

# PRE-CONFERENCE DAY

## 3<sup>rd</sup> JANUARY 2020

| Programme Overview |   |   |   |  |   |
|--------------------|---|---|---|--|---|
| Floor 13           | Registration (Floor 13)   |   |   |  |   |
| Floor 12           | Room 2 (1201)   | Room 3 (1208)   | Room 4 (1209)   | Room 5 (1216)  | Room 6 (1204)   |
| 09:00-10:30        | Pre-conference Workshop 1<br>EMDR Therapy & Borderline Personality Disorder<br><i>Dolores Mosquera</i><br>Chair: Dr. Matthew Woo<br>Session 102 | Pre-conference Workshop 2<br>EMDR & Treatment Resistant Depression<br><i>Arne Hofmann</i><br>Chair: Marid Kaewchinda<br>Session 105 | Pre-conference Workshop 3<br>Psychotraumatology & Stabilization Techniques”<br><i>Derek Farrell</i><br>Chair: Sombat Tapanya<br>Session 103 | Pre-conference Workshop 4<br>EMDR with Children & Youths<br><i>Ana Gomez</i><br>Chair: Ann Parichawan<br>Session 103 | Pre-conference Workshop 5<br>The Healing Space- From the Vulnerable Child to the Authentic Essence<br><i>Brurit Laub</i><br>Chair: Tri Iswardani<br>Session 101 |
| 10:30-11:00        | Coffee Break  |   |   |  |   |
| 11:00-12:30        | Pre-conference Workshop 1<br>EMDR Therapy & Borderline Personality Disorder<br><i>Dolores Mosquera</i><br>Chair: Matthew Woo<br>Session 102     | Pre-conference Workshop 2<br>EMDR & Treatment Resistant Depression<br><i>Arne Hofmann</i><br>Chair: Marid Kaewchinda<br>Session 105 | Pre-conference Workshop 3<br>Psychotraumatology & Stabilization Techniques”<br><i>Derek Farrell</i><br>Chair: Sombat Tapanya<br>Session 104 | Pre-conference Workshop 4<br>EMDR with Children & Youths<br><i>Ana Gomez</i><br>Chair: Ann Parichawan<br>Session 103 | Pre-conference Workshop 5<br>The Healing Space- From the Vulnerable Child to the Authentic Essence<br><i>Brurit Laub</i><br>Chair: Tri Iswardani<br>Session 101 |
| 12:30-13:30        | Lunch (Floor 13)  |   |   |  |   |
| 13:30-15:00        | Pre-conference Workshop 1<br>EMDR Therapy & Borderline Personality Disorder<br><i>Dolores Mosquera</i><br>Chair: Matthew Woo<br>Session 102     | Pre-conference Workshop 2<br>EMDR & Treatment Resistant Depression<br><i>Arne Hofmann</i><br>Chair: Marid Kaewchinda<br>Session 105 | Pre-conference Workshop 3<br>Psychotraumatology & Stabilization Techniques”<br><i>Derek Farrell</i><br>Chair: Sombat Tapanya<br>Session 104 | Pre-conference Workshop 4<br>EMDR with Children & Youths<br><i>Ana Gomez</i><br>Chair: Ann Parichawan<br>Session 103 | Pre-conference Workshop 5<br>The Healing Space- From the Vulnerable Child to the Authentic Essence<br><i>Brurit Laub</i><br>Chair: Tri Iswardani<br>Session 101 |
| 15:00-15:30        | Coffee Break  |   |   |  |   |
| 15:30-17:00        | Pre-conference Workshop 1<br>EMDR Therapy & Borderline Personality Disorder<br><i>Dolores Mosquera</i><br>Chair: Matthew Woo<br>Session 102     |   | Pre-conference Workshop 3<br>Psychotraumatology & Stabilization Techniques”<br><i>Derek Farrell</i><br>Chair: Sombat Tapanya<br>Session 104 | Pre-conference Workshop 4<br>EMDR with Children & Youths<br><i>Ana Gomez</i><br>Chair: Ann Parichawan<br>Session 103 | Pre-conference Workshop 5<br>The Healing Space- From the Vulnerable Child to the Authentic Essence<br><i>Brurit Laub</i><br>Chair: Tri Iswardani<br>Session 101 |

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### PRE-CONFERENCE WORKSHOPS 1

#### *EMDR Therapy for Borderline Personality Disorder (Session 102)*

Presenter: Dolores Mosquera (Chair: Matthew Woo)

09:00 -17:00 Full-Day workshop Room 2 (1201)



**Dolores Mosquera**, is a psychologist and psychotherapist specializing in severe and complex trauma, personality disorders, and dissociation. She is an accredited EMDR Europe Trainer and supervisor. Dolores is the director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP) in A Coruña, Spain—a 3-clinic private institution initially founded in 2000. She collaborates with two different Domestic Violence Programs, one focused on Women Victims of DV and another one on Males with Violent Behavior. She belongs to the Spanish National Network for the Assistance of Victims of Terrorism, and also collaborates with an organization aiding victims of emergencies, accidents, violent attacks, kidnapping and other traumatic incidents.

Dolores has extensive teaching experience leading seminars, workshops, and lectures internationally. She has participated as a guest speaker in numerous conferences and workshops throughout Europe, Asia, Australia, and North, Central, and South America. She has published 15 books and numerous articles on personality disorders, complex trauma, and dissociation, and is a recognized expert in this field. She also teaches in several Universities, and collaborates supervising Clinical Psychologists in postgraduate training programs in Spain. She received the David Servan-Schreiber award for outstanding contributions to the EMDR (Eye Movement Desensitization and Processing) field in 2017, and was made a Fellow of the International Society for the Study of Trauma and Dissociation in 2018, for her important contributions to the trauma and dissociation field.

#### **Abstract:**

The DSM-5 establishes the criteria for the Borderline Personality Disorder (BPD) diagnosis, which includes frantic efforts to avoid real or imagined abandonment, identity disturbance, impulsivity, potentially self-damaging behaviors, affective instability due to a marked reactivity of mood, suicidal ideation and a history of –or risk of– suicide attempts, chronic feelings of emptiness, difficulties to control anger and dissociative symptoms. This compound of symptoms offers a glimpse into why Borderline Personality Disorder (BPD) has a reputation for being one of the most challenging disorders to treat.

Since Borderline patients may generate strong countertransference issues in clinicians, these must be taken into consideration in working with this population. In addition, EMDR may mobilize intense affect in patients. The combination of these two important factors makes it essential for clinicians to pay close attention to affect phobias –both in themselves and their BPD patients–and develop the ability to recognize the defensive responses that arise. Affect phobias will be crucial in selecting and applying treatment strategies EMDR therapy with BPD.

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### PRE-CONFERENCE WORKSHOPS 1

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Presenter: Dolores Mosquera (Chair: Matthew Woo)

09:00 -17:00 Full-Day workshop Room 2 (1201)

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#### **Abstract:** (cont.)

This workshop helps understand Borderline pathology from the perspective of the Adaptive Information Processing model, as well as develop a sound case conceptualization of BPD cases. Through the use of educational videos and lecture, we will highlight:

- How to adapt EMDR treatment for this specific population
- How to establish the connecting thread between the client's symptoms and their early childhood environments, characterized by a high rate of attachment disruptions and severe traumatic events.
- How to identify and when to address the common defenses that come up during EMDR procedures.
- How to continue processing within the window of tolerance.

#### **Program:**

- Brief review of BPD and trauma.
  - Understanding DSM criteria from the Adaptive Information Processing model and a trauma perspective.
- Identifying and managing common relational dynamics in the therapeutic relationship with the Borderline Patient.
  - Case examples and video fragments
- Case conceptualization and target selection
  - The relevance of Adaptive Information in BPD.
  - Identifying core BPD targets.
  - How to go from symptoms to target.
- Adapting EMDR procedures for BPD.
  - Relevant aspects to take into account in BPD during Phases 3-7.
  - Successful application of the Standard EMDR Protocol.
  - Common difficulties and solutions.

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### PRE-CONFERENCE WORKSHOPS 2

#### *EMDR and Treatment Resistant Depression (Session 105)*

Presenter: **Arne Hofmann** (Chair: Marid Kaewchinda)

09:00 -15:00 Full-Day workshop Room 3 (1208)



**Dr. Arne Hofmann, MD**, is specialist for psychosomatic medicine and head of the EMDR-Institute in Germany. He learned EMDR in 1991 and has introduced it in the german-speaking countries. Dr. Hofmann is co-founding board member of EMDR Europe and a member of a German national guideline commission on the treatment of PTSD. He is teaching, researching and publishing in the field of psychological trauma and EMDR. He has been teaching at the Universities of Cologne, Boston University and the Peking University. He co-founded the European EDEN research group that has up to now published 5 controlled studies that have shown that EMDR is highly effective in the treatment of depression. For his work he has received several awards and the Order of Merit of the Federal Republic of Germany.

#### **Abstract:**

EMDR is internationally recognized as one of the most effective tools to treat posttraumatic stress disorder (WHO 2013). Increasingly studies show that stressful life events play a major role in depressive disorders. In recent years therefore EMDR has come into focus as a new intervention tool in the treatment of depressive disorders and the specific protocol has been developed to work systematically with unipolar depressive disorders, the EMDR DeprEnd protocol.

This protocol has been developed in the research that has been conducted by the European EDEN study group since 2007, and applied to at least 500 depressive patients using the EMDR DeprEnd protocol.

The EMDR DeprEnd protocol focuses episode triggers (Criterion A or not), belief systems and psychological states related to depressive disorders.

In the workshop protocol will be introduced and partly trained, parts of it in small group exercises. Also practical cases will be presented and, as time permits, discussed.

#### **Learning objectives:**

- How EMDR can be of use in a case of unipolar depressive disorders
- How to do treatment planning with the AIP model in a case of depression
- How to use the DeprEnd protocol with your depressive patients



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### PRE-CONFERENCE WORKSHOPS 3

#### *Psycho-traumatology and Stabilization Techniques (Session 104)*

Presenter: **Derek Farrell** (Chair: Sombat Tapanya)

09:00 -17:00 Full-Day workshop Room 4 (1209)



**Dr. Derek Farrell** is a Principal Lecturer in Psychology at the University of Worcester (UK) where he is Course Director of a MSc EMDR Therapy programme (the world's first such programme). He is an EMDR Therapy Europe Accredited Senior Trainer and Consultant, a Chartered Psychologist with the British Psychological Society, and an Accredited Psychotherapist with the British Association of Cognitive & Behavioural Psychotherapies (BABCP). He is Past-President of the EMDR UK & Ireland Board, President of Trauma Aid Europe, Past Co-Vice President of EMDR Europe Board and current Chair of the EMDR Europe Practice Committee. He has been involved in a number of Humanitarian Trauma Capacity Building programmes in Pakistan, Turkey, India, Cambodia, Myanmar, Thailand, Indonesia, Lebanon, Poland, Palestine and Iraq. His PhD in Psychology was researching survivor's experiences of sexual abuse perpetrated by clergy and consequently has written several publications on this subject matter. In Geneva 2013, Derek was the recipient of the 'David Servan Schreiber Award' for Outstanding Contribution to EMDR Therapy. In addition, Derek was also shortlisted for the prestigious Times Higher Education Awards (2017) for International Impact due to his Humanitarian Trauma Capacity Building work in Iraq with the Free Yezidi Foundation and the Jiyan Foundation for Torture and Human Rights. In 2018 Derek was awarded the 'Trauma Aid Europe Humanitarian Award' in Strasbourg, France.

#### **Abstract:**

Although exposure to psychological trauma is inevitable in life not all experiences result in PTSD for individuals. Many, however, who experience repeated, chronic and multiple traumas are more likely to experience pronounced trauma symptoms, consequences and impact on levels of functioning. In addition, there are major fundamental distinctions between first and emerging health economies in the provision of Trauma-Informed Care regarding the availability, and subsequent access to, mental health specialists trained in empirical trauma treatments and allied non-mental health professionals and paraprofessionals.

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### PRE-CONFERENCE WORKSHOPS 3

#### *Psycho-traumatology and Stabilization Techniques (Session 104)*

Presenter: Derek Farrell (Chair: Sombat Tapanya)

09:00 -17:00 Full-Day workshop Room 4 (1209)

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#### Abstract: (cont.)

This presentation will explore trauma treatment interventions from six perspectives:

- Psychoeducation
- Trauma Stabilisation
- Trauma Confrontation
- Intensive Trauma Treatment Interventions
- EMDR Group Interventions
- Resilience & Post-Traumatic Growth

Meta theories as to why psychological therapy treatment works supports the importance of clients receiving relevant information to account for their symptoms and experiences. Consequently, this presentation will explore this regarding Psychological First, Second and Third Aid concerning clinical practice, research and development, and teaching and learning perspective. The presentation will utilise country case studies, particularly those in major conflict areas and emerging health economies. In the words of Nelson Mandela – Education is the most powerful weapon, which you can use to change the world.

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### PRE-CONFERENCE WORKSHOPS 4

#### *Complex Trauma, Attachment, and Dissociation: Treating Children with Emotion Dysregulation and Constriction Using EMDR Therapy (Session 103)*

Presenter: **Ana Gomez** (Chair: Ann Parichawan Chandarasiri)

09:00 -17:00 Full-Day workshop Room 5 (1216)



**Ana M Gómez, MC, LPC** She is the founder and director of the AGATE Institute in the U.S. She is an EMDR Institute, and EMDR-IBA trainer of trainers. She is a psychotherapist, author, and an international speaker on the use of EMDR therapy with children and adolescents with complex and developmental trauma as well as attachment wounds and dissociation.

Ana is the author of *EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment and Dissociation* and several books, book chapters and articles on the use of EMDR therapy with children and adolescents. Ana was the recipient of the 2011 "Distinguished Service Award" from the Arizona Play Therapy Association and the 2012 Sierra Tucson "Hope Award."

Ana has developed numerous programs and protocols that include the "EMDR-Sandtray Protocol" and the "The Systemic, EMDR-Attachment Based Program to Heal Intergenerational Trauma & Repair the Parent-Child Attachment Bond."

#### **Abstract:**

This presentation will focus on practical and creative strategies for working with children with severe dysregulation or constriction of the affective system. These include children exhibiting insecure patterns of attachment, developmental and complex trauma and dissociative symptoms. Strategies directed to titrate amount of trauma and keep children within manageable and tolerable levels of activation to optimize their integrative capacity will be demonstrated. How to work with children with sensitized sympathetic and parasympathetic systems, as well as children with avoidant, disorganized and anxious attachment strategies and dissociative symptoms will be addressed. Considering that children with developmental and complex trauma present with attachment injuries inflicted when lower brain areas were still maturing, their capacities for affect regulation can be compromised (Ogden & Gómez, 2013). The use of strategies that work directly with subcortical brain regions and the body, will be addressed. The "Multifactor model of preparation" (Gomez, 2010) will be presented as well as "portals" to access memory networks containing traumatogenic material with children that rapidly become dysregulated, emotionally constricted and dissociative.

A wide range of interweaves will be presented. This includes the "reparative interweave" which is directed to heal the attachment system and assist children in meeting unmet attachment needs. In addition, clinicians will learn how to use strategies from the EMDR-Sandtray protocol (Gómez, 2013) to access implicit material and provide distance from the memories of trauma and hardship. This facilitates the exploration, accessing and processing of such memory systems while staying within the child's window of tolerance.

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### PRE-CONFERENCE WORKSHOPS 4

#### *The Healing Space - From the Vulnerable Child to the Authentic Essence* (Session 101)

Presenter: **Brurit Laub** (Chair: Tri Iswardani Sadatun)

09:00 -17:00 Full-Day workshop Room 6 (1204)

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#### **Abstract: (cont.)**

Repairing attachment wounds through inner child work is used in various therapeutic approaches as well as in EMDR therapy. The Healing Space procedure begins by focusing on the vulnerable aspects of the child so as to facilitate the dialectical movement between opposites (such as: helplessness- strength, sadness-happiness). The therapist models to the client how to contain and accept the child's feelings. The dialectically attuned therapist resonates with the child's denied feelings, recognizes and legitimizes them and tries to make them accessible. The more the client contains the child's vulnerability, the more opposites are accepted and a sense of wholeness develops. This is often accompanied by a spontaneous emergence of the client's authentic essence. The therapist identifies and validates the essence and makes it accessible so that the client can easily connect to it.

In the preparation phase Healing Space often softens protective parts which sometimes hinder processing. During processing it helps the client contain the child's overwhelming negative feelings and move towards integration. At the end of a session it can provide an empowering resource.

The Healing Space procedure will be demonstrated with video clips and practiced in pairs.



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**Brurit Laub** is a clinical psychologist in private practice, retired from 35 years work at a community mental health center in Israel. She is a certified hypno-therapist and a supervisor in psychotherapy, family therapy and EMDR. In 1995 she learned EMDR and in 1998 became an EMDR Institute facilitator, and later an EMDR Europe accredited consultant. She developed a Resource Connection Envelope (RCE) and presented it in Israel and in EMDR conferences abroad. She developed with Elan Shapiro the EMDR R-TEP (Recent Traumatic Episode Protocol) and co-presented it in numerous conferences in Israel and abroad. She is Co-recipient of the David Servan-Schreiber award for contribution to EMDR from the University of Lorraine, Metz. She developed with Nomi Weiner a dialectical model for psychotherapy and presented it in workshops in Israel. The model was adapted to EMDR therapy and presented in Israel, NYC and in EMDR conferences (Edinburgh-2014, Philadelphia -2015 and Shanghai - 2017). The Healing Space was presented at the European EMDR conference in Strasbourg, 2018. She co-authored "Co-Therapy with Individuals, Families and Groups" (1994) and "Innovative Interventions in Psychotherapy" (2006). She also co-authored several articles on the dialectical model and on EMDR R-TEP.

#### **Abstract:**

The Healing Space procedure contributes to EMDR adaptive processing and to post traumatic growth. It is inspired by the dialectical perspective (Laub & Weiner, 2007) which regards the movement between opposites (Yin-Yang) as essential for integration. This perspective proposes that the expanding associative processing moves towards the transformation of non-adaptive themes and of the self. The transformation of the self consists of a deepening connection to a sense of wholeness to ourselves, to others, and to the universe. In the Healing Space a compassionate relationship with our vulnerable child is developed paving the way to the emergence of our whole authentic essence.

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