

Healing Complex Trauma with EMDR: Working with the Body & Dissociative Parts



*This workshop is in English, with
French when requested.
Handouts are in English & Arabic*



*4-Day Workshop
EMDRIA Credits: 24 CEU
LOPsy Credits: 24 credits*

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

Dates: **Thursday, Friday, Saturday, & Sunday, 26 till 29 of September 2024**

Time: **8:30am to 5:00pm** (*including lunch & coffee breaks*)

Location: **Citea Apart Hotel - Beirut, Ashrafieh region, Alfred Naccache Avenue**

Workshop Description:

This advanced EMDR workshop focuses on C-PTSD or complex trauma, otherwise known as developmental or attachment trauma. It gives an overview of complex trauma and how to recognize and work with it, integrating EMDR with many treatment modalities including work with the body and every 'parts' model. It is designed to teach EMDR clinicians to integrate these modalities confidently and seamlessly, by understanding the underlying principles of all trauma-informed interventions.

The content of this workshop is conceptualized according to the EMDR modality: CPTSD- and dissociation-informed history-taking, preparation, resources, cognitive interweaves; emotional connection, emotional regulation and 'telepathic' interweaves (Gonzalez, 2020); relational, defense, modulation, experiential, information, developmental repair, action and integration interweaves (Korn,

2022), and somatic interventions to facilitate and enhance processing, installation and post-traumatic growth.

The workshop is experiential, with real-life examples, exercises, live demonstrations, practice sessions and time for questions. It includes how to recognize the more subtle signs of unresolved trauma and dissociative switches, how to work with hostile parts and perpetrator introjects, and how to create a warm and open therapeutic relationship in which people can feel safe, and to modify this for some personality disorders (and how to spot them).

Biosketch of Presenter:



Mary Clare de Echevarria 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 (PGCE) 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.

Eligibility Requirements for Participation:

To participate in this workshop, the psychologist should be *trained in EMDR therapy* and have *received the "Certificate of Completion"* of the **Basic EMDR Therapy Training Course** based on the requirements of EMDR Lebanon Association.

Registration:

1. For ***members of EMDR Lebanon Association***, to register for this workshop, please contact Ms. Mona Abdallah regarding the payment.
2. For ***non-members***, please email mona.abdallah@emdrlebanon.org with ***copies of "Certificate of Completion" of Basic EMDR Training Course, passport/ID & CV***. The method of payment will be sent to you.
3. **Fees:**
 - For members of EMDR Lebanon Association = \$520
 - For non-members of EMDR Lebanon Association = \$620

N.B. Full Attendance is a must. It is important to note that the "Certificate of Attendance" will not be given to those who miss any of the sessions.

Accommodation:

For those who need accommodation, we have special reduced prices at the **Citea Apart Hotel, Beirut**. Kindly contact us by email or by using the phone number below.

Contacts:

For more information, please contact:

- ◆ 00961-76-682297 or mona.abdallah@emdrlebanon.org