



## Registration Form

Name \_\_\_\_\_

Email \_\_\_\_\_

Mail Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Bus Phone \_\_\_\_\_

Cell \_\_\_\_\_

If you did not receive your EMDR Training from the EMDR Institute, please submit proof of completion of an EMDRIA Approved Basic Training.

### Payment Information

\$US325 Postmarked by March 27, 2010

\$US375 Thereafter

**Discount for HAP Trained Clinicians \$75**

**Cancellation/Refund:** Tuition refundable up to 15 days prior to workshop date less a processing fee of \$50. \$75 processing fee thereafter.

#### Check or money order payable to:

EMDR Institute  
PO Box 750  
Watsonville CA 95077 Fax: 831-761-1204

#### Credit Card Information:

AMEX MasterCard VISA Discovery  
CC# \_\_\_\_\_  
Expiration Date \_\_\_\_\_

COMPLEX PTSD, ATTACHMENT AND DISSOCIATIVE SYMPTOMS-Ana Gomez San Francisco CA-April 10-11, 2010

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COMPLEX PTSD, ATTACHMENT AND DISSOCIATIVE SYMPTOMS: TREATING CHILDREN WITH PERVERSIVE  
EMOTION DYSREGULATION USING EMDR AND ADJUNCTIVE APPROACHES

SAN FRANCISCO CA-APRIL 10-11, 2010



EMDR Institute Inc  
Advanced Clinical  
Applications Workshop

**COMPLEX PTSD,  
ATTACHMENT AND  
DISSOCIATIVE SYMPTOMS:  
TREATING CHILDREN WITH  
PERVERSIVE EMOTION  
DYSREGULATION USING  
EMDR AND ADJUNCTIVE  
APPROACHES**

**ANA GOMEZ, MC, LPC**

**SAN FRANCISCO CA  
April 10-11, 2010**

**14 CE Credits**

EMDR Institute maintains responsibility for  
this program and its contents

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# COMPLEX PTSD, ATTACHMENT AND DISSOCIATIVE SYMPTOMS: TREATING CHILDREN WITH PERVASIVE EMOTION DYSREGULATION USING EMDR AND ADJUNCTIVE APPROACHES

This workshop will provide theoretical and practical step-by-step strategies to assist clinicians working with children with severe dysregulation of the affective system such as: children exhibiting insecure patterns of attachment, complex PTSD and dissociative symptoms. How to use EMDR, attachment theory and adjunct approaches such as ego state therapy and somatic intervention with children will be addressed. Strategies directed to titrate amount of trauma and keep children within manageable and tolerable levels of activation to facilitate reprocessing will be demonstrated. In addition, participants will be able to use strategies to help caregivers become efficient external psychobiological regulators of the child's system to foster the development of self-regulation.

During this workshop clinicians will learn key elements to develop case conceptualization skills and treatment plans based on the Adaptive Information Processing Model (AIP). Participants will learn strategies associated with the use of EMDR, attachment theory, ego state therapy and other adjunct approaches with children. Clinicians working with children with severe deficits in affect regulation face the challenge of having these children become extremely aroused or dissociated during trauma reprocessing. These two responses can interfere with the child's ability to integrate traumatic material. Participants will learn strategies to fragment the volume of trauma to keep children within manageable levels of arousal and maximize their ability to reprocess traumatic material. In addition, the use of strategies to increase children's capacity for affect regulation will be addressed.

Current research is limited to the application of EMDR to trauma-related disorders.

## WORKSHOP AGENDA

**Saturday & Sunday-April 10-11, 2010**

|              |                             |
|--------------|-----------------------------|
| 8:00-8:30am  | Registration/Coffee Service |
| 8:30-5:00pm  | Workshop                    |
| 12:00-1:30pm | Lunch Break (Lunch on own)  |

## WORKSHOP LOCATION

Embassy Suites San Francisco Airport  
150 Anza Blvd  
Burlingame, CA 94010  
650-342-4600

This workshop is held in facilities in accordance with the Americans with Disabilities Act.

Please notify hotel & EMDR Institute if special accommodations are required.

## CONTINUING EDUCATION

### 14 CE Credits

**Attendance at entire workshop is required to receive credit**  
**APA:** EMDR Institute, Inc. is approved by the American Psychological Association to offer continuing education for psychologists. EMDR Institute, Inc maintains responsibility for this program and its contents.

**NBCC;** EMDR Institute, Inc is an approved provider through the National Board of Certified Counselors: NBCC Provider 5558.

**RN:** EMDR Institute, Inc is a provider approved by the California Board of Registered Nursing, Provider Number 9755.

**BBS:** For CA this workshop meets the qualifications for 14 hours of ce credit for MFTs and LCSWs. Approval #PCE270.

**EMDRIA:** EMDR Institute maintains responsibility for this program and its contents in accordance with EMDRIA standards. Approval #99003-40

## WORKSHOP REQUIREMENTS

Completion of an EMDRIA Approved  
Basic Training (Parts 1 & 2).

## PRESENTER-ANA GOMEZ, MC, LPC

Ana M Gomez, LPC, is a licensed professional counselor in private practice in the state of Arizona. She specializes in the treatment of children and adolescents with a history of abuse, trauma, and loss. She has served as a practicum instructor for the Educational Psychology Department at Northern Arizona University. She has been a presenter at the EMDR International Association conferences and presents advanced workshops nationally on EMDR with children. Ms Gomez is the author of the Dark, Bad Day-Go Away, a children's book about trauma and EMDR.

## WORKSHOP OBJECTIVES

- Use strategies for EMDR case conceptualization and treatment plan development with children with complex trauma using the AIP model
- Use effective resources for stabilization and affect regulation suitable for children
- Utilize EMDR, attachment theory and adjunct approaches (ego state and somatic intervention) with children to facilitate the reprocessing of traumatic material
- Utilize strategies to keep children within manageable levels of arousal and maximize their ability to reprocess traumatic material
- Effectively utilize cognitive interweaves with highly dysregulated children
- Integrate strategies to help caregivers become efficient external regulators of the child's system
- Understand strategies to assist caregivers in developing attunement and the ability to foster a sense of safety and security in their children