Looking for a pathway to treat some of your most challenging clients more effectively?

Andrew Leeds, Ph.D.

Fri. Nov. 14, 2014 8:30-5:30
Sat. Nov. 15, 2014 8:30-4:30

Defense and Affect Restructuring with EMDR Therapy

Location of Workshop:
Sheraton Hotel
655 N 108th Ave,
Omaha, NE 68154
Phone:(402) 496-0850

THE ATTACHMENT AND TRAUMA CENTER OF NEBRASKA

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Abstract: When applying EMDR therapy for individuals with dissociative and personality disorders, affect phobias in the client (or clinician) can disrupt reprocessing. EMDR therapy can still be effective when clinicians have conceptual understanding and perceptual skills to recognize these defenses and use a flexible set of advanced EMDR procedures for responding. After reviewing hypnotic approaches for affect tolerance (Daitch, 2007) and McCullough's affect phobia model (1997, 2003), we will explore advanced, alternative EMDR procedures for defense and affect restructuring. Finally, we will consider how clinicians can mitigate the potential impact of countertransference, vicarious traumatization, and their own affect phobias in their clinical work.

Skill level: Advanced

Intended audience: Fully trained EMDR practioners of social work, counseling, psychology, or

AGENDA/TIMELINE
8:00 – 8:30 Registration
8:30-10:15 Affect Phobias in EMDR:
Recognizing and responding to: effective, ineffective, and disrupted reprocessing. What are affect phobias? What is the nature of affect? The Activating and Inhibitory affects.
Triangle of Person and Triangle of conflict.
Strategies and methods for Affect Tolerance.
10:15-10:30 BREAK
10:30-12:15 Affect Phobias in EMDR:
Defense and affect restructuring.
Coping with affect phobia: The inner life of the therapist.
12:15-1:45 LUNCH
1:45-3:30 Resource Development and Installation – when and when not to use.
3:30-3:45 BREAK
3:45-5:30 An Overview of EMDR Models for Working with Personality Disorders:
The Method Two Model
The structure of self: Evolution in Information Processing Model and Method
DeTUR - Desensitization of Triggers and Urge Reprocessing (Popky, 1992, 2005)
The Distress Tolerance Protocol

Day 2 (6 hours)
8:30-10:00 Information processing models of self and other.
Reprocessing Defenses instead of Discrete Memories
The organization of Dysfunctionally Stored Information
10:00-10:15 BREAK
10:15-11:45 Information processing models of self and other
The impact of bilateral stimulation on different kinds of targets
Somatic Resource Development and Installation (Leeds, 2001)
11:45-1:15 LUNCH
1:15-2:45 Positive Affect Tolerance and Integration Protocol
2:45-3:00 BREAK
3:00-4:30 Alternative EMDR Procedures
Reprocessing Defenses of Dysfunctional Positive Affect
"What's good about..."
The relief of avoidance. Unwanted avoidance (ego-dystonic ambivalence)
Procrastination – Another model of reprocessing avoidance
The pain of unrequited love. Reprocessing a fixation (compulsion). (Knipe, 1998 {2003}, 2010)
The Impulse-Control Disorder Protocol (ICDP; Miller, 2010).

OBJECTIVES Partipants will be able to…

1. list three causes of disrupted EMDR reprocessing that therapists may encounter in complex clinical cases with secondary structural dissociation or personality disorders.
2. state a concise definition of affect phobia with examples.
3. state the stages of defense and affect restructuring developed by McCullough (1997, 2003) and to describe alternative EMDR procedures for accomplishing these steps into their clinical work.
4. make appropriate clinical decisions about when to apply and when not to apply Resource Development and Installation procedures versus when to apply EMDR procedures for defense restructuring versus when to apply the Standard EMDR procedural steps.
5. integrate clinical interventions for developing affect tolerance capacities in their EMDR clinical work with clients including positive affect tolerance and distress tolerance.
6. apply specific tools to differentiate personal from complementary countertransference and to select and make use of appropriate strategies to manage these clinical situations.

All complaints and grievances are reviewed within 5 working days. Formal grievances are required to be written, and will be responded to within 10 business days.

The workshop is being held in a facility that is ADA compliant. To request special accommodations for disability (ADA) call Deb at 402-981-6130.

Andrew M. Leeds, Ph.D. is a California licensed Psychologist and Marriage Family Therapist with 34 years of private practice psychotherapy experience. He maintains a full-time practice in Santa Rosa, California (60 miles north of San Francisco) where he specializes in the assessment and treatment of acute and chronic Posttraumatic Stress Disorder (PTSD), panic attacks, anxiety, depression and dissociative disorders, and provides relationship counseling. He also provides consultation for clinicians regarding the application of EMDR.

Dr. Leeds is an EMDRIA Approved Consultant and Instructor in EMDR. Dr. Leeds received initial training in EMDR in 1991. He has conducted EMDR training for more than 13,000 clinicians at some 135 training programs in the United States, Canada, France, England and Japan. He now serves as the Director of Training for the Sonoma Psychotherapy Training Institute which offer basic training in EMDR in California.

Dr. Leeds is the author of *A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants* (2009, Springer Publishing Company: New York). He has also published book chapters and journal articles on EMDR and traumatic stress. Dr. Leeds has presented papers on EMDR and traumatic stress for regional, national and international professional associations including the American Psychiatric Association, the California Psychological Association (CPA), the American Psychological Association (APA), the Society for Psychotherapy Integration (SEPI) and the World Congress of Behavioral and Cognitive Therapies (WCBCT).

In 1999, Dr. Leeds was awarded both the EMDR Institute's Ronald A. Martinez Memorial Award and an EMDR International Association award for his service and contributions to the evolution of EMDR. In 2013, Dr. Leeds was awarded the Francine Shapiro Award, the EMDR International Association's highest award for service and contributions to EMDR.

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- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2014.

Questions?
Ellie Fields: 402-490-4300 ellie@atcnebraska.com

Cancellations will receive a refund of 100% with notification 30 days prior to the workshop. Cancellations will receive a refund of 50% with notification at least 15 days prior.

COST: $300 (Early bird! $280 for registrations received prior to Oct. 1!)

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