

Dissociation of the Personality and EMDR Treatment of Chronically Traumatized Clients

A Three-Day Workshop presented by

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This three-day workshop is geared toward helping experienced clinicians (psychiatrists, psychologists, and allied professionals) integrate EMDR develop an effective adaptive treatment approach for patients or clients with a history of chronic traumatization and characterized by complex trauma-related disorders, especially complex dissociative disorders. Participants will learn to understand the dissociative nature of these disorders, the essentials of diagnosing dissociative disorders, and the application of EMDR for complexly traumatized patients/clients within the framework of the standard of care, i.e., phase-oriented treatment. the treatment of chronically traumatized clients who have complex dissociative disorders There is currently consensus that the EMDR standard protocol needs to be modified for these clients, as it may destabilize them. Thus, the therapist needs to have a good understanding of the dissociative personality structure that exists in their patients or clients, the dissociative parts, their strengths and deficits, and their interrelationships. Using the framework of phase-oriented treatment and the theory of structural dissociation of the personality, including Pierre Janet's action psychology, this workshop will help participants understand essential preparatory work which has to be completed before integrating traumatic memories, and become more knowledgeable about using modified EMDR approaches. Phase-oriented treatment has its origins in the pioneering work of Pierre Janet (1859-1947), who described three phases in the overall treatment: (1) stabilization and symptom reduction; (2) treatment of traumatic memories; and (3) personality (re)integration and rehabilitation. Its application takes the form of a spiral, in which these different treatment phases can be alternated according to the needs of the patient or client. The overall treatment goal is the help patients or clients to lead more adaptive lives and, therefore, gradually integrate their personality.

Workshop program:

Day 1, Friday, May 7

Morning:	Basics of the Theory of Structural Dissociation of the Personality & Janetian Psychology of Action
Morning, Afternoon:	EMDR and complex traumatization - Understanding the dissociative structure- personality parts and their inner dynamics

EMDR examples

Day 2, Saturday, May 8

Morning: The screening and diagnostics of dissociative disorders

Afternoon: Stabilization

Organizing the inner negotiation and containment

Day 3: Sunday, May 9

Morning: Memory work- Organizing the dissociative structure for EMDR

Afternoon: The central clinical issues when working with early traumatization
with dissociative client -EMDR sessions

Didactic approaches: Lectures

Extensive video (case) presentations

Small group exercises

Clinical demonstrations (with emphasis on role play)

Although not required, it would be helpful to read the presenter's book prior to the workshop:

Van der Hart, O., Nijenhuis, E.R.S., & Steele, K. (2008). *El yo atormentado: La disociación estructural y el tratamiento de la traumatización crónica*. Bilbao: Desclée de Brouwer. [Spanish edition of: Van der Hart, O., Nijenhuis, E.R.S., & Steele, K. (2006). *The haunted self: Structural dissociation and the treatment of chronic traumatization*. New York/London: W.W. Norton & Co.]