

# **An Advanced Course in Relational EMDR Therapy: Taking the Journey to the Next Level**

January 24-26, 2020

Presenters: Deany Laliotis

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA.

## **Program**

This program is for experienced EMDR Therapists. As EMDR therapists who treat complex developmental trauma, we understand the importance of the therapeutic relationship as part of the healing journey when our clients are suffering from attachment wounds. The challenge is how to bring our best selves to the clinical situation, using our experience moment-to-moment to facilitate the work, making it a shared experience. In this 3-day master course, we will explore ways we can use ourselves to best meet the needs of the clinical situation, creating the conditions that make it possible for the client to approach this uncharted emotional territory towards healing and transformation.

The overall objective is to provide participants with conceptual knowledge and practical skills to work with attachment- related phenomena within an EMDR-based framework.

The target professional audience is for psychologists – Advanced Level and experienced EMDR Therapists.

**Requirement:** Participants must be experienced EMDR Therapists to attend this workshop.

### **Friday, January 24, 2020**

7:30pm–9:30pm

Introduction and Program Agenda

- Rationale for Relational EMDR therapy: for the client; for the therapist
- Overview of treating developmental trauma in EMDR Therapy

Learning Objectives:

- *Identify and develop therapist attunement skills by tracking the moment to moment somatic experience, using the resonance between the therapist and client*

### **Saturday, January 25, 2020**

8:30am-11:45am

Lecture and Discussion

- Identify and develop therapist attunement skills by tracking the moment to moment somatic experience, using the resonance between the therapist and client
- Identify therapeutic impasse through the AIP Model, identifying areas of difficulty through attachment theory where the therapist is triggered in a clinical

- challenge situation
- How to use the relationship between the therapist and client to facilitate movement in the work, both in and out of processing
- Recognize the difference between core affective responses versus defensive affective responses both in ourselves as well as in our clients

Learning Objectives:

- *identify therapeutic impasse through the AIP Model, and how to use the relationship between the therapist and client to facilitate movement in the work*
- *differentiate between core affective responses versus defensive affective responses both in ourselves as well as in our clients*
- *Identify and work with specific psychological defenses such as avoidance, idealization, and shame in and out of processing*

1:15pm-4:30pm

Practice in dyads

- Identify a therapeutic impasse that they are currently in or have been in in the past and use EMDR therapy procedures to identify and treat the issue that contributed to the impasse
- Effectively apply clinical interweave strategies (CIC) to facilitate reprocessing effects and generate adaptive actions in the future

Learning Objectives:

- *Apply effectively the clinical interweave strategies (CIC) to facilitate reprocessing effects and generate adaptive actions in the future*

7:00pm-8:30pm

Live Demonstration/Videotape illustration of clinical interweave strategies

- Apply specific clinical interweave strategies (CIC) to facilitate client processing in EMDR therapy

Learning Objective:

- *Apply specific clinical interweave strategies (CIC) to address fears and blocking beliefs*

**Sunday, January 26, 2020**

8:30am-11:30am

Lecture and Discussion; Workshop Closure, Debrief and Evaluation

- Facilitate integration of the treatment gains, applying the three-pronged protocol of past, present and future

Learning Objective:

- *Identify memories for processing that inform the relational patterns that are problematic for the client in the context of their current relationships*

## **Presenter(s) Bio**

Deany Laliotis, LICSW, is an international trainer, clinical consultant, and practitioner of EMDR therapy specializing in the treatment of traumatic stress disorders and attachment issues. She has been on the faculty of EMDR Institute, Inc. since 1993 and is currently the director of training. Most recently, Deany has coauthored a chapter on EMDR therapy with Dr. Francine Shapiro in Evidence Based Treatments for Trauma-Related Psychological Disorders as well as an article titled, "EMDR and the Adaptive Information Processing Model: Integrative Treatment and Case Conceptualization," in the Journal of Clinical Social Work. Deany was recently awarded the Francine Shapiro award for excellence by the EMDR International Association. Participants from Deany's trainings consistently speak to her ability to make ideas understandable and applicable to clinical practice. Her teaching style is funny and engaging, inspiring confidence and enthusiasm among her trainees.

## **Program Costs and Registration**

Please visit [www.kripalu.org](http://www.kripalu.org)

## **Cancellation Policy**

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

## **Conflict of Interest/Commercial Support**

There is no conflict of interest or commercial support for this program.

## **Grievance Policy**

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at [cec@kripalu.org](mailto:cec@kripalu.org) or 413.448.3127.

## **Certificate Issuance**

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

## **Continuing Education**

### **Psychology – 10.75 CE Hours**

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 10.75 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in or out each day

will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

### **Social Work – 12 CE Credits**

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

### **Nursing – 14.7 CE Credits**

Nursing Continuing Education Credits provided through Berkshire Area Health Education Center (AHEC). This course is designed for Registered and Licensed Practical Nurses, CNA's, and other health care and human service professionals and meets the requirements nursing contact hours as specified by the Massachusetts Board of Registration in Nursing - 244 CMR 5.04.

Participants must have paid tuition fee and CE fee to Kripalu, signed in each day, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

### **Additional CEC's being Issued by Presenter (inquire to presenter directly):**

- **EMDRIA** - Deany Lalotus, LICSW, is an EC Provider (#00017) and this program (#00017-66) has been approved for 12 EMDRIA credit hours. Eligibility for EMDRIA credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training.
- **COUNSELING** - EMDR of Greater Washington and Deany Lalotus, LICSW, has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6775. Programs that do not qualify for NBCC credit are clearly identified. EMDR of Greater Washington is solely responsible for all aspects of the program. Counselors will receive 12 hours of continuing education credit upon completing this program.

For additional CE information, please visit <https://kripalu.org/content/continuing-education-credits>