

Title: Parts Work, EMDR, and the Phase (1 CE)

Description/Abstract: Parts work has been a part of therapeutic processes for decades with several different applications in therapy. Technique, theory and therapeutic lens vary with each application and the outcomes can be both exploratory and reparative. Historically, dissociative features and complex trauma indicate where these therapeutic techniques can be used to strengthening the client's ability to reprocess information and are employed during Phase 2 work. However, parts work can be done in many of the phases of EMDR using some key conceptual approaches. In this 1-hour workshop we will discuss various theories, examine recent research in dissociation and explore techniques in parts work that can be used throughout the phases of EMDR.

Goals/Objectives:

- Review therapeutic applications of parts work
- Explore recent research on dissociation
- Discuss application and techniques of parts work that can be employed in multiple phases of EMDR

Timed Outline/Content:

11:45pm – 12:00pm Registration & Sign In/Log On

12:00pm – 12:50pm Discuss the multiple ways to implement Parts Work in EMDR

Decades of Parts Work in Therapeutic application

Dissociative features and recent research

Techniques and applications of parts work in multiple phases of EMDR

12:50pm – 1:00pm Wrap Up, Q & A