

The EMDR International Association presents the  
16th Annual EMDRIA Conference



## 2012 EMDRIA CONFERENCE

*"EMDR & Attachment: Healing Developmental Trauma"*

October 4 - 7, 2012

Crystal Gateway Marriott | Washington, D.C.

[www.emdriaconference.com](http://www.emdriaconference.com)

# WELCOME TO THE 2012 EMDRIA CONFERENCE

## "EMDR & ATTACHMENT: HEALING DEVELOPMENTAL TRAUMA"

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, participants will be able to identify best practices and emerging research in the treatment of trauma; they will be able to apply advanced clinical skills in the use of trauma treatment modalities; and they will be able to identify ethical dilemmas and appropriate resolutions in educational settings, clinical supervision, and clinical practice.

### ROOM ASSIGNMENTS

#### THURSDAY

SESSION 101	MOMENT-TO-MOMENT DECISION MAKING: BROADENING THE POSSIBILITIES   LALOTIS & KORN.....	GRAND SALON A - E
SESSION 102	EMDR IN THE MILITARY: TRAUMA, ATTACHMENT AND FAMILIES   SILVER.....	GRAND SALON F - H
SESSION 103	TARGETING CONFUSION TO FACILITATE TRAUMA RESOLUTION AND PROMOTE ATTACHMENT   LOVETT.....	GRAND SALON J - K

#### FRIDAY

SESSION 201	EPIGENETICS: WHAT DOES IT EXPLAIN ABOUT TRAUMA SURVIVORS?   YEHUDA.....	GRAND BALLROOM
SESSION 221	MINDFUL AWARENESS AND THE ROLE OF RESONANCE WITHIN EMDR PROTOCOL   SIEGEL.....	GRAND SALON A - E
SESSION 222	THE NEUROBIOLOGY OF TRAUMA MADE SIMPLE   URAM.....	ARLINGTON SALON III
SESSION 223	RESEARCH EMDR IN YOUR PRACTICE   WHEELER.....	ARLINGTON SALON I
SESSION 224	SETTING STANDARDS USING THE CORE COMPETENCY MODEL - AN EXAMPLE   FREITAG.....	ARLINGTON SALON II
SESSION 225	BASICS FOR EMDRIA CONFERENCE SUBMISSIONS   LENDL.....	JEFFERSON
SESSION 226	WRITING FOR THE JOURNAL OF EMDR PRACTICE AND RESEARCH   GREENWALD.....	LEE
SESSION 231	THE POLYVAGAL THEORY: A BIOBEHAVIORAL DECONSTRUCTION OF TRAUMA-RELATED EXPERIENCES   PORGES.....	GRAND SALON A - E
SESSION 232	BONDING THE PIECES: TREATING CHILDREN UNGLUED BY FAMILY DISRUPTIONS   KLAFF.....	ARLINGTON SALON I
SESSION 233	EMDR TREATMENT OF MIGRAINE AND CHRONIC DAILY HEADACHE   KONUK, EPOZDEMIR & HACIOMEROGLU.....	GRAND SALON J - K
SESSION 234	BORDERLINE PERSONALITY DISORDER AND EMDR   LEEDS & MOSQUERA.....	GRAND SALON F - H
SESSION 235	TREATMENT OF ATTACHMENT TRAUMA AND THE DISSOCIATIVE SEQUELAE   ADLER-TAPIA.....	ARLINGTON SALON III
SESSION 236	EMDR-AIP UPDATE AND APPLICATIONS FOR EMDRIA APPROVED CONSULTANTS   LENDL & KONG.....	ARLINGTON SALON II

#### SATURDAY

SESSION 301	TRAUMA, ATTACHMENT, DISSOCIATION AND EMDR   ROSS.....	GRAND BALLROOM
SESSION 311	ACUTE, CHRONIC AND COMPLEX PTSD   BERGMANN.....	GRAND SALON J - K
SESSION 312	EMDR BOOT CAMP: AN INTENSIVE REFRESHER COURSE   FORESTER.....	ARLINGTON SALON I
SESSION 321	USING HISTORY TAKING (AND MORE) TO SEAMLESSLY PREPARE CLIENTS FOR EMDR PROCESSING   ZANGWILL.....	GRAND SALON A - E
SESSION 322	OASIS IN THE OVERWHELM: AFFECT MANAGEMENT/STABILIZATION WITH DIVERSE CULTURES   GRENOUGH.....	ARLINGTON SALON III
SESSION 323	THE BOND BETWEEN THEORY, RESEARCH AND PRACTICE: TEACHING THERAPISTS "RESEARCHLEASE"   ADLER-TAPIA.....	ARLINGTON SALON II
SESSION 324	PRESENTATION SKILLS   GREENWALD.....	LEE
SESSION 331	THE FEELING-STATE THEORY AND THE IMPULSE-CONTROL DISORDER PROTOCOL   MILLER.....	ARLINGTON SALON III
SESSION 332	PRINCIPLES OF TRAUMA MODEL THERAPY: INTEGRATION WITH EMDR   ROSS.....	GRAND SALON A - E
SESSION 333	EMDR-FAMILY THERAPY INTEGRATIVE TEAM APPROACH   WESSELMANN, SCHWEITZER.....	ARLINGTON SALON II
SESSION 334	THE IMPACT OF COMPLEX PTSD AND ATTACHMENT ISSUES ON PERSONAL HEALTH   FORGASH.....	GRAND SALON F - H
SESSION 335	ATTACHMENT AT THE SOCIETAL LEVEL: REPROCESSING INTERNALIZED STIGMA AND OPPRESSION   NICKERSON & DESPLANTES.....	M'LEAN

#### SUNDAY

SESSION 401	EMDR THERAPY UPDATE: THEORY, RESEARCH AND PRACTICE   SHAPIRO.....	GRAND BALLROOM
SESSION 431	INTEGRATING EMDR-AIP AND BOWEN VARIATIONS OF TRIANGLING   TERRELL & MYKLAND.....	CANCELLED
SESSION 432	THE UNFORGIVEN: EMDR, EGO STATES AND ATTACHMENT IN THE TREATMENT OF EATING DISORDERS   SEUBERT.....	CANCELLED
SESSION 433	31 SECRETS OF THE EMBODIED SELF: HEARING BABY'S STORY IN EMDR FOR TRAUMA IN IMPLICIT MEMORY   PAULSEN.....	GRAND SALON A - E
SESSION 434	TREATING DISSOCIATION, RITUAL ABUSE AND MIND CONTROL FROM AN ATTACHMENT PERSPECTIVE   SETTLE & BOLTE.....	ARLINGTON SALON III
SESSION 435	NEUROBIOLOGY, ADAPTIVE INFORMATION PROCESSING   LANIUS.....	GRAND SALON J - K
SESSION 436	ESSENTIAL SKILLS FOR EMDR CONSULTATION   MORROW.....	ARLINGTON SALON II



# SCHEDULE AT A GLANCE

## WEDNESDAY, OCTOBER 3RD

4:00PM - 6:00PM	Registration Desk	Register for Pre-Conference ONLY
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## THURSDAY, OCTOBER 4TH

7:00AM - 8:00AM	Registration Desk	Registration for Pre-Conference ONLY
7:00AM - 8:00AM	Back of Exhibit Hall	Continental Breakfast
7:00AM - 6:00PM	Arlington Ballroom	Exhibit Hall Open
8:00AM - 3:30PM	Room Locations on Page 3	Pre-Conference Sessions (101-103)
10:00AM - 10:30AM	Back of Exhibit Hall	Coffee Break
12:30PM - 2:00PM	On your Own	Lunch
2:00PM - 6:00PM	Registration Desk	Registration for Main Conference
4:00PM - 5:00PM	Grand Ballroom	Opening Address - Steven Silver, Ph.D. and E.C. Hurley, Ph.D.
5:00PM - 6:00PM	Back of Exhibit Hall	Opening Reception (Complimentary hors d'oeuvres / Cash bar will be provided)

## FRIDAY, OCTOBER 5TH

7:30AM - 5:30PM	Registration Desk	Registration
7:30AM - 8:30AM	Back of Exhibit Hall	Continental Breakfast
7:00AM - 5:30PM	Arlington Ballroom	Exhibit Hall Open
8:45AM - 10:30AM	Grand Ballroom	Plenary Session (201) Rachel Yehuda, Ph.D.
10:30AM - 11:00AM	Back of Exhibit Hall	Coffee Break
11:00AM - 12:30PM	Room Locations on Page 3	Workshop Sessions (221-226)
12:30PM - 2:00PM	On your Own	Lunch
2:00PM - 5:30PM	Room Locations on Page 3	Workshop Sessions (231-236)
3:30PM - 4:00PM	Back of Exhibit Hall	Coffee Break
5:45PM - 6:15PM	Alexandria Room	How to Become an EMDRIA Volunteer
7:00PM - 9:30PM	Grand Ballroom	EMDR Awards & Recognition Dinner
9:30PM - Midnight	Grand Ballroom	EMDR HAP Dance

## SATURDAY, OCTOBER 6TH

7:30AM - 5:30PM	Registration Desk	Registration
7:30AM - 8:30AM	Back of Exhibit Hall	Continental Breakfast
7:30AM - 7:45PM	Arlington Ballroom	Exhibit Hall Open
8:45AM - 10:30AM	Grand Ballroom	Plenary Session (301) Colin Ross, M.D.
10:30AM - 11:00AM	Back of Exhibit Hall	Coffee Break
11:00AM - 5:30PM	Room Locations on Page 3	Workshop Sessions (311-312)
11:00AM - 12:30PM	Room Locations on Page 3	Workshop Sessions (321-324)
12:30PM - 2:00PM	On your Own	Lunch
2:00PM - 5:30PM	Room Locations on Page 3	Workshop Sessions (331-335)
3:30PM - 4:00PM	Back of Exhibit Hall	Coffee Break
5:45PM - 6:45PM	Arlington Salon III	EMDR General Membership Meeting
6:45PM - 7:45PM	Arlington Ballroom & Foyer	Networking Reception & Poster Session

## SUNDAY, OCTOBER 7TH

7:30AM - 3:30PM	Registration Desk	Registration
7:30AM - 8:30AM	Back of Exhibit Hall	Continental Breakfast
7:30AM - 2:00PM	Arlington Ballroom	Exhibit Hall Open
8:45AM - 10:30AM	Grand Ballroom	Plenary Session (401) Francine Shapiro, Ph.D.
10:30AM - 11:00AM	Back of Exhibit Hall	Coffee Break
11:00AM - 3:30PM	Room Locations on Page 3	Workshop Sessions (431-436)
12:30PM - 2:00PM	On your Own	Lunch
3:30PM		Conference Concludes

# ACKNOWLEDGEMENTS

We would like to acknowledge the EMDRIA Conference Committee, Conference Volunteers, Volunteer Monitors, University Student Monitors, Board of Directors and EMDRIA Staff for the effort and time they have contributed to this event as well as their dedication to EMDRIA as an organization. This Conference would not be possible and EMDRIA would not be the successful organization it is today without their help. Thank you.

## 2012 EMDRIA BOARD OF DIRECTORS

Warren Faber, Ph.D. - President  
Sandra Kaplan, LCSW - Secretary  
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Gary Peterson, M.D.

## CONFERENCE COMMITTEE

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Bennet Wolper, MSW

## CONFERENCE VOLUNTEERS

Wendy Freitag, Ph.D.

Jocelyne Shiromoto, MSW, LCSW

Laura Steele, Psy.D., MFT

## EMDR INTERNATIONAL ASSOCIATION STAFF

Mark G. Doherty, CAE - Executive Director  
Clara Bensen - Administrative Assistant  
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Lynn Simpson - Membership Services Coordinator

Gayla Turner, CAE - Deputy Executive Director  
Nicole Evans - Communications Specialist  
Jennifer Olson - Conference & Administrative Coordinator

## QUIET ROOM

(LOCATED IN THE MT. VERNON ROOM ON THE SECOND FLOOR)

During a working Conference of this nature, you might find yourself over-saturated by the material or experiencing sensory fatigue due to changes in lighting, noise levels and temperature. If you would like to take a moment to sit quietly undisturbed, or reflect in solitude, you may seek an oasis in the room we have reserved as a dedicated Quiet Room. We invite you to utilize this service, at any time during Conference program hours, if you feel the need. We hope you find it helpful.



## EMDR SIG MEETINGS

THURSDAY, OCTOBER 4TH

### PERFORMANCE ENHANCEMENT

12:45PM - 1:45PM

Lee Room

### MILITARY

12:45PM - 1:45PM

Madison Room

FRIDAY, OCTOBER 5TH

### CHILD & ADOLESCENT

12:45PM - 1:45PM

Rosslyn Room

### EATING DISORDERS

12:45PM - 1:45PM

Manassas Room

### ENERGY & MEDICINE

5:30PM - 6:30PM

Arlington Salon III

### MILITARY

12:45PM - 1:45PM

Madison Room

### PUBLIC PRACTICE & DIVERSITY

12:45PM - 1:45PM

Jackson Room

SATURDAY, OCTOBER 6TH

### JUVENILE CORRECTIONS

12:45PM - 1:45PM

Manassas Room

### MILITARY

12:45PM - 1:45PM

Madison Room

SUNDAY, OCTOBER 7TH

### MILITARY

12:45PM - 1:45PM

Madison Room

### RESEARCH

12:45PM - 1:45PM

Jackson Room

## THURSDAY, OCTOBER 4TH

### NEW MEMBER & FIRST-TIME ATTENDEE BREAKFAST RECEPTION

7:00AM - 8:00AM | ARLINGTON SALON II

New EMDRIA members and first-time Conference attendees are invited to join us for an exclusive breakfast reception. Come and mingle with the EMDRIA Board of Directors, committee members and other first-time attendees and new members. Take advantage of this exclusive opportunity to network with peers, establish connections and learn about EMDRIA member benefits.

### OPENING ADDRESS | PRESENTED BY STEVEN SILVER, PH.D. AND E.C. HURLEY, PH.D.

4:00PM - 5:00PM | GRAND BALLROOM

Beginning in 2003, a concerted effort began with U.S. military units and organizations to provide training in EMDR. While such activities had taken place before, this effort reflected the pressure of the post-9/11 world. By 2007, the U.S. Army's Army Medical Department developed a program to provide training in empirically validated therapies for PTSD, including EMDR. Consultation was provided for those wishing to gain the Basic Training in EMDR status. In 2009 this program underwent a massive expansion and continues to this day. The speakers will discuss the program's history, its current status, and the lessons that have been learned.

### OPENING RECEPTION

5:00PM - 6:00PM | ARLINGTON BALLROOM

You are invited to join us for hors d'oeuvres and cocktails. This is a great opportunity to meet new people, become reacquainted with old friends and meet our 2012 Exhibitors and Sponsors. Everyone is welcome. A cash bar will be provided.

## FRIDAY, OCTOBER 5TH

### NEW MEMBER & FIRST-TIME ATTENDEE BREAKFAST RECEPTION

7:00AM - 8:45AM | ARLINGTON SALON II

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### REGIONAL COORDINATORS MEETING

12:45PM - 1:45PM | JEFFERSON ROOM

All Regional Coordinators are invited to a meeting to discuss policies and activities of the EMDRIA Regional Coordinating program. If you are interested in becoming a Regional Coordinator, you are welcome to attend. Bring your lunch with you. Lunch will not be provided.

### HAP VOLUNTEER MEETING

12:45PM - 1:45PM | LEE ROOM

### HOW TO BECOME AN EMDRIA VOLUNTEER

5:45PM - 6:15PM | ALEXANDRIA ROOM

EMDR invites anyone interested in opportunities to volunteer to attend. At this meeting, you can have your questions answered about volunteering for EMDRIA as a Committee Member or about becoming a Board Member.

### EMDR AWARDS & RECOGNITION DINNER

7:00PM - 9:30PM | GRAND BALLROOM

EMDR recognizes those who have dedicated their time, expertise, and knowledge to the preservation and growth of EMDR and EMDRIA. On-Site Registrants and those who RSVP'd 'not attending' will not be able to attend.

### EMDR HAP DANCE

9:30PM - MIDNIGHT | GRAND BALLROOM

Join EMDR HAP at their annual fundraiser as they honor HAP Volunteers at the HAP Dance. Entertainment will be provided.

## SATURDAY, OCTOBER 6TH

### EMDRIA GENERAL MEMBERSHIP MEETING

5:45PM - 6:45PM | ARLINGTON SALON III

The EMDRIA Board of Directors welcomes this opportunity to listen to your perspectives regarding the paths EMDRIA needs to take to keep us strong, vibrant and relevant as the future unfolds. Please come help plan the organization's future.

### NETWORKING RECEPTION & POSTERS SESSION

6:45PM - 7:45PM | EXHIBIT HALL & FOYER

This is an opportunity to meet the authors of the posters selected for the Conference and to ask questions. Hors d'oeuvres and a cash bar will be provided.

### UPCOMING EMDRIA CONFERENCES

MARK YOUR  
CALENDARS TODAY!

**2013**

September 26 - 29, 2013  
Austin, TX

**2014**

September 18 - 21, 2014  
Denver, CO

## POSTER SESSIONS

- 1** **THE EFFECT OF THREE TREATMENTS FOR RECENT TRAUMA ON TRAUMA RELATED COGNITIONS**  
Blanch Freund, Ph.D. | Adjunct Associate Professor & Lecturer - Department of Psychology - University of Miami | Coral Gables, Florida
- 2** **INTEGRATING STRUCTURAL BOWEN THEORY AND EMDR: HEALING TRAUMA AND SEXUAL DISORDERS AFTER A RAPE SUFFERED**  
Tania M F Aloisio | MA - Catholic University of Brasilia - Currently a doctoral student at the Federal University of Rio de Janeiro
- 3** **EMDR TO ENHANCE THE ACCEPTANCE AND TREATMENT COMPLIANCE OF TYPE 1 DIABETES**  
Russell Buckbee, LISW | Renew Psychological - Private Practice Group | Hudson, Ohio
- 4** **EMDR TREATMENT FOR A TRANSGENDER WOMAN: A SINGLE-CASE STUDY**  
Rebecca Culver, Ph.D. | Director of Mental Health Services - Community Health Ministry Clinic | Wamego, Kansas
- 5** **CLINICIAN EXPERIENCES WITH EMDR: FACTORS INFLUENCING ATTRITION AND RETENTION**  
Jackie Grimmer, LPC | Forensic Evaluator - Mental Health Institute | Colorado Springs, Colorado
- 6** **EYE MOVEMENT DESENSITIZATION AND REPROCESSING IN CONJOINT COUPLES THERAPY: A GROUNDED THEORY STUDY**  
Elizabeth Legg, MA, LPC, NCC | MA - University of Northern Colorado - In process of completing Ph.D. with expected graduation in August 2013
- 7** **EMDR AS A TREATMENT FOR BULIMIA NERVOSA IN A CLINICAL PRIVATE PRACTICE SETTING**  
DaLene Forester, Ph.D. | Private Practice | Redding, California
- 8** **EMDR RESEARCH FOUNDATION**  
(Note: This is not an official poster submission)



## PLENARY SPEAKERS



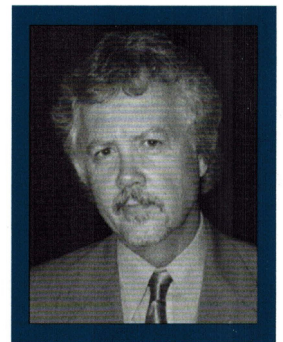
FRANCINE SHAPIRO, PH.D.

### Francine Shapiro, Ph.D.

Dr. Francine Shapiro is a Senior Research Fellow at the Mental Research Institute in Palo Alto, California, Director of the EMDR Institute, and founder of the EMDR Humanitarian Assistance Programs. She is a recipient of the International Sigmund Freud Award of the City of Vienna for distinguished contribution to psychotherapy, the American Psychological Association Trauma Division Award for Outstanding Contributions to Practice in Trauma Psychology, and the Distinguished Scientific Achievement in Psychology Award, from the California Psychological Association. She has been an invited speaker at psychology conferences worldwide, and has written and co-authored more than 60 articles, chapters, and books about EMDR.

### Colin Ross, M.D.

Dr. Ross is an internationally renowned clinician, researcher, author and lecturer in the field of traumatic stress and trauma related disorders. He is the founder and president of the Colin A. Ross Institute for Psychological Trauma. Dr. Ross is also the Executive Medical Director of three trauma programs located at Timberlawn Mental Health System in Dallas, Texas, Forest View Hospital in Grand Rapids, Michigan, and Del Amo Hospital in Torrance, California. In addition to his treatment programs Dr. Ross has authored over 140 professional papers and 23 books. He has reviewed for numerous professional journals, and is a member of the American Psychiatric Association and is a past president of the International Society for the Study of Trauma and Dissociation.



COLIN ROSS, M.D.

### Rachel Yehuda, Ph.D.

Dr. Yehuda, Professor of Psychiatry and Neuroscience, is the Director of the Traumatic Stress Studies Division at Mount Sinai School of Medicine and the Mental Health Patient Care Center Director at the James J. Peters Veterans Affairs Medical Center. She received her Ph.D. in Psychology and Neurochemistry from the University of Massachusetts at Amherst and completed her postdoctoral training in Biological Psychiatry in the Psychiatry Department at Yale Medical School. Dr. Yehuda has authored more than 300 published papers, chapters, and books in the field of traumatic stress and the neurobiology of PTSD and has received numerous federal grants. She has received many awards in recognition of her work including the Curt Richter Prize in Psychoneuroendocrinology, and the Laufer Award from the International Society for Traumatic Stress and has received guest professorships from the Max Planck Institute for Psychiatry (Munich, Germany) 2004 and Leiden University (Leiden, 2010) to recognize outstanding contributions in neuroscience and endocrinology, respectively.



RACHEL YEHUDA, PH.D.

## PRE-CONFERENCE SPEAKERS

### Deborah Korn, Ph.D.

Dr. Korn maintains a private practice and serves as a faculty member at the Trauma Center at Justice Resource Institute in Boston. She has been on the faculty of the EMDR Institute for the past 17 years and has authored or co-authored several prominent articles focused on EMDR treatment, including a recently published review of EMDR applications with Complex PTSD. She presents and consults internationally on the treatment of adult survivors of childhood abuse and neglect. She has been a regular presenter at the EMDR International Association Conference and was invited to present the association's first "Masters Series" class.

### Deany Lallotis, LICSW

Deany Lallotis specializes in the treatment of traumatic stress disorders and attachment issues. She is currently a Senior Trainer for EMDR Institute and has been on their faculty since 1993. Deany is an EMDRIA-Approved Provider of Basic Training and Consultant and has presented at numerous conferences on the psychotherapy of EMDR and attachment both in the US and abroad. Deany has co-authored an article with Francine Shapiro on EMDR and the Adaptive Information Processing Model: Integrative Treatment and Case Conceptualization, published in the Journal of Clinical Social Work, October 12, 2010. Deany maintains a private practice in Washington, D.C. and is the Co-Director of EMDR of Greater Washington.

## Joan Lovett, M.D., FAAP

Dr. Lovett is a behavioral pediatrician in private practice in Berkeley, California. She graduated from Wellesley College and University of California San Francisco School of Medicine. She completed her pediatric internship and residency at Montreal Children's Hospital, after which she was a Robert Wood Johnson Clinical Scholar at Stanford University. Currently, Dr. Lovett is an EMDRIA Approved Consultant. She has given presentations on EMDR at Menninger's Clinic; EMDR conferences in the US, Canada, and Europe; and EMDR trainings in the United States, Europe and Costa Rica. Dr. Lovett is the author of *Small Wonders: Healing Childhood Trauma with EMDR*.

## Steven Silver, Ph.D.

Dr. Silver is a psychologist who has been a Senior Trainer for the EMDR Institute and was the first Programs Chair for EMDR Humanitarian Assistance Programs. He is a veteran of both the Marine Corps, in which he served in combat, and the Army, and has worked as a counselor and therapist with war veterans and their families since 1972. For 26 years he was the director of an inpatient VA Medical Center PTSD Program for combat veterans. Dr. Silver has participated in humanitarian relief activities involving EMDR all over the world, including Bangladesh, Northern Ireland, Croatia, Bosnia, Oklahoma City, and New York City. He also was a member of two Pennsylvania Critical Incident Stress Teams. Co-author, with Dr. Susan Rogers, of "Light in the heart of darkness: EMDR and the treatment of war and terrorism survivors," he has over 50 professional publications to his credit including numerous articles on the research, teaching, and theory of EMDR. A recipient of the Elizabeth Snyder Memorial Award (EMDR-HAP), the Ronald A. Martinez, Ph.D., Memorial Award (EMDR Institute), and the Outstanding and Sustained Service Award, (EMDRIA), he is currently the primary EMDR consultant to the U.S. Army Empirically Validated Trauma Treatment Training Program where he has been a consultant to over 480 military clinicians.

## CUTTING EDGE SPEAKER

## Stephen Porges, Ph.D.

Dr. Porges is currently Professor of Psychiatry and Biomedical Engineering and Director of the Brain-Body Center at the University of Illinois at Chicago. He is leaving the University of Illinois in July to become Principal Researcher for Behavioral Neuroscience at Research Triangle Institute (RTI) International in North Carolina. He is the former President of the Federation of Behavioral, Psychological and Cognitive Sciences and the Society for Psychophysiological Research. He is the originator of the Polyvagal Theory. The theory provides insights into symptoms observed in several behavioral, psychiatric, and physical disorders. Professor Porges has published approximately 200 peer-reviewed articles and has authored "The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation" (Norton, 2011).



### EMDR INSTITUTE INC

#### 2012-13 SCHEDULE

	Weekend 1	Weekend 2
Portland OR	Oct 19-21	Apr 5-7, 13
Boston MA	Oct 26-28	Mar 1-3, 13
Phoenix AZ	Oct 26-28	Feb 8-10, 13
Minneapolis MN	Nov 2-4	Apr 12-14, 13
Reno NV	Nov 9-11	Apr 26-28, 13
Cincinnati OH	Nov 9-11	May 3-5, 13
Iselin NJ	Nov 30-Dec 2	Apr 5-7, 13
Phoenix AZ	Jan 11-13, 13	Jun 28-30, 13
San Francisco CA	Jan 25-27, 13	Jul 26-28, 13
Tampa FL	Jan 25-27, 13	Jun 28-30, 13
Charlotte NC	Feb 1-3, 13	Aug 16-18, 13
Seattle WA	Feb 8-10, 13	Jun 28-30, 13
Dallas TX	Feb 22-24, 13	Jun 21-23, 13
Milwaukee WI	Mar 22-24, 13	Jun 21-23, 13
Kansas City KS	Apr 5-7, 13	Aug 9-11, 13
Providence RI	Apr 26-28, 13	Nov 1-3, 13

#### ADVANCED APPLICATIONS WORKSHOPS

[www.emdr.com/training-information](http://www.emdr.com/training-information)

#### REFERRALS • RESEARCH • CLINICAL AIDS

VISIT [www.emdr.com](http://www.emdr.com) for details

#### DISTANCE LEARNING PROGRAMS

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# CONTINUING EDUCATION

Please be aware that all credit hours will be awarded according to the individual requirements of each continuing education agency.

## SATISFACTORY COMPLETION:

Participants must complete an evaluation form in order to receive a certificate of completion/attendance. Your chosen sessions must be attended in their entirety. Partial credit of individual sessions is not available. It is imperative that you scan in and out of every session you attend, as you will not be able to obtain credits if you do not. NO EXCEPTIONS.

## OVERALL CONFERENCE EDUCATIONAL OBJECTIVES:

1. Participants will be able to discuss EMDR treatment for PTSD and other diagnoses to improve practitioner competence and patient outcomes.
2. Participants will be able to apply new strategies for integrative treatment of clinical cases.

## TARGET AUDIENCE:

National audience of mental health professionals including psychiatrists, psychologists, social workers, advanced nurse practitioners, counselors and marriage and family therapists.

## ACCREDITING AGENCIES

### American Psychological Association

EMDR International Association is approved by the American Psychological Association to sponsor continuing education for psychologists. EMDR International Association maintains responsibility for the program and its content.

### National Board of Certified Counselors

EMDR International Association is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (NBCC #5757)

### California Board of Behavioral Sciences

For California, the course meets the qualifications for 22 hours of continuing education credit for MFTs and/or LCSWs, as required by the California Board of Behavioral Sciences. EMDR International Association, Provider #PCE233

### Texas State Board of Marriage and Family Therapists

EMDR International Association is approved by the Texas State Board of Marriage and Family Therapists to provide continuing education to Marriage and Family Therapists. Provider #223

### National Association of Social Workers

This program is approved by the National Association of Social Workers (Provider # 886370850-8943) for 22 Continuing Education Contact Hours.

### Texas State Board of Social Work Examiners

EMDR International Association is approved by the Texas State Board of Social Work Examiners to provide continuing education to Social Workers. Provider #2689

### EMDR International Association

All sessions of this Conference are approved for EMDRIA Credit except those indicated in the program.

SESSIONS	CE CREDITS	TOTAL POSSIBLE CEs
<b>THURSDAY</b>		<b>5.5</b>
101 - 103	5.5	
<b>FRIDAY</b>		<b>6</b>
201	1.5	
221 - 226	1.5	
231 - 236	3	
<b>SATURDAY</b>		<b>6</b>
301	1.5	
311 - 312	4.5	
321 - 324	1.5	
331 - 335	3	
<b>SUNDAY</b>		<b>4.5</b>
301	1.5	
311 - 312	3	
<b>TOTAL</b>		<b>22</b>

### ACCME Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Institute for the Advancement of Human Behavior (IAHB) and EMDR International Association. The IAHB is accredited by the ACCME to provide continuing medical education for physicians.

### AMA | PRA Designation Statement

The Institute for Advancement of Human Behavior is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

### Nurses

The Institute for Advancement of Human Behavior is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

# Upcoming AEI Trainings

Presented by DaLene Forester, PhD, LMFT, Director and Trainer with AEI  
Continuing Education for the Life-long learner

## **EMDR Boot Camp** September 21 and 22, 2012

A two day EMDR Skills refresher course specifically designed for EMDR trained clinicians who have not had the opportunity to practice EMDR. This course will build your confidence and competence in using EMDR in your clinical practice with intensive, hands-on experience. Previous attendance at an EMDRIA approved EMDR Basic Training is required. Qualifies for 12 EMDRIA Credits.

## **EMDR with ED** March 8, 2013

A one day training for EMDR therapists who work with Eating Disorders (ED) or who work with Eating Disorders but have not yet incorporated EMDR with these clients. EMDR is uniquely suited for working with underlying trauma and negative belief systems associated with patients who have Eating Disorders and disordered eating.

## **EMDR Basic Training** March 14-16 (first 3-day training) and April 25-27, 2013 (second 3-day training)

The complete EMDR Basic Training approved by the EMDR International Association (EMDRIA), including 10 hours of consultation. This course consists of didactic presentations, demonstrations, supervised practicum, and case consultations. Participants must attend the full training and five 2-hour consultation groups to receive a certificate of completion. Approval of partial programs will not be granted. See website for full details.

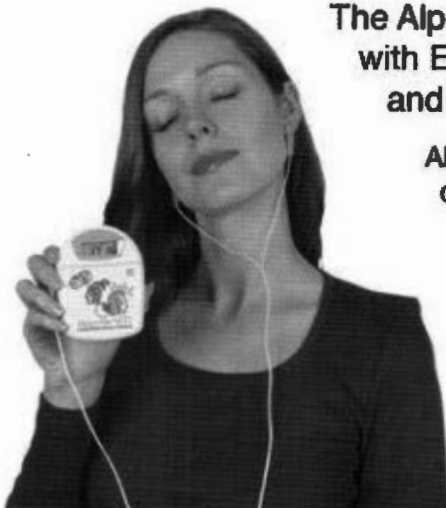
## **Clinical Supervision** April 12 and 13, 2013

A two day training for new and experienced Clinical Supervisors seeking to meet requirements to Supervise Interns and Trainees. This training is specific to California Board of Behavioral Sciences requirements.



For more information:  
[www.aei4you.com](http://www.aei4you.com)  
[dalene@drforester.com](mailto:dalene@drforester.com)  
530-245-9221

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# ABOUT THE PRESENTERS

## **ROBBIE ADLER-TAPIA, Ph.D.**

Dr. Adler-Tapia is a licensed psychologist who has worked with children and their families for over 25 years. She also works with adults with chronic and severe trauma histories. Dr. Adler-Tapia is an EMDRIA-Approved Consultant, an EMDR Institute Facilitator, and an EMDR-HAP Trainer. She has extensive training in Developmental Psychology also working with children 0-3 years of age. She has served as clinical director for several nonprofit agencies and is currently in private practice in Tempe, Arizona. In her practice, she offers counseling, consultation, and psychological services for children and families referred by Arizona Child Protective Services. She also provides specialized psychological services to law enforcement and first responders. Robbie has provided international trainings on psychotherapy with traumatized children, including specialized trauma treatment with EMDR at several EMDRIA conferences, and has published on these topics. Dr. Adler-Tapia volunteers with EMDR HAP and the HAPKIDS Project providing training, consultation and mentoring in EMDR.

## **URI BERGMANN, Ph.D.**

Uri Bergmann is an EMDR Institute Senior Facilitator and Presenter as well as an EMDRIA-Approved Trainer and Consultant. He is the past-president of EMDRIA and is currently serving as an advisory director to the board of directors. He is an active lecturer and consultant on EMDR, the neurobiology of EMDR, and the integration of EMDR with psychodynamic and ego state treatment. He has authored and published journal articles and book chapters on the neurobiology of EMDR and the treatment of dissociation and is currently serving on the editorial boards of *Traumatology*, and the *Journal of EMDR Practice and Research*. He is currently in full-time private practice in Commack and Bellmore, N.Y.

## **SOOZI BOLTE, LPC, LISAC**

Soozi Bolte is currently in private practice at Optimal YOU in Scottsdale, AZ. She completed her undergraduate work in Sociology at UCLA. After two decades of working in the world of non-profit and church ministry, she finished an MA in ministry and leadership at Fuller Theological Seminary and completed her MC in Counseling from University of Phoenix. She is licensed in Arizona as a professional counselor (LPC) and an independent substance abuse counselor (LISAC). Mrs. Bolte has enriched her clinical training by completing a Residency in Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT). She has also studied to become a Certified Practitioner in Psychodrama, trained in Emotionally Focused Couple Therapy (EFT), and is EMDR Certified and an EMDRIA Approved Consultant and Hap Facilitator. She focuses much of her work in addition as a certified sex addiction counselor (CSAT). By working with her client's to discover their stories, she is able to help them uncover habits, wounds and unmet needs that interfere with their ability to fully live life.

## **DIANE DESPLANTES, LCSW**

Diane DesPlantes is Principal Consultant and President of S.U.R.G.E., Inc. She received her graduate degree from Hunter College Graduate School of Social Work, and has her private practice in New Jersey. She is a Master Trainer and the lead curriculum designer on Cultural Competency for The New Jersey Department of Children and Families. She has specialized in cultural humility since 1996 and has consulted independently for several years. She has served as a keynote speaker and workshop presenter at national conferences. As a member of EMDRIA, she is the Chairperson for the SIG Public Practice and Diversity. She also sits on the Membership Committee of EMDRIA.

## **HEJAN EPOZDEMIR**

Hejan Epozdemir is a clinical psychologist, Projects Coordinator and research consultant at The Institute for Behavioral Studies, Istanbul, Turkey. She has been working with adults, couples and families, giving trainings, seminars and workshops to psychotherapists. She is an EMDR Europe Practitioner and EMDR Europe Consultant in training. She worked as the Project Coordinator of "The Treatment of Chronic Headache with EMDR Research Project" and a multicenter project "EMDR in the Treatment of Depression Disorders", a cooperation project of the EMDR Institute Germany with the European Depression EMDR network. (EDEN). She uses EMDR in clinical treatment of various problem areas.

## **DALENE FORESTER, Ph.D.**

Dalene Forester is a Licensed Marriage and Family Therapist in Redding, CA specializing in the treatment of Eating Disorders and Posttraumatic Stress Disorder. Dr. Forester founded the Advanced Education Institute ([www.aei4you](http://www.aei4you)) and provides clinical trainings to Mental Health professionals in EMDR, Motivational Interviewing, Clinical Supervision, the Clinical Treatment of Eating Disorders and much more. Originally trained in EMDR in 1993, Dr. Forester is an EMDRIA Certified EMDR Therapist, Approved Consultant and an EMDRIA Approved Basic Trainer. She has two chapters published in *EMDR Solutions II*, R Shapiro (ed.), W.W. Norton, 2009.

## **CAROL FORGASH, LCSW**

Carol Forgash has a clinical and consulting practice in Smithtown, NY, U.S. She is an EMDR Institute Facilitator and an EMDRIA Approved Consultant and Credit Provider. Ms Forgash is a lecturer and consultant on the integration of EMDR with Ego State therapy and psychodynamic treatment. She provides psychotherapy utilizing EMDR and Ego State therapy for: complex post-traumatic stress disorders, dissociative disorders, Axis 2 disorders, performance enhancement, depression, anxiety, and problems associated with serious illness. Carol has been an invited speaker at international EMDR and ISST-D conferences and at workshops in the United States, Europe and Asia. She is a past president of the Board of Directors of the EMDR Humanitarian Assistance Programs. Ms. Forgash is a member of the National Association of Social Workers and is a Board Certified Diplomate in Clinical Social Work.

## **WENDY J. FREITAG, Ph.D.**

Wendy J. Freitag is a clinical psychologist in private practice in Wauwatosa, WI. She has a general practice, serving adults with trauma, anger, and grief issues as well as specializes in performance enhancement and coaching. She also conducts both group and individual consultation for EMDR clinicians at all levels of credentialing. Dr. Freitag served on the EMDRIA Board for 8 years in the positions of President, Secretary and as a Director. She is an EMDRIA Approved Consultant, Credit Provider and Regional Coordinator, and EMDR Institute Facilitator and Logistician. During her tenure on the Board she served on several EMDRIA committees and chaired the task group dealing with EMDR educational programs and the professional development of EMDR clinicians. After leaving Board service, she continued to chair the administrative task group responsible for the development of the new Basic Training Curriculum requirements. She is currently President of the EMDR Research Foundation. Dr. Freitag was the Francine Shapiro Award recipient in 2004.

## RICKY GREENWALD, Psy.D.

Ricky Greenwald is founder and executive director of the Trauma Institute and Child Trauma Institute, affiliate professor at the SUNY University of Buffalo School of Social Work and a Fellow of the American Psychological Association. Dr. Greenwald is a pioneer on EMDR training and practice and author of several books, including *EMDR in Child and Adolescent Psychotherapy* (1999), *Child Trauma Handbook* (2005), *EMDR Within a Phase Model of Trauma-Informed Treatment* (2007) and *Treating Problem Behaviors* (2009). He is active in research on trauma assessment, treatment and training.

## MILLIE GRENOUGH, MAT, LCSW, BCD

Millie Grenough is Clinical Instructor in Psychiatry, Yale University School of Medicine. Her work in inner-city USA and six years' work in Latin America and Europe help her be at home with diverse cultures. Since completing Level II training in 1994, Grenough has used EMDR with English- and Spanish-speaking clients and with clients from other cultures dealing with PTSD, panic attacks, physical illness, and sexual/physical abuse. She also uses EMDR extensively with athletes, artists, CEOs, and therapists to manage performance anxiety and stress. Millie's book *OASIS in the Overwhelm*, now translated into Spanish, has been acclaimed by therapists and clients, by The Hindu Business Line and Working Woman.

## SIRIN HACIOMEROGLU

Sirin Haciomeroglu worked in Philadelphia addiction rehabilitation system after graduation from Drexel University Marriage and Family Therapy program. She is currently working with adults, couples and families and giving trainings to psychotherapists at the Institute for Behavioral Studies, Istanbul, Turkey. She is an EMDR Europe Practitioner and has been widely using EMDR with individuals. She has been especially using EMDR in the treatment of early traumatic experiences, recent trauma using R-Tep, performance anxiety, grief and loss processes. She has been working on specializing in the treatment of flight phobia, anxiety disorders and chronic headache using EMDR.

## FRANCES KLAFF, Ph.D.

Frances (Frankie) Klaff is a licensed psychologist in Maryland and Delaware. She has long served as faculty and specialty trainer on children and adolescents for the EMDR Institute and EMDR-HAP. She is a certified EMDRIA consultant and presenter and has taught many workshops on EMDR with children and families across the USA and internationally. Frankie's chapter on *Children of Divorce* appears in the *Handbook of EMDR and Family Therapy Processes* edited by Francine Shapiro et al. and her work with children in an adopted family is featured in the Michael Burns' 2011 documentary on EMDR.

## CYNTHIA KONG, MFT

Cynthia Kong is a Certified EMDR Therapist and EMDRIA-Approved Consultant and has provided EMDR group and individual consultation for many years. She has been a Facilitator for the EMDR Institute since 1995, and is an EMDR-HAP Facilitator and Trainer. In these roles she has traveled extensively in the U.S. and abroad to teach EMDR. Ms. Kong has been a licensed psychotherapist in practice for 30 years in the San Francisco Bay area. Her primary treatment model is EMDR-AIP, within which she incorporates aspects of many other therapy modalities.

## EMRE KONUK, MA

Emre Konuk is a Clinical Psychologist and the head of a counseling and psychotherapy institute in Turkey (the Institute for Behavioral Studies). He was trained in Family Therapy and worked as therapist at the Mental Research Institute (MRI) in Palo Alto, California. He has been working with adults, couples and families as a psychotherapist about 30 years and giving supervision, seminars, trainings and workshops to psychotherapists about Family Therapy, Trauma and EMDR and other relevant topics. The EMDR competencies of Mr. Konuk lead him to become an EMDR Europe Trainer and EMDR Institute Facilitator. Being a member of EMDR International Association and EMDR Europe Board Member as well as the President of EMDR Turkey, he organized EMDR Basic trainings and several EMDR workshops in collaboration with EMDR Institute Humanitarian Assistance Programs (HAP) after the 1999 earthquake in Turkey for more than 500 mental health providers.

## ULRICH F. LANIUS, Ph.D.

Ulrich F. Lanius is a Registered Psychologist in Vancouver, BC with a practice in Clinical and Neuropsychology. He has a particular interest in brain-behaviour relationships with regard to attachment, trauma and dissociation. Dr. Lanius specializes in the treatment of trauma and attachment related problems, working from a client-centered perspective, integrating EMDR, body therapy, ego-state interventions and neurotherapy. Dr. Lanius has presented both in North America, as well as internationally and he has authored and co-authored a variety of book chapters and articles on both the treatment and the neurobiology of dissociation.

## ANDREW M. LEEDS, Ph.D.

Andrew M. Leeds is a licensed Psychologist with 36 years of private practice experience. He is Director of Training for Sonoma Psychotherapy Training Institute, accredited by EMDRIA and EMDR Europe to provide basic training in EMDR. He completed EMDR training in 1991. He has conducted EMDR training for 13,000 clinicians in the USA, Canada, France, England, and Japan. He has presented EMDR at numerous conferences; published book chapters and articles on EMDR; served the EMDRIA Board of Directors 2003-2005; is on the Editorial Board for the Journal of EMDR. In 1999 he received EMDRIA's award for creative innovation for Resource Development and Installation and the Ronald A. Martinez, Ph.D. Memorial Award from Francine Shapiro. He is the author of the 2009 book, *A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants*.

## JENNIFER LENDL, Ph.D.

Jennifer Lendl is the 2006 Francine Shapiro Award Recipient for Outstanding Contribution and Service to EMDR. Trained in 1990, she was one of the first twelve clinicians chosen to be EMDR Trainers by Francine Shapiro. Since then, she has traveled extensively, both nationally and internationally, promoting EMDR as a speaker, trainer, facilitator, and specialty presenter on a variety of topics. She currently serves on EMDRIA's Conference Committee. She is a licensed Psychologist with a private practice in San Jose, CA. Dr. Lendl has authored and co-authored book chapters and articles on Performance EMDR and is the Sport Psychologist for Women Involved in Sport Evolution in Ventura, CA.





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## ROBERT MILLER, Ph.D.

Robert Miller received his Ph.D. from Pacifica Graduate Institute in 2005. During his doctoral studies he developed the basic fundamentals of the Impulse-Control Disorder Protocol, utilizing this approach in performing research for his doctoral dissertation. An article describing this approach was published in the journal *Traumatology* in 2010. Dr. Miller is currently working at the Naval Hospital Camp Pendleton as a psychologist working with active duty Marines and Navy personnel who are suffering from combat PTSD and combat addiction. He continues doing research on reducing compulsions and addiction relapse.

## REGINA MORROW, Ed.S., LMFT, LMHC

Regina Davis Morrow has a private practice in Windermere, FL. Reg's interests include working with individuals, couples, and families to reduce the impact of trauma and to maneuver through transitions with resiliency and closer connections. She attended the University of Florida Counselor Education Program with a special emphasis on marriage and family therapy. She is an EMDRIA Consultant, Institute Facilitator, and a EMDR HAP Trainer. Mentoring and developing new EMDR therapists are special interests of hers. She is currently a Regional Coordinator and TRN Coordinator for the Orlando, FL area.

## DOLORES MOSQUERA, M.D.

Dolores Mosquera is a psychologist and psychotherapist. She is the director of three Private Practice Clinics, specializing in the treatment of Personality Disorders, complex trauma and dissociation. She has been trained in several psychotherapeutic approaches and is an EMDR Europe Supervisor and Facilitator. She has extensive teaching experience, leading seminars, workshops and lectures throughout Spain and Europe. She is a member of EMDR Europe, ESSPD, ISST-D, ESTD and serves with Suicide Prevention Program. She has published 11 books and many articles on personality disorders, complex trauma and dissociation and is a recognized expert in this field.

## KIMBERLY MYKLAND, MA, LMHC

Kimberly Mykland is a Licensed Mental Health Counselor in private practice. From a Family Systems approach, Mrs. Mykland provides individual, couples, and family counseling. She earned a Bachelor of Arts in Human Services/Counseling from Western Washington University in Bellingham, Washington and Master of Arts in Applied Behavioral Science/Counseling from LIOS/Bastyr University in Kenmore, Washington, where she was educated in Bowen Theory, both academically and experientially. She is Certified in EMDR, a member of EMDRIA, and an Affiliate Member of AAMFT and WAMFT. She specializes in treating bipolar, anxiety, stress, depression, relationship issues, and PTSD, placing emphasis on educating and treating clients with Bowenian Theory principles (since 1999) and the EMDR-AIP model (since 2002).

## MARK NICKERSON, LICSW

Mark Nickerson has conducted an individual and family psychotherapy practice in Amherst, MA for 25 years and is an EMDRIA approved consultant, HAP facilitator, and the Regional Coordinator for Western MA EMDRIA. In 1985, he co-founded the Men's Resource Center of Western MA which has implemented violence intervention groups and, as Director of Hampshire Court's Parent Education, he has designed and facilitated innovative programs to reduce conflict between separated parents. Mark has presented at EMDRIA conferences locally, nationally, and internationally and has taught and consulted widely on issues of trauma, violence, family conflict, and issues of social oppression.

## SANDRA PAULSEN, Ph.D.

Dr Paulsen is author of, "Looking Through the Eyes of Trauma & Dissociation: An Illustrated Guide for EMDR Therapists and Clients," and Lanius, Paulsen, & Corrigan "The Embodied Self: The Neurobiology and Treatment of Trauma and Dissociation." She is a fellow of the International Society for the Study of Trauma and Dissociation. She was invited faculty at the First and Third World Congresses of Ego State Therapy in Germany, 2003 and South Africa, 2010, Japan EMDR Conference 2010, Masters Series Lecturer at EMDRIA conference in Toronto, 2004. She wrote chapters in Corsini's Encyclopedia of Psychology and Handbook of Innovative Psychotherapy, Shapiro's Solutions II, Forgash's Healing the Heart of Trauma, and Luber's EMDR Scripted Protocols.

## CATHY SCHWEITZER, MS, LMHP

Cathy Schweitzer is part of the treatment team at The Attachment and Trauma Center of Nebraska. Cathy specializes in treating trauma resolution and attachment problems in children and adolescents. Cathy is one of the co-founders of The Attachment and Trauma Center of Nebraska and helped develop the EMDR and Family Therapy Integrative Treatment for Attachment Trauma in Children research project. Cathy helped develop and teaches the Facilitating Attachment in Children (FACT) parent training class. She has expertise in Mindfulness and Dialectical Behavioral Therapy and is level II trained and certified in EMDR. She has presented on treating and parenting traumatized children to parent and professional groups at the national conference for the Association for the Treatment and Training of Attachment in Children (ATTACH), at the Nebraska Counseling Association Conference, and at several Nebraska Foster & Adoptive Parent Association conferences. Cathy has fourteen years experience in both public and private school education. After earning her master's degree, she worked as a counselor for the Omaha Public School System for ten years. Cathy received her both her bachelor's degree and master's degree from Creighton University.

## CAROLYN SETTLE, MSW, LCSW

Carolyn Settle is in private practice in Scottsdale, Arizona. She has over 33 years of experience working with children, adolescents, and adults who have experienced abuse, trauma or loss. She is an EMDRIA-Approved Consultant, an EMDR Institute Facilitator and an EMDR HAP trainer. Ms. Settle has presented and written about attachment and dissociation in her co-authored book EMDR and the Art of Psychotherapy with Children. She has presented at numerous conferences nationally and internationally. She is also a co-investigator of a fidelity study with EMDR and children. She recently has co-authored two chapters and two journal articles on EMDR and children.

## ANDREW SEUBERT, LPC, NCC

Andrew Seubert is a licensed psychotherapist in private practice and is the co-director of ClearPath Healing Arts Center in Mansfield, PA and Corning, NY. He has written *The Courage to Feel: the Power and Freedom of Emotional Honesty*, as well as chapters in EMDR Renewal (1&2) and a recent article in the Journal of EMDR Practice and Research (Vol. 4:4, 2010). He is a member of EMDRIA and an approved instructor in EMDR. He is also affiliated with NBCC and NADD. Andrew specializes in working with trauma, PTSD, eating disorders, and the integration of spirituality and psychotherapy.



## **IRENE SIEGEL, Ph.D., LCSW**

Irene Siegel is co-director of Center Point in Huntington N.Y. where she conducts her integrative EMDR psychotherapy practice and teaches meditation and healing. She received her masters in Social Work from Columbia University in 1977, advanced clinical training through the Long Island Institute for Mental Health in 1983, and her doctorate from the Institute of Transpersonal Psychology in 2011. She studied ancient healing arts throughout North and South America. She presented at the EMDRIA conferences in 2000 and 2001. She is author of *Eyes of the Jaguar* and creator of the *Labyrinth Series Guided Meditations*.

## **DANA TERRELL, MSW, LCW, EAC**

Dana Terrell is a Licensed Clinical Social Worker in private practice. Mrs. Terrell earned her Bachelor in Psychology and Master in Social Work, both from University of Minnesota. She has studied Bowen Family Systems Theory since 1979 through years of consultation and 1.5 years at an agency dedicated to the practice of Bowen Theory. She is an Approved Consultant, a member of EMDRIA, NASW and CAMFT. She specializes in treating anxiety disorders, depression, relationship issues, performance enhancement and clients with medical issues. She treats children and adults using the EMDR-AIP model from a Bowen perspective.

## **SHELLEY URAM, M.D.**

Shelley Uram, M.D. is a Harvard trained, triple board-certified psychiatrist who speaks nationally and internationally on trauma, and how it impacts and often interferes with our thriving in life. She is best known for taking very complex information and turning it into "easy to understand", fascinating, and helpful presentations. Dr. Uram conducts lectures, workshops, and seminars to audiences across the United States, Canada, Ireland, and the U.K. Dr. Uram is a Senior Fellow at The Meadows and conducts many of the patient lectures, and provides ongoing training and consultation to the treatment staff. She is also a Clinical Associate Professor of Psychiatry at The University of Arizona College of Medicine, and treats patients in her office in Phoenix, Arizona. Dr. Uram is an EMDR Institute and HAP Facilitator, and an EMDRIA Certified Therapist and Approved Consultant.

## **DEBRA WESSELMANN, MS, LIMHP**

Debra Wesselmann is co-founder of The Attachment and Trauma Center of Nebraska in Omaha, Nebraska and has specialized in treating trauma and attachment problems in adults, children, and families for the past twenty years. Ms. Wesselmann helped develop the EMDR and Family Therapy Integrative Treatment for Attachment Trauma in Children research project and is the author of *The Whole Parent: How to Become a Terrific Parent Even if You Didn't Have One* (Perseus, 1998). Ms. Wesselmann is an EMDR Institute facilitator and EMDRIA-Approved Consultant and presents nationally and internationally. Past conferences and workshops include presentations for the Association for the Treatment and Training of Attachment in Children and EMDRIA as well as invited presentations at the Menninger Clinic, EMDRIA, The European EMDR Conferences in Rome, Amsterdam, Hamburg, and Holland, the Netherlands National EMDR Conference, and a specialty EMDR training conference in Costa Rica.

## **KATE WHEELER, Ph.D., APRN, FAAN**

Kate Wheeler is certified in EMDR, adult psychiatric-mental health nursing, psychiatric nurse practitioner, psychotherapy and psychoanalysis, hypnosis and outcome measurement. She is a Professor of Nursing at Fairfield University and has a part-time private practice specializing in trauma. Kate is currently conducting outcome research on EMDR and is on the Editorial Board of the *Journal of EMDR Practice and Research*. She has published and presented numerous research projects and is currently serving as research consultant on several HAP projects. Her award winning book *Psychotherapy for the Advanced Practice Psychiatric Nurse* is based on the Adaptive Information Processing model and provides a framework for psychotherapy practice.

## **WILLIAM M. ZANGWILL, Ph.D.**

William M. Zangwill, Ph.D. is one of the original EMDR trainers certified by Dr. Francine Shapiro and has trained therapists in EMDR and other methodologies in this country and abroad. His Publications include "Combining EMDR and Schema-Focused Therapy" (2002), "The Need to Strengthen the Mindfulness Component of EMDR," (2001), and a chapter on sexual victimization in *OUR SEXUALITY* (2002). For the past several years he has worked on combining EMDR and Meditation and has studied with Tara Brach, Jack Kornfield, Jonathan Omer-Man, Sharon Salzberg and others. Currently, he practices in New York where he conducts trainings in EMDR and specializes in the treatment of PTSD and of sexual, marital and family problems. Years ago he was a galley boy for Zim Israeli Shipping Lines.



# AUTHOR BOOK SIGNINGS

ALL BOOK SIGNINGS WILL BE HELD AT THE MENTOR BOOKS BOOTH INSIDE THE EXHIBIT HALL

THURSDAY | OCTOBER 4TH

OPENING RECEPTION | 5:00PM - 6:00PM

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Steven Silver, Ph.D.  
Joan Lovett, M.D.  
Robbie Adler-Tapia, Ph.D.  
Ana Gomez, MC, LPC  
Uri Bergmann, Ph.D.  
Marilyn Lubet, Ph.D.

*"Light in the heart of Darkness"*  
*"Small Wonders"*  
*"Child Psychotherapy"* NEW  
*"EMDR Therapy and Adjunct Approaches with Children"* NEW  
*"Neurobiological Foundations for EMDR Practice"* NEW  
*"Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols with Summary Sheets CD-ROM Version"* NEW

FRIDAY | OCTOBER 5TH

AFTERNOON COFFEE BREAK | 3:30PM - 4:00PM

Irene Siegel, Ph.D., LCSW  
Ricky Greenwald, Psy.D.

*"Eyes of the Jaguar, Labyrinth series"* (CD's)  
*"The Child Abuser's Secret Book of Tricks"* NEW  
*"EMDR in Child & Adolescent Psychotherapy"*  
*"EMDR Within a Phase Model of Trauma-Informed Treatment"*  
*"A Guide to the Standard EMDR Protocol for Clinicians, Supervisors, and Consultants"*

Andrew Leeds, Ph.D.

AFTER AFTERNOON SESSIONS | 5:30PM - 6:00PM

Stephen Porges, Ph.D.

*"The Polyvagal Theory: Neurophysiological Foundations of Emotion, Attachment, Communication, and Self-Regulation"*

SATURDAY | OCTOBER 6TH

MORNING COFFEE BREAK | 10:30AM - 11:00AM

Collin Ross, M.D.

*"Trauma Model Therapy"*  
*"Human Energy Fields"*  
*"The Trauma Model"*  
*"Neurobiological Foundations for EMDR Practice"*

Uri Bergmann, Ph.D.

AFTERNOON COFFEE BREAK | 3:30PM - 4:00PM

Millie Grenough

*"OASIS in the Overwhelm"*  
*"Oasis in the Overwhelm 28 Day Guide"*  
*"OASIS: Como encontrar la paz en una vida agitada"*

SUNDAY | OCTOBER 7TH

MORNING COFFEE BREAK | 10:30AM - 11:00AM

Francine Shapiro, Ph.D.

*"Getting Past Your Past"*  
*"Eye Movement Desensitization & Reprocessing"*  
*"EMDR"*  
*"EMDR's Family Therapy Process"*  
*"Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy"*  
*"EMDR Scripted Protocols Special Populations"*  
*"Looking Through the Eyes of Trauma and Dissociation"*  
*"Embodied Self"*  
*"Neurobiological, Treatment of Trauma & Dissociation"*  
*"EMDR and the Art of Psychotherapy with Children"*

Carol Forgash, LCSW

Sandra Paulsen, Ph.D.

Carolyn Settle, MSW, LCSW



## PRE-CONFERENCE

**THURSDAY, OCTOBER 4TH**  
**FULL-DAY WORKSHOPS 8:00AM - 3:30PM**  
**5.5 CREDIT HOURS PER SESSION**

### SESSION 101

#### Moment-to-Moment Decision-Making: Broadening the Possibilities

Presenters | Deany Lalotitis, LICSW; Deborah Korn, Ph.D.  
 Room | Grand Salon A-E

When working with attachment trauma, it is more than reprocessing the negative experience; it's about making the necessary repairs that address the deficits in the client's development. So, how do you decide when to offer a cognitive interweave to facilitate the client's processing and when to simply stay out of the way? In this workshop, you will see the work of two esteemed teachers as they guide you through one another's sessions, moment by moment, taking what is subtle and intuitive and making it explicit and understandable. You will learn how a comprehensive case conceptualization informs decision-making and broadens the possibilities for profound and shared transformation.

(Intermediate & Advanced) 100% EMDR

### SESSION 102

#### EMDR in the Military: Trauma, Attachment and Families

Presenter | Steven Silver, Ph.D.  
 Room | Grand Salon F-H

This workshop provides participants with information on the unique nature of military service, including sources of stress and trauma not commonly found in the civilian sector. The current operational environment of the Global War on Terror as well as experiences and issues of veterans of other eras are covered. Military-based trauma can be complex and therapeutic approaches often need to take this into account as well as the value systems of military personnel. While EMDR is highly effective with service members, "fine tuning" of the protocol is often useful. Family problems in attachment are addressed.

(All Levels) 100% EMDR

### SESSION 103

#### Targeting Confusion to Facilitate Trauma Resolution and Promote Attachment

Presenter | Joan Lovett, M.D.  
 Room | Grand Salon J-K

This presentation will help clinicians recognize and address the confusing or inexplicable aspects of trauma as they follow standard EMDR protocol. Children who experienced complex trauma, adults who had childhood trauma and individuals who have had medical trauma may be at risk for confusion that interferes with executive functioning, learning and attachment. This workshop will present ways to address confusion through cognitive interweaves, developmentally appropriate explanations, cohesive narrative and specific targeting of physical sensations. The presentation will provide case studies accompanied by slides, videos, practicum and discussion.

(All Levels) 100% EMDR

## MAIN CONFERENCE

**FRIDAY, OCTOBER 5TH**  
**PLENARY 8:45AM - 10:30AM**  
**1.5 CREDIT HOURS**

### SESSION 201

#### Epigenetics: What Does It Explain About Trauma Survivors?

Speaker | Rachel Yehuda, Ph.D.  
 Room | Grand Ballroom



Most persons who develop PTSD in the aftermath of exposure recover from trauma-related symptoms, but remain at risk for a recrudescence of symptoms. This suggests that there are aspects of the response to high magnitude trauma that are long-lasting, despite variations in symptom intensity over time. Current bio-behavioral models of PTSD fall short of explaining the apparent paradox of an enduring response on the one hand and symptom change over time on the other. However, this phenomenon can potentially be explained by epigenetic mechanisms.

Epigenetics (literally: "epi" meaning "in addition to" genetics) refers to a heritable change in the genome that can be induced by environmental events and does not involve an alteration of DNA sequence. Such modifications reflect enduring changes in the function of the DNA that are caused by environmental exposures. These changes can alter gene function influencing its biological activity. This presentation will discuss evidence for such changes in PTSD, and will explain how such mechanisms explain many of the salient features of PTSD, including individual variation in responses to events of similar intensity (e.g., combat exposures), and the relative permanence of biological and psychological alterations associated with the disorder. Current models of stress, or even gene-environment interactions, only partially address the influence of prior exposure(s) on PTSD vulnerability and the long-lasting biological and psychological effects of trauma exposure. In addition, epigenetic modifications can be transmitted intergenerationally, both through the maternal and paternal lines. The implications of such changes as PTSD vulnerability factors will also be discussed.

(All Levels) 0% EMDR

Denotes session to be audio recorded



**90-MINUTE SESSIONS 11:00AM - 12:30PM**

**1.5 CREDIT HOURS**

## **SESSION 221 - INNOVATIVE SESSION**

### **Mindful Awareness and the Role of Resonance within EMDR Protocol**

Presenter | Irene Siegel, Ph.D. LCSW

Moderator | Irene Giessel, Ed.D. Discussant | Victoria Britt, LCSW

Room | Grand Salon A-E

This workshop is experiential and informational, describing the use of tools of intuitive mindful skills and resonance within EMDR protocol. Theories and research will be presented reflecting the convergence of psychology, science, and spirituality. Relationship to brain integration and processing will be linked to tools of intuitive processes within expanded awareness and an interconnected field of energy and informational flow between therapist and client. Participants will identify internal feedback mechanisms through the use of guided imagery, leading to a nonlinear, moment to moment integrative therapy. Applications to the EMDR process and attachment issues will be discussed through case presentation.

(Introductory & Intermediate) 65% EMDR

## **SESSION 222**

### **The Neurobiology of Trauma Made Simple**

Presenter | Shelley Uram, M.D.

Room | Arlington Salon III

This workshop explains the neurobiology of trauma in a simple, yet highly usable manner. Upon completion of this workshop, attendees should be able to readily apply this information for better formulating their clients' issues and treatment planning. The topics include: 1) How does a normal nervous system operate? 2) What is Trauma? 3) What is the "bottom line" of chronic trauma syndromes (e.g., PTSD)? 4) How does childhood development factor into adult trauma symptoms? 5) Treatment.

(Introductory & Intermediate) 20% EMDR

## **SESSION 223**

### **Research EMDR in Your Practice**

Presenter | Kate Wheeler, Ph.D., APRN

Room | Arlington Salon I

Research in EMDR practice is critically important in determining the 'value' of EMDR to clients, insurers, policymakers, the general public and ourselves. This presentation will provide the EMDR clinician with levels of evidence; the elements of the research process; the how, when and where to measure outcomes; and components of a time-series case study design. Comparing the client's own scores at different points in time to themselves is considered a bona fide research design that makes an empirically valid case study worthy of publication. Resources and opportunities available to the budding EMDR researcher are examined.

(Introductory) 100% EMDR

## **SESSION 224**

### **Setting Standards Using the Core Competency Model - An Example**

Presenter | Wendy Freitag, Ph.D.

Room | Arlington Salon II

Most Approved Consultants have identified a significant need to define "standards" for each level of EMDRIA credentialing. Currently, EMDRIA only requires documentation of consultation hours and continued education credits. These are not proficiency-based requirements hence no consistent standards are defined, suggested or upheld. One consideration is the Core Competency Model as a theoretical framework to help explore setting credentialing standards. In this workshop, this Model will be explained briefly as well as how it could be applied to setting standards. According to this model, highly effective therapists think, act and reflect differently than less effective therapists. Using this framework, the essential competencies (i.e., knowledge, skills and attitudes) to be demonstrated at each level of credentialing will be explored. Lastly, some options of how to assess and measure the necessary knowledge and skills will be suggested. Attendees will be able to describe the Core Competency Model as a theoretical framework for credentialing; understand how to apply this Model to setting specific credentialing standards; identify the knowledge, skills and attitudes that are necessary at each level of credentialing; and identify the suggested methods of how the necessary knowledge and skills can be demonstrated, as well as assessed and measured.

(All Levels) 10% EMDR

## **SESSION 225**

### **Basics for EMDRIA Conference Submissions**

Presenter | Jennifer Lendl, Ph.D.

Room | Jefferson Room

Are you interested in presenting at the EMDRIA 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 Presentations application, the use of the EMDRIA Definition of EMDR, applicable APA ethics and standards, and possible resources for the evidence base. The EMDRIA Conference program review process will be explained and a sample application will be provided as a model.

(All Levels) 15% EMDR

## **SESSION 226 - NO EMDRIA CREDITS**

### **Writing for the Journal of EMDR Practice and Research**

Presenter | Ricky Greenwald, Psy.D.

Room | Lee Room

Many EMDR therapists have something to contribute to the field, but may be unsure about how to write a paper for a scholarly journal. Participants in this workshop will learn to identify the types of papers that might be submitted, and how to determine in which category their own project belongs. Participants will also learn a clear structured model for composing a paper so it will have its best chance of favorable review. Finally, participants will be guided to evaluate their own project and develop a plan to bring the project to publication.

(Intermediate & Advanced) 0% EMDR



## HALF DAY SESSIONS 2:00PM - 5:30PM 3 CREDIT HOURS

### SESSION 231

#### **The Polyvagal Theory: A Biobehavioral Deconstruction of Trauma-Related Experiences, Vulnerabilities, Resilience and Treatment**

Presenter | Stephen Porges, Ph.D.

Room | Grand Salon A-E

The Polyvagal Theory is an innovative theory that links the evolution of the autonomic nervous system to affective experience, emotional expression, facial gestures, vocal communication and contingent social behavior. The theory describes how, via evolution, a connection emerged in the brain between the nerves that control the heart and the face. The workshop has three objectives: 1) to provide an explicit statement of the theory, 2) to illustrate how a Polyvagal perspective provides insights into the clinical assessment and treatment of several clinical conditions, and 3) to describe a face-heart connection that defines a social engagement system that links our bodily feelings with facial expression, vocal intonation, and gesture.

(Introductory & Intermediate) 10% EMDR

### SESSION 232

#### **Bonding the Pieces: Treating Children Unglued by Family Disruptions; an Integrated EMDR-Family Systems Approach**

Presenter | Frankie Klaff, Ph.D.

Room | Arlington Salon I

Major family structural changes, as in divorce and adoption, impact children's adjustment. Integrating neuroscience research, the AIP-EMDR model and family systems theory, a comprehensive therapeutic approach facilitates treatment of the child's whole experience. Videotaped case material demonstrates effectiveness of the EMDR treatment component, addressing interpersonal and intrapersonal experiences for adopted brothers Antwon, 4 and Tony, 7, exposed to past poverty, drugs, abuse and murder; and Gina, 8, impacted by divorce, current family instability, alcoholism, and other unrevealed ghosts. These children are representative of the complex cases therapists must deconstruct, with sometimes disturbing or complicating revelations emerging as treatment progresses.

(All Levels) 80% EMDR

### SESSION 233

#### **EMDR Treatment of Migraine and Chronic Daily Headache**

Presenters | Emre Konuk, MA; Hejan Epözdemir; Sirin Haciomeroglu

Room | Grand Salon J-K

Chronic migraine is one of the most disabling problems that a person can have. Pharmacological treatment and behavioral interventions are the most widely used approaches for migraine with no much meaningful effect. The EMDR Chronic Migraine Protocol was developed and tested in a pilot study in Turkey. There was a significant decrease in the frequency, duration and strength of the headaches. Besides, Emergency Care visits and medication were also decreased significantly. The major aim of this workshop, is to teach the participants, how to use EMDR Chronic Headache Protocol in the treatment of migraine patients.

(Intermediate) 90% EMDR

### SESSION 234

#### **Borderline Personality Disorder and EMDR**

Presenters | Andrew Leeds, Ph.D.; Dolores Mosquera, M.D.

Room | Grand Salon F-H

BPD patients present difficulties with self-regulation and relating to others. The management of these difficulties is central to the treatment of BPD. Working with cases of BPD and complex trauma is intrinsically relational, often involving the need to manage moments of intense affect and affect phobias in the transference and countertransference. Understanding and having strategies for addressing these issues is essential. This workshop integrates theoretical exposition with the presentation of videos cases. The general structure of EMDR therapy in treating BPD and interventions for the preparation phase and considerations for trauma-focused EMDR work will be demonstrated and explained.

(Intermediate) 70% EMDR

### SESSION 235

#### **Treatment of Attachment Trauma and the Dissociative Sequelae: A Developmentally Grounded Approach to Case Conceptualization with EMDR**

Presenter | Robbie Adler-Tapia, Ph.D.

Room | Arlington Salon III

When earliest relationships are traumatic, attachment injuries can significantly change the trajectory of one's life. Bonding and attachment are neurobiologically driven survival mechanisms; but when irreconcilable conflict exists within the innate mechanisms of survival and attachment, individuals can experience extreme distress leading to mental health disorders and physical disease. Although these conditions may begin in infancy, if untreated they can endure for a lifetime. Through the lens of AIP, this workshop will teach a developmentally grounded approach to treating attachment issues in clients of all ages by integrating EMDR with Erikson's stages and the re-organization of the three-pronged approach in a Reverse Protocol (Adler-Tapia, 2012).

(Intermediate & Advanced) 85% EMDR

### SESSION 236

#### **EMDR-AIP Update and Applications for EMDRIA Approved Consultants**

Presenters | Jennifer Lendl, Ph.D.; Cynthia Kong, MFT

Room | Arlington Salon II

Consultation is playing a larger role in EMDR training. It is necessary for completion of the basic training, for EMDRIA certification, and for becoming a Consultant. Participants will be able to: 1) cite EMDRIA's definition of EMDR and apply it in consultation situations; 2) describe Adaptive Information Processing (AIP) Theory as it applies to EMDR psychotherapy, for use in consultation; and 3) explain the 8-Phase/3-Prong Protocol in EMDR for use in consultation situations. The workshop will include lecture, handouts, and role-play of consultation situation vignettes, with time for questions from participants' consulting experiences. This workshop will not discuss EMDRIA certification requirements or how to become a consultant.

\*Attendance limited to EMDRIA Approved Consultants and Consultants-in-Training\*

(All Levels) 100% EMDR



## MAIN CONFERENCE

**SATURDAY, OCTOBER 6TH**  
**PLENARY 8:45AM - 10:30AM**  
**1.5 CREDIT HOURS**

### SESSION 301

#### Trauma, Attachment, Dissociation and EMDR

Speaker | Colin Ross, M.D.  
 Room | Grand Ballroom



Dr. Ross will present data on the links between trauma, dissociation and attachment. He will then describe the problem of attachment to the perpetrator, one of the core principles of his Trauma Model Therapy. He will go on from there to explain why he thinks a trauma-dissociation model is inherent to EMDR. Time will be left for questions and discussions on these topics. The presentation will combine empirical data, theory and clinical ideas and approaches to trauma therapy.

(Introductory & Intermediate) 100% EMDR

**FULL DAY SESSIONS 11:00AM - 5:30PM**  
**4.5 CREDIT HOURS**

### SESSION 311

#### Acute, Chronic and Complex PTSD: Exploring Their Neuroendocrinology and Relationship to Medically Unexplained Symptoms

Presenter | Uri Bergmann, Ph.D.  
 Room | Grand Salon J-K

What exactly happens on a neuroendocrine level in acute, chronic and complex PTSD? Is there a relationship between this unusual neuroendocrine profile and a number of medical disorders of unknown origin which, often, do not respond to traditional symptomatic medical treatment? This seminar will review and examine the results of extensive neuroendocrine research relative to these trauma-induced disorders. The data from these research bases will be integrated with neuroendocrine research findings regarding autoimmune compromises associated with chronic trauma. Anomalous conditions, such as Fibromyalgia, Chronic Fatigue Syndrome, Reflex Sympathetic Dystrophy (RSD), Systemic Lupus Erythematosus, Hashimoto's Thyroiditis, Sjogren's Syndrome, and Rheumatoid Arthritis will be examined. This presentation will illustrate the neuroendocrine and causal relationship between the various forms of PTSD and these medical disorders. Accordingly, the implications for EMDR treatment will be examined, as well as referrals for medical treatment.

(Introductory) 50% EMDR

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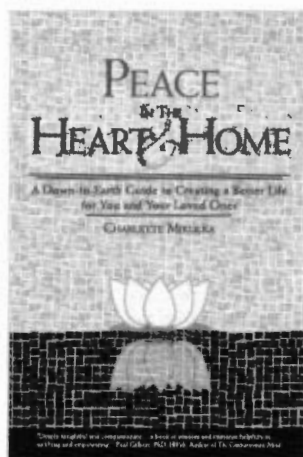


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**Book Review, Journal of EMDR Practice and Research**



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## SESSION 312

### EMDR Boot Camp: An Intensive Refresher Course

Presenter | DaLene Forester, Ph.D.

Room | Arlington Salon I

This is an EMDR skills refresher course designed for clinicians who have not had the ability to practice EMDR. This course is perfect for the clinician who took some time off following EMDR Basic Training or would like some hands on practice to build technical competence. Build confidence through a review of the AIP model, the 8 phases and 3 prong approach followed by a guided practicum experience to build your proficiency. With EMDR Boot Camp you will get a personal, hands on experience that will activate your Adaptive Information Processing and allow you to practice EMDR with confidence.

(Introductory & Intermediate) 90% EMDR ☞

## 90-MINUTE SESSIONS 11:00AM - 12:30PM

### 1.5 CREDIT HOURS

## SESSION 321

### Using History Taking (and More) to Seamlessly

### Prepare Clients for EMDR Processing

Presenter | William Zangwill, Ph.D.

Room | Grand Salon A-E

EMDR clinicians are exhorted to take a thorough history from each client prior to processing, but in most trainings little time is spent on how to do so. Many trainees mistakenly assume that the first three of the eight phases of treatment are separate steps that should be performed sequentially. The goals of this workshop are to demonstrate how a thorough history taking can be an essential part of preparing clients for EMDR processing and to show how Phases 1 - 3 (History Taking, Client Preparation, and Target Assessment) can and should be seamlessly integrated to best prepare clients for EMDR processing.

(All Levels) 100% EMDR ☞

## SESSION 322

### OASIS in the Overwhelm: Affect Management/Stabilization with Diverse Cultures

Presenter | Millie Grenough, MAT, LCSW, BCD

Room | Arlington Salon III

This highly participatory workshop will teach four 60-second strategies that can be learned quickly by clinicians and used immediately with clients. The presenter has used these strategies over ten years at an urban Hispanic Clinic, and with children and adults of diverse cultural, economic, educational, and national backgrounds. Because the strategies focus on active physical involvement, they quickly help clients to identify and manage personal sensations and emotions (Phase 2-Preparation), pave the way for clearer gut understanding of (Phase 3) negative and positive cognitions as well as "Where do you feel it in your body?" and (Phase 6) Body Scan.

(Introductory & Intermediate) 80% EMDR ☞

## SESSION 323

### The Bond Between Theory, Research and Practice: Teaching Therapists "Researchease"

Presenter | Robbie Adler-Tapia, Ph.D.

Room | Arlington Salon II

Therapists need to understand how evidence based practice drives choice points in treatment planning and intervention. Researchease is not a misspelling, but the concept of helping therapists learn how to read, understand, and discuss research with greater ease. With EMDR, or any treatment modality, therapists need to understand how research drives evidence based programs and practices. Research determines what treatment modalities are supported and funded. With humorous examples and simplistic descriptions, the goal of this session is to help therapists gain greater comfort in applying research to clinical practice.

(Introductory & Intermediate) 80% EMDR

## SESSION 324 - NO EMDRIA CREDITS

### Presentation Skills

Presenter | Ricky Greenwald, Psy.D.

Room | Lee (Lobby Level of Hotel)

Many aspiring presenters hold back because of anxiety and/or lack of knowledge/skill about how to go about presenting. And some who do present fail to convey their message as effectively as they could. This workshop will teach the key proven-effective methods used by professional presenters. Participants will learn a set of strategies for how to manage anxiety, prepare for a presentation, and present effectively. Using this information, participants will be guided to complete an assessment of their own strengths and weaknesses as a presenter, and develop a step-by-step plan for preparing their next presentation.

(Intermediate & Advanced) 0% EMDR

## HALF DAY SESSIONS 2:00PM - 5:30PM

### 3 CREDIT HOURS

## SESSION 331 - INNOVATIVE SESSION

### The Feeling-State Theory and the Impulse-Control Disorder Protocol

Presenter | Robert Miller, Ph.D.

Moderator | Bennet Wolper, LMSW

Discussant | Susan Brown, LCSW, BCD

Room | Arlington Salon III

The Feeling-State Theory (FST) of Addiction presents a new understanding of the etiology of addiction. FST hypothesizes that addictions are caused by a fixation of a positive feeling event. Afterwards, whenever the person wants to feel that good-feeling, the link with that particular behavior is triggered. The Feeling-State Addiction Protocol (FSAP) uses a modified form of Eye Movement Desensitization (EMDR) to break the fixation, resulting in a complete resolution of behavioral addictions and eliminates the cravings of substance addictions. The presentation will explicate the FST hypothesis, present research data, case histories, and describe the process of utilizing the FSAP.

(Introductory) 75% EMDR ☞



## SESSION 332

### Principles of Trauma Model Therapy: Integration with EMDR

Presenter | Colin Ross, M.D.

Room | Grand Salon A-E

In this workshop, Dr. Ross will build on his plenary talk. He will describe the structural model of dissociation and how it can be expanded to integrate the wide range of comorbidity frequently seen in trauma survivors. From there he will describe the core principles of his Trauma Model Therapy: the problem of attachment to the perpetrator; the locus of control shift; the problem is not the problem; just say 'no' to drugs; addiction is the opposite of desensitization; and the victim-rescuer-perpetrator triangle. He will spend quite a bit of the workshop discussing how Trauma Model Therapy can be integrated with EMDR. Time will be left for questions and discussions.

(Intermediate) 100% EMDR

## SESSION 333

### EMDR-Family Therapy Integrative Team Approach for Healing Attachment Trauma in Children

Presenters | Debra Wesselmann, MS, LMHP; Cathy Schweitzer, MS, LMHP

Room | Arlington Salon II

Children who have experienced early maltreatment and who have been relinquished or removed from birth families frequently exhibit severe and challenging behaviors. Therapists are caught in a Catch-22, as children require an emotionally supportive environment from caregivers to open up emotionally and address the traumas underlying their behaviors, and yet the child behaviors create feelings in the the parents that prevent them from being able to provide emotional support. The EMDR Integrative Team model allows for collaboration between a family therapist and an EMDR therapist in order to change parent-child patterns and create a "secure holding environment" for trauma therapy.

(Intermediate) 50% EMDR

## SESSION 334

### The Impact of Complex PTSD and Attachment Issues on Personal Health: An EMDR Treatment Approach

Presenter | Carol Forgash, LCSW

Room | Grand Salon F-H

EMDR treatment will be presented as a successful model for dealing with the attachment deficits and health problems of trauma survivors. The development of an EMDR Treatment Plan to treat both health and attachment problems with a focus on a Health History and specific target selection is highlighted. Specialized techniques will be utilized in phases 1-3 to help the patient experience self soothing, develop emotional regulation, and to avoid re-traumatization in the health care setting. Phases 4-7 will emphasize specific work on past attachment ruptures as well as specific health issues. Skills development such as rehearsal will also be presented.

(Intermediate & Advanced) 60% EMDR

## SESSION 335

### Attachment at the Societal Level: Reprocessing Internalized Stigma and Oppression

Presenters | Mark Nickerson, LICSW, Diane DesPlantes, LCSW

Room | McLean (Second Floor)

Attachment challenges also occur at the societal level as individuals seek to integrate in a meaningful way into social groups and the larger society. An added dimension of clinical work awakens with a cultural context lens that understands social identity and addresses the traumatic impact of social marginalization and oppression. The AIP model successfully predicts that internalized stigma and oppression can be dismantled by building inner resources, reprocessing memories associated with experiencing discrimination and integrating new knowledge about social dynamics. Practical EMDR based strategies will be portrayed with clinical examples, videotaped sessions and the validating feedback from over 60 EMDR therapists who explored these issues in training practicum.

(All Levels) 50% EMDR

# MAIN CONFERENCE

SUNDAY, OCTOBER 7TH

PLENARY 8:45AM - 10:30AM

1.5 CREDIT HOURS

## SESSION 401

### EMDR Therapy Update: Theory, Research and Practice

Speaker | Francine Shapiro, Ph.D.

Room | Grand Ballroom



EMDR therapy directly addresses the physiologically stored memory networks that underlie both psychological problems and mental health. This adaptive information processing orientation to both case conceptualization and clinical application will be explored in relation to diverse populations. The latest research evaluating both treatment outcomes and underlying mechanisms will be addressed. In addition, clinical cases and questions collected from participants will be used to illustrate the ways in which EMDR can be applied.

(All Levels) 100% EMDR



**HALF DAY SESSIONS 11:00AM - 3:30PM**

**3 CREDIT HOURS**

## SESSION 431

### **Integrating EMDR-AIP and Bowen Variations of Triangling: Gossip, Child Focus and Affairs**

Presenters | Dana Terrell, MSW, LCSW; Kimberly M. Mullen, M.A., LMHC

This workshop offers an overview for treating Bowen Anxiety-Binding Mechanisms of conflict, distance, triangling and overfunctioning/underfunctioning reciprocity; related cognitions, with concentration on triangling. A Bowen-informed 8 phase standard EMDR-AIP protocol will be discussed using the three-pronged approach to create a targeted sequence plan. Bowen's concept of "detriangling" will be introduced and demonstrated through a future template role play. A practicum is included. EMDR-AIP model predicts, when the Adaptive Information Processing system is accessed, it restores health. Bowen theory predicts that one person who gains differentiation of self, can become a leader, beneficial to a system.

(All Levels) 100% EMDR

## SESSION 432

### **The Unforgiven: EMDR, Ego States and Attachment in the Treatment of Eating Disorders**

Presenter | Andrew Seubert, LPC, NCC

Room | Grand Salon F-H

This workshop explores the presence of dissociation in clients with eating disorders, particularly anorexia nervosa. The approach employs an EMDR phase model, expanding the evaluation and preparation phases. Preparation presents a 4-step method of teaching emotional competence, attachment repair strategies, as well as the use of ego state therapy. Processing requires mindful body awareness, as well as the ability to titrate released disturbance and re-stabilize after EMDR application to touchstone events. Self-forgiveness emerges as healing occurs. Video clips and case studies will reinforce learning.

(All Levels) 50% EMDR

## SESSION 433

### **31 Secrets of the Embodied Self: Hearing Baby's Story in EMDR for Trauma in Implicit Memory**

Presenter | Sandra Paulsen, Ph.D.

Room | Grand Salon A-E

EMDR targeting relies on explicit memory images and verbalization of cognitions, but attachment trauma is held in the right hemisphere's implicit memory. Any therapy purporting to treat attachment trauma must meet four criteria (Fosha) (Objective 1). This workshop draws from ego state therapy, somatic therapy, and the Early Trauma protocol of EMDR (Paulsen, in press, O'Shea & Paulsen, 2007) to provide a range of techniques to meet the Fosha criteria (Objective 2). Efficient resolution of attachment injuries can occur through temporal integration, targeting time periods instead of explicit memory (O'Shea & Paulsen, 2007, Paulsen, 2009 and in press) (Objective 3). Transforming early trauma requires listening to reenactment material, the baby state's only "voice" to tell the non-verbal story.

(All Levels) 50% EMDR

## SESSION 434

### **Treating Dissociation, Ritual Abuse and Mind Control from an Attachment Perspective**

Presenters | Carolyn Settle, MSW, LCSW; Soozie Bolte, LPC, LISAC

Room | Arlington Salon III

Using EMDR as an integrative therapeutic approach from an attachment and developmental trauma lens, this presentation will give practical strategies for treating clients with Dissociative Identity Disorder (DID) symptoms who have experienced Ritual Abuse and Mind Control (RAMC). Infant disorganized attachment is an important precursor to adult dissociation and perhaps even more of a predictor of Post Traumatic Stress Disorder (PTSD) than severe trauma alone (van der Kolk). RAMC programming will be explained so the clinician understands the layers of complexity in treating these dissociative symptoms and ego states.

(Advanced) 85% EMDR

## SESSION 435

### **Neurobiology, Adaptive Information Processing**

Presenter | Ulrich Lanius, Ph.D.

Room | Grand Salon J-K

Recent neuroscience research is discussed with a view towards increasing our understanding of underlying neurobiological processes with respect to the phenomenology of dissociation. It is suggested that dissociation is a result on a breakdown in the linking of different neural networks in the time domain, e.g. information processing. Recent research suggests that both lower brain structures as well as higher brain structures are involved. It is suggested that this process is essential to our understanding both of dissociation on one hand, as well as Adaptive Information Processing on the other.

(Intermediate & Advanced) 70% EMDR

## SESSION 436

### **Essential Skills for EMDR Consultation**

Presenter | Regina Morrow, Ed.S., LMFT, LMHC

Room | Arlington Salon II

What skills do successful consultants utilize in consultation? Therapy, Training and Consultation have several overlapping skills, but each of these disciplines do contain some different skill sets. A good therapist does not necessarily make a good consultant. This presentation will attempt to tease out consultation specific skills that seem to improve the experience for both consultees and consultants. This presentation will include lecture, self evaluative experiences and role play.

(All Levels) 50% EMDR

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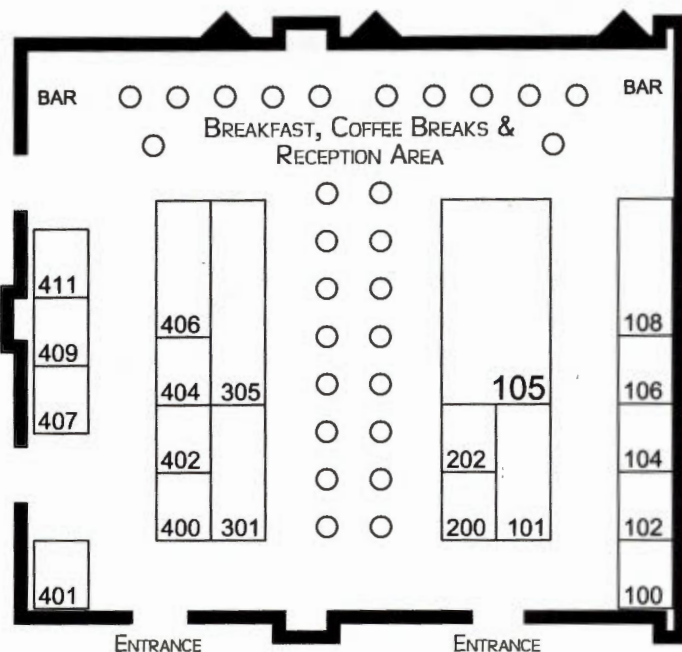
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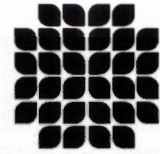
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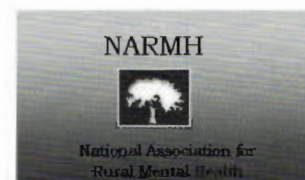
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