

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

10-Hour, On-Line, On-Demand Webinar

Presented by Shirley Jean Schmidt, MA, LPC

Outline/Schedule:

<p>Background</p> <ul style="list-style-type: none">Core AssumptionsTypes of WoundingHealing Childhood WoundsShort Demo Video <p>Ego State Theory</p> <ul style="list-style-type: none">Parts of SelfSelf-SystemExecutive ControlDissociative DisordersGetting Triggered <p>Introduction</p> <ul style="list-style-type: none">Memory Reconsolidation & AIPIntervention OverviewSafe & Effective EMDRPrimary Agent for Change <p>Getting Started</p> <ul style="list-style-type: none">Get a HistoryIntroduce this to Clients	<p>Foundational Interventions</p> <ul style="list-style-type: none">Mobilize ResourcesDemo Video: ResourcingAnchors for SoothingEstablish a Special Safe PlaceDemo Video: Special Safe PlaceSet an Effective Therapy GoalDemo Video: Therapy Goal <p>Nurturing Interventions</p> <ul style="list-style-type: none">Wounded Part Comes ForwardConnect Part to ResourcesAttune, Validate, Empathize <p>Educational Interventions</p> <ul style="list-style-type: none">Provide Needed InformationManage EnmeshmentOrient to Present TimeExplain Illusion of SignificanceWrap-upLong Demo Video	<p>Controlling Reactive Parts</p> <ul style="list-style-type: none">What are they?Radical AcceptanceBuild Rapport <p>Complications</p> <ul style="list-style-type: none">Resource ProblemsProcessing Blocks <p>Attunement</p> <ul style="list-style-type: none">Attunement BasicsConfusion is Your FriendWindow of Nurturing AttunementAttuned Grief ProcessingKnow Who You're Talking ToLong Demo Video <p>How the Brain Changes</p> <ul style="list-style-type: none">State Change vs Trait ChangePorges' Polyvagal TheorySiegel Similarities <p>Wrapping Up</p>
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Learning Objectives:

Participants will be able to:

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