

Title: Best Practices for EMDR Therapy with Complex Trauma

1 CE

Description/Abstract: Complex trauma, trauma that is developmental, ongoing and chronic, and interpersonal in nature, has a somewhat different presentation and mimics a multitude of diagnoses with an array of symptoms and behaviors. Due to this, the standardized methods in the 8 phase protocol may be too narrow in conceptualization, ill prepare the client for deeper work or allow the client to quickly move outside their window of tolerance during reprocessing. In this 1-hour workshop we will discuss some best practices for addressing complex trauma with EMDR Therapy.

Goals/Objectives:

- Review best practices for conceptualizing Phase 1 work with complex trauma
- Explore diversity within Phase 2 work when working with complex trauma
- Discuss modifications during Phases 3-6 to assist with reprocessing and allow for clients to maintain dual awareness and remain within their affective window of tolerance.

Timed Outline/Content:

12:45pm – 1:00pm	Registration & Sign In/Log On
1:00pm – 1:50pm	Discuss modifications within the 8 phase protocol commonly used with complex trauma <ul style="list-style-type: none"><li>▪ Phase 1 EMDR case conceptualization from thematic perspective</li><li>▪ Expansion of Phase 2 EMDR preparation skills to include emotions and somatic awareness</li><li>▪ Narrowing generalizability and free association in reprocessing work</li></ul>
1:50pm – 2:00pm	Wrap Up, Q & A