State of the Art EMDR 2014: Protocols and Practice

Saturday, May 3, 2014
8:30am to 5:00pm

Student Union Ballroom
UMass, Amherst MA 01002

Schedule

8:00 - 8:30am
Onsite Registration and Continental Breakfast

8:40 - 9:00am
President’s Address:
Mark Nickerson, LICSW
President, EMDRIA Board

9:00 - 12:15pm
Morning Plenary Session

12:15 - 1:45pm
Catered Lunch (included in fee)

1:45 - 5:00pm
Afternoon Workshops

Morning Plenary (9:00am - 12:15pm)
“EMDR Protocols and EMDR Practice: A Clinician’s Journey Towards Mastery”
Marilyn Luber, PhD

Afternoon Workshops (1:45pm - 5:00pm):
2. “From Relational Problems to Psychological Solutions: EMDR in Couples Therapy” – Barry Litt, LMFT

OR Choose Two 90-Minute Workshops:

1st 90-Minute Session (1:45pm - 3:15pm)

   – Mark Nickerson, LICSW
4b. “Handy Tools for Kids and Teens”
   – Frankie Klaff, PhD
4c. “Transforming Critical Incidents with the EMDR Group Treatment Protocol”
   – Patricia Thatcher, LICSW

2nd 90-Minute Session (3:30pm - 5:00pm)

5a. “Is the Feeling State Addiction Protocol Too Good to be True?”
   – Mark Karpel, PhD
   – Nancy Simons, LMHC

Completion of an EMDRIA approved basic EMDR training is required for registration.

6 Continuing Education Credits for EMDRIA, Mental Health Counselors, Marriage and Family Therapists, Psychologists, and Social Workers have been approved. This program is co-sponsored by the Massachusetts Psychological Association (MPA). MPA is approved by the American Psychological Association to sponsor Continuing Education (CE) for psychologists. MPA maintains responsibility for the program and its content.

Proceeds to benefit non-profit EMDR training and research efforts including EMDR Humanitarian Assistance Program and EMDR Research Foundation. This workshop is held in facilities compliant with the Americans with Disabilities Act. Please contact Jane Laskey, LICSW (janelaskey@gmail.com) if special accommodations are required.

For on-line registration, expanded workshop descriptions, presenter biographies, hotels, directions, and more, go to our website*:

www.wmassemdria.com

Local Coordinator of Registration:
Amanda Roberts, PhD
Email: britshrink@aol.com
Phone: 413-253-0440

*You may also print registration forms from the website and mail them.

Full Refunds will be given up to one week prior to the event.
Grievance policy: available by writing to wmassemdria@gmail.com

Please register early!
**Program Descriptions**

**Level Definitions:**
- **Basic** = EMDR-trained clinicians
- **Intermediate** = Clinicians actively practicing EMDR
- **Advanced** = Advanced EMDR clinicians

**9:00am Morning Plenary:**
“EMDR Protocols and EMDR Practice: A Clinician’s Journey Towards Mastery”
- **Marilyn Luber, PhD**

The EMDR approach to psychotherapy is based on standard procedures and protocols and forms a template for the EMDR practitioner to work with their clients. The development of EMDR practice has evolved by addressing the unique needs of clients in special situations and populations through the use of EMDR scripted protocols. This plenary will explore how the emergence, compilation and application of EMDR scripted protocols have contributed to advances in contemporary EMDR practice. Reflections on professional development as an EMDR practitioner and clinician self-care will also be included.

**1:45-3:15pm 90-Min. Workshop Choices:**

- **Mark Nickerson, LICSW**

**Levels:** Basic, Intermediate, Advanced

Participants will learn the Cycle Model Protocol for early assessment and intervention with common symptomatic and problematic behaviors including “acting out” and addictions. The Cycle Model Protocol quickly builds client awareness and motivation and guides case formulation and treatment planning including strategies to stabilize and manage behaviors, to identify appropriate additional EMDR protocols and to select strategic targets for EMDR desensitization.

**4b. “Handy Tools for Kids and Teens”**
- **Frankie Klaff, PhD**

**Levels:** Basic, Intermediate, Advanced

“Sure I know the protocol but I can’t always use it with the kids I treat.” This workshop will provide some ideas of how to expand one’s use of EMDR with children, even if there isn’t a big T trauma. Learn how to use it for current everyday issues troubling kids. Also, the rapid changes in this electronically driven generation oblige us to keep up with the times and meet kids at their level. Can their iPhones and computers be useful during the EMDR process? The possibilities and perils of incorporating i-technology into EMDR therapy will be addressed and clinically demonstrated. Tips will be offered to expand your existing clinical tool set and creatively boost EMDR therapy at different stages of the process, while keeping true to the standard protocol. Videos and live action promised.

**1:45-5pm 3-hour Afternoon Workshops:**

- **George Abbott, PhD**

**Levels:** Basic, Intermediate

The presenter will cover new developments in the AIP Model and review standard EMDR procedures, including how to recognize, moment-by-moment, whether changes are occurring during processing and how to resolve blocks when they are not. The presenter will cover screening for cases requiring extended preparation, including identification of dissociative disorders. The workshop will include a sand tray-like demonstration of key features of the AIP Model, lecture, case vignettes, live demonstration, discussion, and Q & A.

2. “From Relational Problems to Psychological Solutions: EMDR in Couples Therapy”
- **Barry Litt, LMFT**

**Levels:** Basic, Intermediate, Advanced

Couples presenting for therapy are often stuck in a cycle of blame that reenacts early family-of-origin experience. This workshop will describe a method for ending the blame cycle in couples by contracting for the individualized intervention of EMDR therapy. Indications and contraindications for conjoint EMDR sessions will be described.

3. “Integrating EMDR and Internal Family Systems Therapy”
- **Joanne Twombly, LICSW**

**Levels:** Basic, Intermediate, Advanced

Sometimes clients are blocked from utilizing the healing process of EMDR. This workshop will teach the basics of Internal Family Systems (Schwartz, 1995), an ego state model that offers practical ways to facilitate the EMDR processing. An IFS exercise to sort through therapists’ countertransference reactions will also be taught.

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**3:30-5pm 90-Minute Workshop Choices:**

5a. “Is the Feeling State Addiction Protocol Too Good to be True?”
- **Mark Karpel, PhD**

**Levels:** Basic, Intermediate, Advanced

This workshop offers a guide to the Feeling State Addiction Protocol, focusing on when and how to use the protocol with 1) detailed discussion of the steps involved, 2) case illustrations, 3) contributions from local therapists also using the protocol, 4) extensive question-and-answer opportunities, and 5) discussion of the theoretical underpinnings of the protocol.

- **Nancy Simons, LMHC**

**Levels:** Basic, Intermediate, Advanced

Research has shown that self-compassion facilitates the process of healing from trauma. In this workshop participants will review the literature on the science of self-compassion and will be introduced to a protocol on the development of self-compassion. The application of the protocol will be taught through lecture, case examples and small group discussion. Participants will gain an understanding of how self-compassion ties in with EMDR and The AIP model.
**Name & Degree:**

Professional License (LMHC, LICSW, etc.): ___________

License #: ____________________

Mailing Address: __________________________

City: ________________ State: _____ Zip: _________

Email: ______________________

Telephone: _____________________

Level of EMDR Training (check one):

- Fully trained
- Certified

**Program Fee** (Lunch & CEUs included in fee)

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
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<tbody>
<tr>
<td>$150</td>
<td>early registration</td>
</tr>
<tr>
<td>$170</td>
<td>if postmarked after 4/1/2014</td>
</tr>
<tr>
<td>$110</td>
<td>for Community Mental Health Agency Clinicians working 30+ hours per week (non-reimbursed by agency)</td>
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My payment of $________ is enclosed.

Checks made payable to: Western MA EMDRIA Regional Network

**Lunch choices**

- Vegetarian
- Non-Vegetarian

Only fully-trained EMDR clinicians are eligible to attend and obtain EMDRIA CEUs.

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**Registration for Afternoon Workshops:** Please indicate your choice of workshop.

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<th>1:45-3:15pm Workshops</th>
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**BIOGRAPHIES**

**George Abbott, PhD** is an EMDR Senior Trainer for the Humanitarian Assistance Programs. He is on the clinical faculty of the EMDR Institute and is an EMDRIA-approved Consultant. He founded and has chaired the Association for the Advancement of Skill in Clinical Hypnosis for 20 years. Dr. Abbott is a licensed psychologist in private practice in Northampton, MA and a senior clinician at the Holyoke Medical Center Outpatient Service. He consults to EMDR clinicians both individually and in groups, with a specialization in the treatment of patients with dissociative disorders.

**Mark Karpe1, PhD** maintains a private practice in Northampton, Massachusetts. A Certified EMDR therapist since 2000, he has been using the FSAP for 1½ years. He has presented over ninety professional workshops and produced three books, as well as articles and invited chapters, on couples and family therapy.

**Frances (Frankie) Klaff, PhD** is a psychologist, EMDRIA consultant and senior facilitator and child specialty trainer for the EMDR Institute, EMDRIA and HAP. Her chapter on Children of Divorce appears in the EMDR Handbook of Family Therapy. She has presented workshops at many EMDRIA conferences and internationally and her work is featured in the 2011 EMDR related subjects both nationally and internationally and was on the EMDR Task Force for Dissociative Disorders. She has been using the FSAP for 1½ years. She has presented over ninety professional workshops and produced three books, as well as articles and invited chapters, on couples and family therapy.

**Barry Litt, MFT** is an AAMFT Approved Supervisor, an EMDRIA Approved Consultant, and a member and frequent presenter for the ISST-D. He has authored three chapters in as many books on the integration of EMDR, and has presented numerous workshops at EMDR conferences and two-day workshops to international audiences.

**Marilyn Luber, PhD** is an author, editor, and licensed clinical psychologist in general private practice in Center City, Philadelphia, Pennsylvania, working with adolescents, adults, and couples, especially with Complex Posttraumatic Stress Disorder (C-PTSD), trauma and related issues, and dissociative disorders. She also runs consultation groups for EMDR practitioners. She was trained in Eye Movement Desensitization and Reprocessing (EMDR) in 1992 by Dr. Francine Shapiro and now assists in EMDR Institute trainings as a Facilitator and Logistics Coordinator. She has coordinated trainings in EMDR-related fields in the greater Philadelphia area since 1997. She teaches Facilitator and Supervisory trainings and other EMDR-related subjects both nationally and internationally and was on the EMDR Task Force for Dissociative Disorders. She is in private practice in Waltham, MA where she works extensively with people with complex PTSD and Dissociative Disorders. She also provides trainings and consultation in EMDR and IFS. She has had several book chapters published on using EMDR with Dissociative Disorders, Internal Family Systems, and on working with Perpetrator Introjects. Her commitment to providing the optimal space for healing has resulted in her becoming an EMDR HAP Facilitator, a certified consultant in EMDR, Internal Family Systems Certified, and an American Society for Clinical Hypnosis Consultant. She is the past president of the New England Society for the Treatment of Trauma and Dissociation and serves on various committees and the board of the International Society for the Treatment of Trauma and Dissociation.

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