



DEBRA WESSELMANN, LIMHP

**Author, Mental Health Therapist,
Researcher, Expert in Attachment Trauma,
EMDR Trainer / The EMDR Institute**

Debra Wesselmann, MS, LIMHP is co-founder of The Attachment and Trauma Center of Nebraska and has specialized in treating attachment trauma for 33 years. She is an EMDR trainer with the EMDR Institute and is on the editorial board for The Journal of EMDR Practice and Research. She conducts research and has authored and co-authored articles and chapters, including two chapters co-authored with EMDR founder Francine Shapiro, Ph.D. She has authored and co-authored books related to attachment and trauma including a treatment manual for EMDR and family therapy treatment of attachment trauma in children and accompanying parent guide. She most recently authored a manual for EMDR and parts work treatment for attachment trauma in adults. As a recognized expert in attachment issues, Ms. Wesselmann presents nationally and internationally.

Wesselmann is the co-author of *Integrative Team Treatment for Attachment Trauma in Children* (W. W. Norton & Company, 2014) and author of *The Whole Parent: How to Become a Terrific Parent Even if You Didn't Have One* (Perseus, 1998).

THE EMDR INSTITUTE OF DR FRANCINE SHAPIRO

EMDR AND PRACTICAL STRATEGIES FOR PROBLEMS OF ATTACHMENT AND DISSOCIATION IN CHILDREN AND ADOLESCENTS

**PRESENTED BY
DEBRA WESSELMANN, LIMHP**

**Live, Interactive
2-Day Virtual Training
October 20-21, 2023
Central Time
8:30AM-5:00PM
14 CE Credits**



**Register at
www.EMDR.com**

(831) 761-1040
P.O. Box 750
Watsonville, CA 95077

COURSE DESCRIPTION

Severe attachment trauma during pivotal moments of development has profound impact on social and emotional development for children and adolescents. Tragic histories of abandonment, abuse, and neglect leave children operating in an automatic self-protective mode, designed by nature for purposes of survival. The associated symptoms including dysregulation, regression, and dissociation are triggering for caregivers and are obstacles in therapy.

This presentation provides practical methods for recognizing non-secure and disorganized attachment patterns in the therapy office and therapeutic approaches that are secure-based and reflective for moving children and parents towards healthier functioning. Family therapy and EMDR resource strategies will be presented for strengthening children's and adolescents' most mature state and deepening a sense of trust and closeness with their caregivers. EMDR resource methods for creating internal safety and nurturing for children's younger hurt parts will be explored. Participants will gain skill in writing an EMDR therapeutic story based on the Lovett method. This will help children make sense of heart-breaking events, and they will discover advanced therapeutic approaches for helping children and guiding parents in the case of more extreme dissociative symptoms, such as frequent and severe regressed behaviors. They will gain strategies for EMDR reprocessing phases with children who are easily triggered or overwhelmed to bring them relief regarding their most difficult traumas and present-day triggers.

FRIDAY SCHEDULE

8:00-8:30 CHECK IN

8:30-10:15

Diving into problematic attachment patterns between parents and children

Making sense of behavior and symptoms through attachment and trauma lens

Initial engagement of parents and caregivers

Q & A

10:15-10:30 BREAK

10:30-12:00

The basics of the integrative family therapy and EMDR therapy approach

Use of therapist self/therapist mentalization

History-taking and treatment planning

Q & A

12:00-1:00 LUNCH

1:00-2:30

Family work

Parent/caregiver psycho-education

Brain and body work

Talking to parents about dissociation

Reassurance for “smaller self on the inside”

Q & A

2:30-2:45 BREAK

2:45-4:30

Foundational EMDR resourcing activities

Attachment Resource Development Activities

Messages of love

Cord of love/circle of caring

PRACTICUM circle of caring

Safety for the smaller one on the inside

Reinforcing state shift (Self-regulation

Development and Installation)

4:30-5:00

Summary and discussion

EMDR AND PRACTICAL STRATEGIES FOR PROBLEMS OF ATTACHMENT AND DISSOCIATION IN CHILDREN AND ADOLESCENTS

FRIDAY OBJECTIVES

Participants will be able to:

- Identify signs of problematic attachment patterns between child and caregivers/parents in the therapy office.
- Name at least two obstacles to the therapy process frequently encountered in treating children affected by attachment trauma.
- Name at least two rationale for integrating EMDR therapy with family therapy in the treatment of children with a history of attachment trauma.
- Name at least three characteristics of a mentalizing state.
- Implement at least three family therapy activities for assisting children with the development of mindfulness and emotion regulation.
- Describe steps for EMDR resource development and installation to enhance a mature state for children affected by attachment trauma.
- Utilize language that normalizes the concept of “a younger part of self on the inside” for children and parents as part of psycho-education in treating children with early attachment trauma.
- Name at least four Messages of Love questions for parents that help create positive feelings of closeness for the child during an EMDR Attachment Resource Development activity.
- Utilize language that creates Magical Cord of Love imagery for secure connection during an EMDR Attachment Resource Development activity.
- Utilize language that creates imagery for enhancing a sense of safety for the younger part of self on the inside as an EMDR Attachment Resource Development activity.

SATURDAY SCHEDULE

8:00-8:30 CHECK IN

8:30-10:15

More family therapy work

Dominos

Jobs of moms and dads

Communication activity

Past-present-future

EMDR therapeutic story

The timeline

The outline

Q & A

10:15-10:30 BREAK

10:30-12:00

Stories continued

Sample stories for heartbreaking situations

PRACTICUM: Writing exercise

Share stories/Q & A

EMDR reprocessing phases

EMDR present trigger work

12:00-1:00 LUNCH

1:00-2:30

Trauma work

Piecework

Keeping parents present

Prepare parents

Beginning EMDR phases 3-8 with support and safety

2:30-2:45 BREAK

2:45-4:30

When child is stuck/looping

Empowerment, time orientation, and interactive interweaves

Signs of severe dissociation

Parent homework with dissociative children

Additional work with highly dissociative children

4:30-5:00

Summary and discussion

EMDR AND PRACTICAL STRATEGIES FOR PROBLEMS OF ATTACHMENT AND DISSOCIATION IN CHILDREN AND ADOLESCENTS

SATURDAY OBJECTIVES

Participants will be able to:

- Name two rationale for implementing the domino activity within a parent and child family therapy session.
- Describe rationale for initiating the Jobs of Moms and Dads activity.
- Describe the steps of the Communication Game for increasing understanding of one another.
- Describe rationale for the Past-Present-Future activity.
- Identify at least two rationale for writing a therapeutic story for a child with a history of attachment trauma.
- Name two ways in which children may benefit from the presence of parents during EMDR trauma reprocessing.
- Name a rationale for EMDR reprocessing of present triggers prior to reprocessing a child's past.
- Describe a method for implementing future templates that enhances learning and improves engagement with children.
- Name three types of interweaves that can assist children through stuck points during reprocessing phases.
- Describe EMDR resource development steps with inspirational or supportive figures for enhancing the grounded, present, mature state in highly dissociative.

REQUIREMENTS

Completion of an EMDRIA Approved Basic Training. If you did not receive your EMDR Basic Training form the EMDR Institute, please submit proof of completion (certificate of completion) of an EMDRIA Approved Basic Training to registration@emdr.com.

PLEASE NOTE

- This event is live and will not be recorded
- Zoom links and training resources will be sent to registered participants the week of training
- 7 CE Credits / certificate will be issued upon successful completion of quiz following each workshop
- Attendance is mandatory for CE Credits

RESEARCH

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

EMDR Institute maintains responsibility for this program and its contents

CENTRAL TIME ZONE

This live, interactive, 2-day virtual training specialty workshop will be presented in the Central Time Zone on October 20-21, 2023

CONTINUING EDUCATION

NBCC: EMDR Institute has been approved by NBCC as an approved ACE Provider, ACEP #5558. Programs that do not qualify for NBCC credit are clearly identified. EMDR Institute is solely responsible for all aspects of the program.

APA: EMDR Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. EMDR Institute maintains responsibility for these programs and their contents.

RN: EMDR Institute, Inc. is a provider approved by the California Board of Registered Nursing. Provider #9755 for 14 contact hours.

NYSW: EMDR Institute is recognized by the NY State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0125. Approval period: 4/30/21-4/30/24. 14 contact hours.

EMDR International Association: EMDR Institute, Inc. offers an EMDRIA approved training. Approval #99003-###.

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FEES

- US \$175 Register by September 29
- US \$225 Register after September 29
- Nonprofit: \$40 discount
- 21+ days prior-transfer or full refund
- 1-20 days prior-transfer or refund; less \$50
- Day of / no show-transfer only

CONTACT US

- Registration: registration@emdr.com
- Training Resources: frontdesk@emdr.com
- Quiz/CEU: pamhudson@emdr.com



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