Dissociative Disorders. She is an engaging speaker who has presented her work nationally and internationally. She is currently writing *The Torturer's Apprentice*, an examination of cruelty as both an overlooked, enduring posttraumatic adaptation and identification with the abuser. She was trained in EMDR by Francine Shapiro in 1993.

David Grand, Ph.D., is trained as an EMDR Institute Facilitator, specialty presenter at EMDR Institute Level II Trainings and a presenter at EMDR Institute Retreats. He is the author of *EMOTIONAL HEALING AT WARP SPEED: THE POWER OF EMDR*. Dr. Grand is the developer of "Natural Flow Creative Healing" which integrates a variety of healing modalities. He is an EMDRIA Approved Consultant and presenter at the 1995, 1996, 1997, 1999, 2000, 2001 and 2002 EMDR International Conferences and the 2001 and 2002 EMDR Europe Conference. He presented seminars at the AMCHA Trauma Conference in Israel, and in London, Amsterdam and Buenos Aires. He has a chapter in the book, *Extending EMDR*. Dr. Grand developed EMDR Acting and Singing Coaching, an extension of EMDR Creativity Enhancement.

Ricky Greenwald, Psy.D., is the Founder and Director of the Child Trauma Institute. He is a pioneer and leading authority on EMDR treatment and training. He is the author of several books, including *EMDR in Child & Adolescent Psychotherapy* (Jason Aronson, 1999), *Trauma and Juvenile Delinquency* (editor; Haworth, 2002), and *Child Trauma Handbook* (Haworth, in press).

John Hartung, Psy.D., is an EMDR trainer, executive coach, and university instructor. He writes about how to apply the brief therapies to positive psychology for performance enhancement; how to adapt therapeutic strategies so they can be taught by non-professionals; and how to define treatments so they can be used safely and effectively without requiring third-party assistance. He has taught in 20 countries. He and his wife, Nikki, reside in Colorado Springs, Colorado, down the street from their grandchildren.

Marsha Heiman, Ph.D., is a licensed clinical psychologist in private practice in Metuchen, New Jersey, specializing in the area of trauma. She provides treatment, training, supervision, as well as lecturing and publishing in the field of child maltreatment. She is the Clinical Coordinator of the Child Sexual Abuse Case Consultation Project, a grant funded state program that provides training to therapists treating sexually abused children and their families. She is a member of the NJ Task Force on Child Abuse and is the Founding President of the NJ chapter of APSAC. She is an EMDRIA Approved Consultant in EMDR, with a focus on children and trauma. She is the current Co-Chair of the Publications Committee for the EMDRIA Child/Adolescent SIG.

Barbara Huss, LCSW, is a Licensed Specialist Clinical Social Worker whose avocation is educating. Before entering Social Work, she taught in the public education arena, was a corporate executive, and served on numerous boards of directors advocating for children and survivors of childhood trauma. She has been a consultant to the Oprah Winfrey show and has been a therapist for guests on the Montel Williams show. Her experiences include working on the Alcohol & Drug Addiction Unit at Menninger's; pioneering the privatized foster care system with Kansas Children's Service League, and working extensively with trauma survivors. She is currently working at KANZA Mental Health & Guidance, Inc. and in private practice as a clinical social worker helping children and families. She is the current Membership Chair for the EMDRIA Child/Adolescent SIG.

Sandra E. Kaplan, LCSW, is in private practice in central New York and is an EMDRIA Approved Consultant. She is an EMDRIA Approved Provider of Basic EMDR Training and Clinical Professor in the Department of Psychiatry Upstate Medical University, Syracuse NY, where she offers full EMDR training. Sandra is Professor Emerita in Social Work and Mental Health at the local Community College. She is an EMDR Institute Facilitator, recently facilitating in Montreal and Paris en francais. She co-authored *The Therapeutic Interweave in EMDR: Before and Beyond*, has offered a number of workshops at EMDRIA annual conferences, received the award for Outstanding Regional Coordinator (2002) and served on the EMDRIA Standards and Training Committee (1998-2002).

About the Presenters

Brad Karger, MPA, has a master's degree in Public Administration from the University of Wisconsin-Oshkosh and a bachelor's degree in Public Administration from St. Cloud State University. He is the Deputy County Administrator for Marathon County in central Wisconsin. He is responsible for providing leadership development to an organization of 750 employees and an annual budget of over 100 million dollars. Brad's duties include organizational development projects including: leadership development, core values, outcome measurement, and strategic planning. His priority is preparing emerging leaders within the county government system. He has promoted the Performance Enhancement Program/EMDR as an important tool for leadership development.

Mark Karpel, Ph.D., is an EMDRIA Certified clinical psychologist. In private practice in Northampton, Massachusetts, he specializes in couples therapy. The author of *Evaluating Couples: A Handbook for Practitioners* (Norton, 1994), editor of *Family Resources: The Hidden Partner in Family Therapy* (Guilford, 1986), and co-author of *Family Evaluation* (Allyn & Bacon, 1983), he has also written about restoring trust, managing secrets, and assessing intimacy in couples therapy, fusion and individuation, and couples therapy with dissociative disorders. He has been a Visiting Lecturer on Psychology, Department of Psychiatry, Harvard Medical School and conducted over 80 workshops nationally and in Canada.

Roy Kiessling, LISW, is an EMDRIA Approved Consultant and EMDRIA Credit Provider, an EMDR-HAP Senior Trainer and the List Moderator for the EMDR Institute's world-wide clinical discussion list. Roy also provides telephone consultation for those seeking EMDRIA Certification or Approved Consultant status. Since 2001, Roy has been presenting an EMDRIA approved advanced specialty workshop titled "Integrating Resource Installation Strategies into Your EMDR Practice" in cities throughout the United States. He has also been a consistent presenter at the EMDRIA Conference since 1998, and consistently receives high marks on his workshops being especially known for his relaxed, practical presentation style.

Phyllis Klaus, MFT, LCSW, is a licensed psychotherapist and social worker. She teaches and practices at the Erickson Institute in Santa Rosa, California, and Berkeley, California. She has worked with the concerns, both medical and psychological of pregnancy, birth, and the postpartum period for the past 30 years. She also has extensive experience working with grief and loss, trauma, abuse, somatic and medical disorders, family of origin, attachment, and parent-child issues. She is an EMDR Institute Facilitator, an EMDRIA Approved Consultant, and Approved Provider of Basic EMDR Training. She gives workshops nationally and internationally and co-authored *Bonding, Your Amazing Newborn, The Doula Book, When Survivors Give Birth*.

Cathy Langford, LCSW, practices with a small group of private practitioners in a rural Tennessee community. She received her MSSW from the University of Tennessee in 1998, and her license in 2001. She also holds an MPA from the University of Oklahoma and is a former Army Black Hawk helicopter test pilot. Her current practice includes clients from all age groups, however, at least 30% are 18 and under. She is a member of EMDRIA and has been using EMDR/DAS with applicable clients for the past four years.

Ulrich F. Lanius, Ph.D., is a Clinical and Neuropsychologist in West Vancouver, British Columbia, who specializes in the treatment of traumatic stress syndromes. He is both an EMDR Institute facilitator, as well as an EMDRIA Approved Consultant. Dr. Lanius has been at the forefront of integrating recent research in neuroscience into the treatment of traumatic stress syndromes and related phenomena. He has been instrumental adapting the use of EMDR for clients with significant dissociative symptoms (e.g., Complex PTSD, Dissociative Disorders and Somatization Disorders). His approach conjoins EMDR with a number of other techniques and interventions that include but are not limited to body-oriented approaches, ego-state therapy, applied kinesiology, energy approaches, aroma therapy, as well as innovative pharmacological approaches, all of them firmly grounded in an information processing model that has its foundations in neuroscience. He has a particular interest in the neurobiology of attachment and dissociation, a topic that he has presented on nationally and internationally.

Christopher Lee, B.Sc. (Hons), M.Sc. MAPS, has worked extensively in adult psychiatry tertiary treatment centres. He currently runs a half time private practice and lectures half-time in the post graduate clinical psychology programme at Murdoch University. He is an EMDRIA Approved Provider of Basic Training. Chris has authored six publications on trauma and was the recipient of the 1999 EMDR International Association Outstanding Research in EMDR Award. He is a reviewer for *The Australian Psychologist*, *Cognitive Research and Therapy*, and the *Journal of Clinical Psychology*.

Jennifer Lendl, Ph.D., is a Clinical Psychologist in private practice in San Jose, CA. An EMDRIA Approved Consultant, she was trained in 1990, and has been an EMDR Institute Facilitator and Specialty Trainer since 1991. She has been a Guest Speaker at the EMDRIA Conference and presented advanced trainings on a variety of topics for 90-minute to full day formats. She is an EMDRIA Conference Committee Member.

Jim Lichti, MSW, RMFT, has been employed full time in the mental health field for 30 years. He has been practicing EMDR since 1993, and is an EMDRIA Approved Consultant. He was a founding Board member of the EMDR Association of Canada (1995-2004) and continues to serve as the Chair of the Professional Affairs Committee. Jim serves on the Membership Committee of the EMDRIA. Jim specializes in working with trauma, particularly with abuse survivors. He has been doing individual and small group EMDR Consultation since 1996. Case consultation and integrating EMDR into an existing clinical caseload are his areas of special interest in EMDR consultation. He is conducting research on the EMDR consultation process.

Barry K. Litt, MFT, received his training from Hahnemann University in Philadelphia, where he studied contextual therapy with its founder, Ivan Boszormenyi-Nagy. Barry has spent over twenty years treating, training, and consulting in the mental health field. He is a former investigator for the NH Board of Mental Health. Barry is an AAMFT Approved Supervisor and an EMDRIA Approved Consultant; he is also a member of the ISSD. Barry has given workshops on contextual therapy to international audiences and at annual conferences for the AAMFT, ISSD, and EMDRIA since 1998. Barry is a partner with Human Dynamics Associates in Concord.

Carole Lovell, Psy.D., LCSW, is the founder of Personal Growth and Learning Center, a Licensed Community Mental Health Center in Tennessee. She received a MSW from the University of Tennessee. While working on her Doctorate in Psychology from the University of California for Professional Studies, she became interested in trauma work. She began her first Trauma and Abuse Recovery Group in 1995, and has facilitated 17 of these 32-week groups since that time. She is an EMDRIA Certified Therapist. She has presented at many National and International Conferences, usually on the subject of her work with groups. She is a member of the International Association of Eating Disorder Professionals and the American Association of Christian Counselors.

Philip Manfield, Ph.D., has trained EMDR clinicians domestically and internationally for the past twelve years first as a training facilitator, specialty presenter, EMDRIA Approved Consultant, and most recently as a Provider of Basic EMDR Training. He has taught in a variety of university settings and has edited two EMDR casebooks: *Extending EMDR: A casebook of innovative applications*, (W.W. Norton, 1998), and *EMDR casebook* (W.W. Norton, 2002). He is the author of *Split Self/Split Object: Understanding Borderline, Narcissistic, and Schizoid Disorders* (Jason Aronson, 1992). He has practiced psychotherapy in the San Francisco Bay Area for the past twenty-eight years and is the EMDRIA Northern California Regional Coordinator.

Steven Marcus, Ph.D., has served on the staff of Kaiser Hospital from 1980 to 2005. As an EMDRIA Approved Consultant, Dr. Marcus leads a group of 9 clinicians that specialize in PTSD treatment at Kaiser. Dr. Marcus received his EMDR training from Dr. Shapiro in 1992. Soon after, he became an EMDR Institute Facilitator. Dr. Marcus is co-author of the 1997 & 2004 studies of EMDR Treatment of PTSD in an HMO Setting. In 2005, Dr. Marcus has been completing research on an EMDR treatment for migraine headaches. Dr. Marcus maintains a private practice in Los Altos, CA.

Susan Packwood, LMSW-ACP, LMFT, CGP, is a clinical social worker in private practice in SugarLand, Texas, a suburb of Houston. Susan has worked with traumatized children and adults for the last 23 years. She has been trained in EMDR since 1996, and is especially interested in using EMDR with children who are experiencing anxiety disorders. She is Certified in EMDR and is the Budget Chair for the EMDRIA Child/Adolescent SIG.

Sandra L. Paulsen Ph.D., publications include chapters in Corsini's Encyclopedia of Psychology and Handbook of Innovative Psychotherapy. She was invited faculty at the First World Congress of Ego State Therapy in Germany in 2003, and Masters Series Lecturer at the EMDRIA Conference in Montreal in 2004. She collaborates with Dr. Jack Watkins, originator of ego state therapy. She consults to the Department of Defense on EMDR for active duty soldiers. She was Assistant Professor of Psychiatry and Associate Professor of Psychology at the University of Hawaii; and Acting Chief Psychologist at Queens Medical Center in Honolulu. She now lives on Bainbridge Island, near Seattle, and has two horses.

Barbara Peck, LPC, M.S. Ed, NCC, Doctoral Candidate, is finishing her Ph.D. work from Pennsylvania. She has worked with traumatized children and adolescents in a rural poverty area in a mental health center and has her own private practice. She works with children who are in foster care or adopted and has expertise in treating attachment disorders. Her work experience includes inpatient and out-patient mental health facilities. She has presented on trauma and most recently at the EMDRIA conference. She is the current Chair of the Special Projects Committee for the EMDRIA Child/Adolescent SIG.

Gary Peterson, M.D., is an experienced therapist, speaker and author in the area of emotional and behavioral effects of trauma. Dr Peterson conducts training and workshops on Dissociative Disorders, EMDR and Energy Psychotherapies. He is an EMDRIA Approved Consultant and Provider of Basic EMDR Training, and is a past member of the EMDRIA Board of Directors. He is a member of the Executive Council, International Society for the Study of Dissociation. He is a Training Program Course Instructor, ISSD Psychotherapy Training for Trauma and Dissociation. He is Certified in Energy Diagnostics and Treatment Methods and is a Level II Certified Instructor. He is the current Chair of the Communications Committee for the EMDRIA Child/Adolescent SIG.

Ann E. Potter, Ph.D., has been working in the mental health field as a psychiatric nurse, educator, therapist, psychologist, speaker, and consultant for 30 years. Her bachelor's degree is in Nursing from Creighton University, master's degree in Counseling from UNOmaha, and doctorate in Counseling Psychology from UNLincoln. She has been in private practice since 1989, and she and a colleague opened Therapy Resource Associates, a private practice in Omaha, Nebraska, in 1994. She has published articles on the roles adults played as children in alcoholic families and books on trauma resolution. Her areas of expertise include Dialectical-Behavior Therapy (DBT) and Eye Movement Desensitization and Reprocessing (EMDR). She is a Certified Therapist and Approved Consultant in EMDR. She is currently the Coordinator of Clinical Services at the YWCA Omaha, supervising therapists who work issues of domestic violence, sexual assault, and childhood sexual abuse.

Christine Ranck, Ph.D., LCSW, is an EMDRIA Approved Consultant and psychoanalyst in private practice in New York City. She is affiliated with the St. Luke's-Roosevelt Hospital Rape Intervention Program and is the volunteer Director of Amnesty International's East Coast Speaker's Bureau. Before becoming a therapist, Christine spent many years as a professional singer/actress and has performed all over the world. She is a nationally known speaker and corporate seminar leader on the topic of freeing creativity and is currently writing a book on "Quantum Creativity." Her singing trio, Jukebox Jane, performed at the 2003 Denver EMDRIA Conference and will perform this year as well.

About the Presenters

Oliver Schubbe, MA, Dipl.-Psych., trained in family therapy with Virginia Satir and in EMDR with Francine Shapiro. He has a private practice in Berlin, including behavior therapy and psychotraumatology. He has founded the Institute for Trauma Therapy, a psychotraumatological training center in Berlin. In Germany, Austria, Turkey and Greece, he has trained over 1300 psychotherapists in EMDR.

Carolyn Settle, MSW, LCSW, is an EMDRIA Approved Consultant and EMDR Institute Facilitator. Carolyn specializes in PTSD, depression, anxiety, phobias, ADHD and gifted counseling for children, adolescents, and adults. Her experience working in community mental health centers, and with managed care, gives her a depth of knowledge that helps in her private practice in Scottsdale, Arizona. Along with her colleague, Robbie Adler-Tapia, Carolyn is co-investigator on a research study focused on the efficacy of using EMDR with children two-to-ten years and has co-authored a treatment manual utilizing EMDR with children.

Andrew Seubert, LPC, NCC, is a psychotherapist in private practice for twenty years in Corning, NY, and Mansfield, PA. Formerly an educator, musician, and Peace Corps Volunteer, Andrew has extensive training in music therapy and in an Existential-Gestalt model. He has consulted for the past fifteen years with Corning Incorporated, small businesses, and human service agencies, and has explored ways of bringing therapeutic services to persons with mental disabilities. Underlying all of his work with people are the four cornerstones of Awareness, Emotional Truth, Integrity, and Vital Relationships. Andrew is an EMDRIA Approved Consultant and is a Basic EMDR Trainer through the Child Trauma Institute.

Robin Shapiro, LICSW, is a social worker in Seattle, Washington. Inventor of the Two-Hand Interweave, she is an EMDRIA Approved Provider of Basic EMDR Training, Consultant, and editor and contributor to *EMDR Solutions: Pathways to Healing* (W.W. Norton & Co., 2005).

David Sherwood, Ph.D., is a psychologist in private practice in Poughkeepsie, New York, specializing in the treatment of PTSD, stress, and affective disorders. He is an EMDRIA Approved Consultant in EMDR and an ASCH Approved Consultant in Hypnotherapy. He is active on various EMDRIA committees and chairs the Regional Coordinating Committee. Formerly he served as Supervising Psychologist, Director of Consultation and Education, and Division Chief for Outpatient Mental Health Services with the Dutchess County Department of Mental Hygiene in Poughkeepsie. He brings a spiritual and integrative focus to his work.

Gregory S. Smith, LISW-CPS, is the Director of a private psychotherapy practice in Greenville, South Carolina, and a Senior Executive Performance Specialist with *The Global Consulting Partnership*, an international firm of behavioral and psychological experts that specialize in Executive Performance Enhancement. He has been working in the Human Services field for more than 23 years and holds a Master of Social Work Degree (*University of South Carolina*), as well as a Master of Science Degree (*Abilene Christian University*). He is an EMDR Institute Facilitator and Specialty Presenter for Part 2 Trainings.

Elizabeth Turner, MSW, LICSW, is a therapist in private practice and a consultant to the school district and family support agency on Bainbridge Island, Washington. Turner has taught Early Childhood Education at the college level. She is a frequent presenter on parenting, children, adolescence and the developing mind. She is an EMDRIA Approved Consultant, a storyteller and enjoys playing.

Debra Wesselmann, MS, LPC, is an EMDR Institute Facilitator and an EMDRIA Approved Consultant. Wesselmann is in private practice in Omaha, Nebraska, where she specializes in treating trauma resolution and attachment problems in adults, children, and families. She has taught at the University of Nebraska in Omaha's graduate counseling program and is the author of *The Whole Parent: How to Become a Terrific Parent Even if You Didn't Have One* (Perscus, 1998). She has presented at the International ATTACH Conference six years, at the Menninger Clinic, at the EMDRIA Conference for five years, in Costa Rica, and in Rome.

David Yarosh, Ph.D., is a licensed Clinical Psychologist specializing in clients with love relationship problems. He has integrated EMDR into his clinical practice of Individual and Couples Therapy. He is an EMDRIA Approved Consultant, runs an EMDR Consultation Group in New York City and has presented workshops on Effective EMDR for High-Functioning Clients with Intimacy Problems at the EMDRIA 2002 Conference at Coronado, CA, and the EMDRIA 2003 Conference at Denver, CO. In addition, he teaches Gestalt Therapy at the Gestalt Associates for Psychotherapy in New York, where he has been on the faculty for 20 years. He has been a Psychologist for the New York City Department of Correction, is a Phi Beta Kappa graduate of Dartmouth College, has a Doctorate from Adelphi University, and was a U.S. Public Health Service Fellow.

Directions to the Convention Center for the *EMDRIA Awards & Recognition Dinner* on **Friday, September 16th at 7:00pm**

- * Exit the Sheraton at 6th Ave. & Pike St.
- * Turn right (east) up Pike St. & walk one block to 7th Ave.
- * The main entrance is at 7th Ave. & Pike St.
- * Cross lobby to the upper level and turn right at Kinko's
- * Take the South Galleria escalator to Level 4 South,
where you will be directed to Level 6 & Ballroom 6AB

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2005 Poster Sessions



1. ***Integrated Treatment of PTSD and Substance Abuse with Chemically Addicted Offenders in a Drug Court Model: A Pilot Study***

Susan Brown, LCSW, BCD
Co-Founder: Lifeforce Services, Inc.
La Mesa, California, USA

Sara Gilman, MFT
Co-Founder: Lifeforce Services, Inc.
Encinitas, California, USA

2. ***The Seed To Weed Technique: An Approach To Explaining Trauma and Treatment Planning With Children and Adults***

Kirsten Jarecki, ACSW, LCSW-R
HarmonyHearth@aol.com
Glenwood, New York, USA

3. ***EMDR Treatment and Psychophysiological Changes: A Preliminary Study***

Miya Higa, MA
Graduate School of Psychology - Kurume University
Kurume City, JAPAN

Akira Tsuda
Department of Literature - Kurume University
Kurume City, JAPAN

4. ***That Was Then, This is Now: Sensory Stimulation and Parietal Integrative Functions***

Heather J. Pearson, B.Sc., M.D., FRCPC
Assistant Professor - Department of Psychiatry
Queen's University, Kingston, Ontario, CANADA

5. ***Pilot Research Study of EMDR Using QEEG***

James A. Kowal, Ph.D.
Life Worth Living Counseling and Psychology
Naperville, Illinois USA

Exhibitor Directory

Exhibit Hall Hours - West Ballroom

Thursday: 12 Noon until 5:30pm

Friday through Sunday: 7:30am until 5:30pm

The following pages may contain advertisements for products, programs, publications and/or services. EMDRIA provides this information as a service to Conference attendees, however, these services are not endorsed by EMDRIA and/or its Board of Directors or Officers.

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Website: www.BioLateral.com Email: Lauriedela@aol.com

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FREE TAKE ONE TABLE

Pamphlets, brochures, cards, leaflets, magazines, and similar materials will be displayed at the Take One Table in the Exhibit Hall. Please feel free to drop by and pick up anything that may be of interest to you.

Child Trauma Institute

P.O. Box 544
Greenfield, MA 01302-0544
Tel: (413) 774-2340
Website: www.childtrauma.com Email: rg@childtrauma.com

Child Trauma Institute provides EMDRIA-accredited professional CE programs in trauma treatment, advanced EMDR-related interventions (anger management, EMDR with kids, etc.), and basic EMDR training for therapists working with all ages. Workshops are scheduled internationally and can be offered at your site. We hold an annual Trainer's Retreat for those developing skills as supervisors, consultants, and workshop leaders. Child Trauma Institute also provides EMDR Consultation in person and by phone.

DNMS Institute

6421 Mondean St.
San Antonio, TX 78240
Tel: (210) 561-7881 Fax: (210) 561-7806
Website: www.dnmsinstitute.com Email: dnms@dnmsinstitute.com

The DNMS Institute provides training in the *Developmental Needs Meeting Strategy* (DNMS). The DNMS Institute exhibitor booth will be selling the 2005 edition of the DNMS book, *The Developmental Needs Meeting Strategy: An Ego State Therapy for Healing Childhood Wounds*, along with the latest DNMS DVDs. We will also be selling therapist tools, such as the TheraTapper™, which is the original alternating bilateral tactile stimulation tool for EMDR, and the new TASPER™ (Therapist Aid for Sensorimotor Processing or Emotional Release) which helps in processing strong emotions. Please come by for a demonstration.

EMDR Humanitarian Assistance Programs

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EMDR HAP is the Humanitarian assistance arm of the EMDR community. We provide education and clinical training to reach underserved populations anywhere in the world. We are a partnership of volunteers and donors to promote life, hope, and healing through EMDR.

EMDR International Association

P.O. Box 141925
Austin, TX 78714-1925
Tel: (512) 451-5200 Fax: (512) 451-5256
Website: www.emdria.org Email: info@emdria.org

The EMDR International Association (EMDRIA) is a membership organization of mental health professionals dedicated to the highest standards of excellence and integrity in EMDR. Its purposes are: a) to establish and uphold standards of practice, training, certification, and research; b) to provide information education and advocacy; and c) to assist practitioners in fulfilling their responsibilities to the public. Visit our booth for more information about programs, services and membership.

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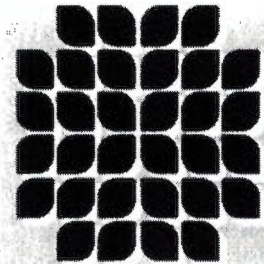


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Help your clients learn to prevent stress by becoming aware of when the stress response starts and stopping it in the moment with HeartMath's Freeze-Framer® Interactive Learning System technology. Your clients can take an active role in preventing stress, managing the emotions associated with stress, creating better health, and improving performance. Significant stress reduction benefits have been achieved by people with ADD, ADHD, anger, anxiety, asthma, autoimmune disorders, chronic pain, depression, digestive disorders, drug and alcohol abuse, heart problems, hypertension, respiratory problems, and sleeplessness. The Freeze-Framer system is an easy-to-use software program with a heart rhythm monitor. This system is an innovative approach to stress relief based on learning to change the heart rhythm pattern and create physiological coherence in the body. With the program clients can see how their thoughts and feelings affect their heart and nervous system. When stressed, the heart rhythms have an irregular, jagged incoherent pattern. When shifting to a more positive emotional state, the heart rhythm pattern changes to a smoother, wave-like, coherent pattern. By seeing the visual change on the screen and associating it with a more peaceful, calm internal state, clients can learn to manage stress and maintain a state of physiological coherence and balance. The Freeze-Framer technology is a complete learning system including an in-depth tutorial that gives detailed functions and features of the system and how to begin using it right away.

Roy Kiessling

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Tel: (513) 324-3637 Fax: (513) 561-3637
Email: rkiessling@cinci.rr.com

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Lifespan Integration

P.O. Box 651
Roslyn, WA 98941-0651
Tel: (509) 674-2343 Fax: (509) 649-3565
Website: www.LifespanIntegration.com Email: peggy@LifespanIntegration.com

Peggy Pace will be selling her book, *Lifespan Integration: Connecting Ego States through Time*. Peggy's book describes in detail the method which she developed for working with adults with histories of complex trauma. The book includes the Lifespan Integration protocol, and describes in detail how LI is used to integrate dissociated ego states, feeling states, and somatic states. Lifespan Integration can be used adjunctive to EMDR or as a stand alone protocol to treat a variety of disorders, including anxiety disorder, anorexia, and dissociative identity disorder. LI is now being used by many therapists worldwide. Peggy's book also includes a brief summary of how the brain develops and, more specifically, how separated self states become integrated during development. Peggy Pace proposes that this process of neural integration continues throughout the lifespan and can be expedited during therapy by use of LI. She supports her hypothesis about how and why LI is so effective in the psychological healing of adult survivors of childhood trauma by citing some of the most recent and relevant findings in neuroscience. Cost of Book: \$ 25.00

The Meadows

1655 N. Tegner St.
Wickenburg, AZ 85390
Tel: 1-800-MEADOWS / 1-800-632-3697 Outside US: (928) 684-3926 Fax: (928) 684-3261
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Neurolateral EMDR Technology

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by Francine Shapiro, PhD

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