EMDR LEBANON ASSOCIATION

Healing Complex Trauma
Advanced EMDR Training

***Continued Education Workshop for EMDR-trained Psychologists & Psychotherapists***



# Working with Attachment in EMDR Psychotherapy

Instant interpretation English to Arabic
Handouts in English & Arabic

3-day Workshop *(21 instruction hrs.)*
21 EMDRIA credits
New LOPsy's adjustment = 21 credits (Twenty-one credits)

Presenter: **Mrs. Mary Clare de Echevarria** *(United Kingdom)*
*UKCP Registered Psychotherapist, Recognized Supervisor & Training Supervisor*
*EMDR Consultant approved by EMDRIA & EMDR Europe Associations*

Dates: **Friday, Saturday, & Sunday, Nov. 27 till 29, 2026**

Time: **8:30am to 5:30pm** *(including lunch & coffee breaks)*

Location: **Hotel Padova Beirut – Horsh Tabet**

# Workshop Description:

Attachment runs through every relationship in our lives. It begins within the family into which we are born and continues to shape how we experience and respond to closeness, dependence, conflict, separation, love, loss, and real external danger.

As EMDR therapists are already well trained in the **Adaptive Information Processing (AIP) model** and **trauma processing**, this workshop builds on that foundation by introducing attachment as an important dimension of **EMDR psychotherapy**. Participants will learn to understand attachment patterns within the AIP model, distinguish between trauma of commission and omission (unmet developmental needs), identify adaptive and maladaptive behaviors used by clients when they are triggered by their relationships and daily interactions-related triggers and work with clients to develop self-worth, assertiveness and healthier relationships with others.

The workshop outlines the history of **Attachment Theory** and teaches the essential ideas of the **Dynamic-Maturational Model of Attachment and Adaptation (DMM)** developed by Patricia Crittenden, which provides a deeper, more accurate, non-judgmental, and clinically useful understanding of attachment patterns as adaptive, strategic responses.

Participants will learn the essence of the **Adult Attachment Interview (AAI)** and how to adapt and use it in their clinical work. They will recognize attachment patterns in themselves and their relationships, and use this understanding to gain a more precise understanding of their clients. This will inform their interweaves.

The workshop will then introduce **Attachment-Focused EMDR** (Parnell, 2007) and ways to adapt and enhance the Standard EMDR Protocol when working with complex developmental and attachment trauma. Through teaching and practice, participants will deepen their skills in resource development, target development and bridging, and learn some practical exercises that can be taught to clients.

In short, the workshop will help participants identify the specific unresolved past experiences underlying their clients' personal and relationship problems in the present, and to treat them more effectively with EMDR. In this way, they will develop their practice of EMDR not only as a protocol but as EMDR Psychotherapy (Laliotis et al, 2021).

The workshop is experiential, with real-life examples, exercises, live demonstrations, practice sessions and time for questions.

# Biosketch of Presenter:



**Mary Clare de Echevarria,** MA (Oxon), is a UKCP registered Psychotherapist, Recognized Supervisor and Recognized Training Supervisor, EMDR Europe Accredited Consultant and EMDRIA Approved Consultant.

Her expertise is in working with complex trauma, the body, and dissociative parts. Her work integrates many different modalities, including integrative and relational psychotherapy, Accelerated Experiential Dynamic Psychotherapy (AEDP), Attachment-Focused EMDR, the Progressive Approach to EMDR, Ego State therapy, the Structural Dissociation Model, Internal Family Systems, Somatic Experiencing, Sensorimotor Psychotherapy, yoga therapy, and transpersonal psychotherapy.

She is a qualified teacher with a Post Graduate Certificate in Education (PCGE) from the Institute of Education, London, and over 30 years' experience of teaching and training. Her style has been described by her students and by conference attendees as clear, accessible, and engaging.

## Participants:

This workshop is intended for **all EMDR-Trained Psychologists or psychotherapists** who have taken the Basic EMDR Therapy Training Course approved by EMDR Lebanon Association.

## Certificate of Participation:

Certificate of Participation will be given to those who attend the workshops fully.

## Registration & Contacts:

1. **Fees**: **$500**
2. For members of EMDR Lebanon Association, kindly contact **Ms. Mona Abdallah** (**mona.abdallah@emdrlebanon.org**) or on **00961-76-682297** for registration. You can pay either by hand in EMDR Lebanon office or using OMT, BOB, or Whish money. Please, take into consideration paying the money transfer charges.
3. For non-Lebanese EMDR therapists, kindly send an email to **training@emdrlebanon.org** or contact us on **00961-76-682297.** Send us your Curriculum Vitas CV and a copy of your Basic EMDR Training Certificate.
4. Deadline for registration is **November 20, 2026**.
5. If you wish to stay at the **Hotel Padova Beirut** during the workshop, contact us to tell you about hotel's special accommodation prices.

