



EMDR Institute
Founded by Francine Shapiro, PhD
PO Box 750 Watsonville CA 95077
831-761-1040 www.emdr.com

VIRTUAL LIVE INTERACTIVE ZOOM (EST)
ADVANCED SPECIALTY APPLICATION WORKSHOP
THE UTILIZATION OF EMDR THERAPY
WITH GRIEF AND MOURNING

Friday & Saturday, November 13-14, 2020
14 CE Credits



Dr. Roger Solomon is a clinical psychologist specializing in the areas of trauma and grief. He has been a Senior Faculty member with the EMDR Institute since 1993, and was trained by Francine Shapiro, Ph.D., the founder of EMDR therapy and the EMDR Institute. He teaches the EMDR Institute basic training internationally and has developed and presents advanced workshops on EMDR and grief, complex and acute trauma, psychological first aid, and working with first responders.

Recently he taught workshops on the utilization of EMDR with complex trauma and grief in Israel. He regularly consults with the US Senate, providing direct services through the Senate Employee Assistance Program. He has authored or co-authored 41 articles and book chapters pertaining to EMDR, trauma, grief, acute trauma and law enforcement stress. He has co-authored and co-presented with Onno van der Hart, Ph.D., and Ellert R. S. Nijenhuis Ph.D., on the utilization of EMDR therapy with complex trauma.

REGISTRATION:
WWW.EMDR.COM

831-761-1040

REGISTRATION@EMDR.COM

Tuition:

Licensed clinician: \$300

Nonprofit: \$275

Intern: \$275

Refunds until October 30, 2020 minus \$60 processing fee. No refunds thereafter.

Intended Audience:

This workshop is for mental health professionals who are trained in EMDR and have completed an EMDRIA approved EMDR Basic Training.

Please note: If you did not complete your basic training from the EMDR Institute, please submit a certificate of completion of basic training from an EMDRIA approved trainer.

The Program:

This workshop will focus on integrating EMDR therapy into the treatment of grief and mourning. The death of a loved one can be a time of unparalleled distress and adaptation to the loss can be very challenging. Even when uncomplicated, bereavement can result in significant psychological, behavioral, social, physical, and economic consequences (Osterweis, Solomon, & Green, 1984; Solomon & Rando, 2007, 2012, 2015). EMDR therapy can be integrated into the treatment of grief and mourning to process the distressing memories and present triggers that complicate the bereavement and enable the mourner to assimilate and accommodate the loss.

Attachment theory increases our understanding of complicated grief and mourning and explains individual differences. Research has shown that attachment style is an important determinant of how one grieves. The loss of a significant person in adulthood can evoke many of the same feelings and responses that accompanied separation from an attachment figure during childhood (Kosminsky & Jordan, 2016). Consequently, understanding attachment theory can guide the EMDR clinician in identification and treatment of the maladaptively stored information complicating the grief.

This presentation will discuss grief and mourning, the processes the mourner has to go through for adaptive assimilation and accommodation of the loss, factors that can complicate bereavement, and how EMDR can be integrated into an overall treatment plan. Attachment theory and other models of grief will be presented that can inform EMDR therapy. Heavy emphasis is placed throughout the workshop on the analysis of the clinical material. Videotapes of EMDR sessions will be used to illustrate the application of EMDR to the grief and mourning of traumatic bereavement as well as to demonstrate the “art” of EMDR. Case presentations and live demonstrations are utilized.

Learning Objectives:

- Describe grief and 3 responses to it.
- Describe grief versus mourning.

- Describe 5 factors that complicate the grief
- Describe 5 personality variables involved in the attachment styles.
- List 3 attachment styles.
- Describe 2 secondary strategies in the grieving process.
- Identify the processes necessary for assimilation and accommodation of loss
- Describe Loss Orientation versus Restoration Orientation
- Describe attachment theory and its relation to grief and mourning
- List the 6 “R” processes of mourning.
- List 3 symptoms of complicated grief disorder.
- Discuss the 8 phases of EMDR therapy as it relates to the grieving process.
- Describe how to integrate EMDR therapy into a treatment framework for grief and loss.
- Utilize EMDR therapy for treating grief and loss.

Teaching Methods:

- Lecture
- Live demonstrations 1-2 per day
- Video demonstrations

The Agenda: This program will be conducted on EST

Day 1: Friday, November 13, 2020

8:00-8:30am	Registration
8:30-10:30am	Introduction to grief and mourning, attachment and loss
10:30-10:45am	Break
10:45-12:00pm	Theoretical framework for understanding the clinical processes necessary for the assimilation and accommodation of loss
12:00-1:00pm	Lunch
1:00-2:45pm	Utilization of EMDR therapy with grief and mourning
2:45-3:00pm	Break
3:00-5:00pm	Videotape of sessions Case discussion Summary and wrap up

Day 2: Saturday, November 14, 2020

8:00-8:30am	Registration
8:30-10:30am	Utilization of EMDR with grief and mourning: 8 phases
10:30-10:45am	Break
10:45-12:00pm	EMDR therapy 8 phases continued video demonstration
12:00-1:00pm	Lunch
1:00-2:45pm	EMDR 8 phases continued
2:45-3:00pm	Break
3:00-5:00pm	Videotape of sessions Case discussion Summary and wrap up

Continuing Education:

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.

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.

RN: EMDR Institute, Inc. is a provider approved by the California Board of Registered Nursing. Provider #9755 for 20 contact hours/weekend.

PA SW MFT LPC: State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts APA accredited courses for continuing education.

EMDRIA: This program is approved for 14 CE credits by the EMDR International Association. #99003-135.
