



## Registration Form

Name \_\_\_\_\_

Email \_\_\_\_\_

Mailing 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 10, 2017

\$US375 Thereafter

Discount for full-time employees of nonprofit: \$75  
(Please submit verification of nonprofit status with registration.)

**Cancellation/Refund:** Tuition refundable up to 15 days prior to workshop date less a processing fee of \$60.

#### Check or money order payable to:

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

#### Credit Card Information:

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

EMDR THERAPY WITH CHILDREN WITH COMPLEX TRAUMA & PERVASIVE EMOTION DYSREGULATION-SLC UT Apr 1-2, 2017

Presorted  
First Class Mail  
U.S. Postage  
PAID  
D-Mail Inc.

EMDR Institute Inc  
PO Box 750  
Watsonville CA 95077

EMDR THERAPY WITH CHILDREN WITH COMPLEX TRAUMA & PERVASIVE EMOTION DYSREGULATION

Salt Lake City, UT-April 1-2, 2017



EMDR Institute Inc  
Advanced Clinical  
Applications Workshop

## EMDR THERAPY WITH CHILDREN WITH COMPLEX TRAUMA & PERVASIVE EMOTION DYSREGULATION

Ana Gomez, MC, LPC

SALT LAKE CITY, UTAH  
April 1-2, 2017

14 CE Credits

EMDR Institute maintains responsibility for  
this program and its contents

EMDR Institute Inc  
PO Box 750  
Watsonville CA 95077  
831-761-1040  
Fax: 831-761-1204  
[inst@emdr.com](mailto:inst@emdr.com)  
[www.emdr.com](http://www.emdr.com)

## EMDR THERAPY WITH CHILDREN WITH COMPLEX TRAUMA & PERVASIVE EMOTION DYSREGULATION

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.

### WORKSHOP REQUIREMENTS

Completion of EMDRIA Approved Basic Training

### WORKSHOP AGENDA

**Saturday & Sunday-April 1-2, 2017**

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

### WORKSHOP LOCATION

Doubletree Salt Lake City Airport Hotel  
5151 Wiley Post Rd  
Salt Lake City, UT 84116  
801-539-1515

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.

**SW:** EMDR Institute, **provider #1206**, is approved for SW continuing education by the Assoc of SW Boards (**ASWB**) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. EMDR Institute maintains responsibility for the program. Social workers participating in this course will receive 14 (clinical or social work ethics) 14 ce clock hours.

**EMDRIA:** EMDRIA Credit Provider #99003 is approved by EMDRIA to offer EMDRIA credit for this program #99003-.

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

### PRESENTER-ANA GOMEZ, MC, LPC



Ana M Gomez, LPC, is a licensed professional counselor in private practice in 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 EMDRiA 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 and is the creator of The Thoughts Kit for Kids, a series of games and tools designed to make EMDR treatment developmentally appropriate for children.

### 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