

Structural Dissociation: Theory and Clinical Applications

By Roger Solomon, Ph.D.

Organised by:

EMDR
SINGAPORE

"I sometimes have the feeling that I'm observing myself from outside my body"

*Giving blank stare or "spacing out" during a conversation, looking past you, or not giving attention.
These are some examples of dissociation.*

There is currently consensus that the EMDR standard protocol needs modification for clients diagnosed with a combination of personality and complex trauma related disorders, which is the consequence of a history of chronic abuse and failure of attachment. This **two-day seminar** is designed to help experienced clinicians apply appropriate EMDR therapy adaptations when working with these clients because of the strong potential for destabilisation. Participants will be taught the dissociative nature of these disorders and how to treat them within the framework of EMDR. They will gain a solid understanding of the structure of the dissociative personality: the dissociative parts, their strengths deficits and their interrelationships.

Seminar Outline

Participants will be taught the essential preparatory work needed before integrating and reprocessing traumatic memories using the framework of phase-oriented treatment and the theory of structural dissociation of the personality (TSDP). Phase-oriented treatment has its origins in the pioneering work of Pierre Janet's psychology of action and advanced by psychologists Onno van der Hart, Ph.D., Ellert Nijenhuis, Ph.D. and Kathy Steele (2006). There are three phases in treatment: (1) stabilisation and symptom reduction; (2) treatment of traumatic memories; and (3) personality (re)integration and rehabilitation. Its application takes the form of a spiral, in which the different treatment phases can be alternated according to the needs of the client with the overall treatment goal to help clients gradually strengthen the personality structure allowing for the system to operate optimally. Within this context, the workshop will address dealing with blocked EMDR processing, use of cognitive interweaves, time orientation of parts, and "dissociative table" to facilitate co-consciousness and titrate emotional intensity.

Objectives

Through lecture, video presentations of client sessions (*warning: videos have strong emotional content typical of clients with complex trauma*), participants will:

- ✧ Learn the theory and history of structural dissociation of the personality
- ✧ Apply phase oriented therapy to complex trauma related disorders
- ✧ Understand How the personality can split into parts when there are chronic conditions of abuse or neglect
- ✧ Identify how the Adaptive Information Processing Model (AIP), which guides EMDR therapy, is compatible with TSDP
- ✧ Learn modifications of the standard EMDR protocol appropriate for complex trauma
- ✧ Understand how to help keep the client within their window of tolerance.



Roger Solomon, Ph.D. is a clinical psychologist specialising in trauma and grief. He has been Senior Faculty with the Eye Movement Desensitisation and Reprocessing (EMDR) Institute since 1993 and was trained by Francine Shapiro, Ph.D. the founder of EMDR. He teaches on EMDR internationally; he provides advanced training in the utilisation of EMDR with complex trauma, complicated grief and mourning, and the "Art" of EMDR. He is a consultant with the US Senate, NASA, and several law enforcement and military organisations. Dr. Solomon has co-authored and co-presented with Onno van der Hart, Ph.D. and Ellert R. S. Nijenhuis, Ph.D. on the utilisation of EMDR therapy with complex trauma. He has authored or co-authored 41 articles and book chapters pertaining to EMDR, trauma, grief, acute trauma and law enforcement stress.

EMDR Community Dinner with Roger on 28 Feb 2018 @ 6pm - 8:30pm

All participants are invited to a community dinner with Roger Solomon during which there will be extra learning opportunities through discussions and video demonstrations.

Who Should Attend:

- ◆ EMDR practitioners
- ◆ Non-EMDR helping professionals
- ◆ Mental health professionals in clinical and forensic settings
- ◆ Mental health and medical professionals working specifically with traumatised individuals
- ◆ Medical doctors in the uniformed services and community general practitioners
- ◆ School Counsellors
- ◆ Social workers in the community set-ups

This training is geared towards the EMDR practitioner. As this is advanced training, participants who are non-EMDR practitioners, you should preferably have psychology-relevant postgraduate training & minimally 2 years full-time work experience to get more out of these seminars.

Registration Details:

- Dates & Time: 27 – 28 Feb 2018, 9am - 5pm
- Venue: NTU@One-North Executive Centre, 11 Slim Barracks Rise, Singapore 138664
- Fees: SGD 400/550 (member/non-member by **31 Dec 2017, Early Bird**)
SGD 450/600 (member/non-member by **13 Feb 2018, Closing Date**)
All fees inclusive of EMDR Community Dinner with Roger on 28 Feb 2018 @ 6pm-8:30pm
- Register at http: <https://goo.gl/forms/oWdVno5AiN8gPuMX2>
- Payment: Mail cheque payable to **EMDR Singapore** to **Blk 505 Pasir Ris St 52 #10-199, Singapore 510505** by 31 Dec 2017 for early bird / 13 Feb 2018 for closing date.
Bank transfer available. *Registration is not complete without payment.*
- Cancellation: Cancellation fees of SGD100 apply after 31 Dec 2017. No refund for cancellations after 13 Feb 2018. Payment may not be used for credit for a later date training but current bookings are transferable to another person.
- Enquiries: secretary.emdr.sg@gmail.com