

Location and Room Reservations

Denver Marriott Tech Center

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303-779-1100

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This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Betsy Huisenga at 303-740-2541 if special accommodations are required.

Easy and Secure Online Registration

www.SierraTucson.com

("Events, Professional Events")

Early Bird (By May 7, 2010): \$335

After May 7 or at the door: \$385

Sorry, No refunds after May 7, 2010



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“The EMDR Treatment of Health-Related Problems”

Two-Day Workshop
May 21 – 22, 2010 • Denver, Colorado

The EMDR Treatment of Health-Related Problems

**Two-Day Workshop
May 21 – 22, 2010
Denver, Colorado**

Advanced Seminar:

Full completion of an EMDRIA-Approved Basic EMDR Training is required.

13.0 EMDRIA Credits

(Application for EMDRIA Credits under review)

Co-sponsored by

Sierra Tucson, Life Healing Center, and EMDR Institute, Inc.

(EMDR Institute, Inc. maintains responsibility for this program and its content)



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Workshop Overview

EMDR can be integrated into the comprehensive treatment of health-related problems by processing obstacles that may be complicating healing, such as traumas related to early abuse, past and current difficult medical treatment, chronic illness, pain, and other somatic issues. The intertwined effects of these problems on mental health will be explored. This work also appears to strengthen the client's effectiveness as a pro-active health consumer. The utilization of EMDR for adaptive resolution of health issues will be provided through lecture, demonstration, case examples, and practice sessions.

Presenter

Carol Forgash, LCSW, BCD

Workshop Objectives

Participants will learn to:

- Describe the rationale for using EMDR with health-related problems.
- List 3 client populations and 3 health problems for which EMDR can be utilized.
- Identify the cycles of trauma/negative emotions/stress/pain as self-defeating/perpetuating often ongoing set of physical and mental health problems.
- List the potential client populations and their unique problems.
- Identify 5 sequelae of childhood abuse which affect the physical and mental health of the complex trauma client.
- Summarize treatment planning phases, depending on client population and problems.
- Describe 3 stabilizing interventions necessary for dissociative and complex trauma clients prior to the processing phase work.
- Explain the purpose of psychoeducation regarding health issues, health consumerism.
- Explain the rationale for specific health history taking.
- Describe 3 types of healing imagery.
- Cite the types of targets for EMDR work with issues of health.
- Demonstrate an EMDR pain protocol in a practice session.
- Describe a future template rehearsal.

Carol Forgash, LCSW, BCD

EMDR Institute Senior Facilitator

EMDRIA-Approved Instructor & Consultant

Carol Forgash is in full-time clinical and consulting practice in Smithtown, New York. She provides treatment utilizing EMDR and Ego State Therapy for complex PTSD, general psychotherapy, health issues, couple's work, and performance issues. She is an internationally known lecturer and consultant on the integration of EMDR and Ego State work and psychodynamic treatment, the treatment of complex PTSD, and the health issues of sexual abuse survivors. Carol has presented at EMDRIA and ISSD conferences and was a Keynote Speaker at EMDR Europe 2002 and 2003. Carol is co-editor and author of *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy*. She has contributed several chapters on EMDR work with complex trauma and dissociation to *EMDR Scripted Protocols: Special Populations*, Editor Marilyn Luber. (Springer, 2009)

The EMDR Treatment of Health-Related Problems

Workshop Agenda Day 1

8:00 a.m. - 9:00 a.m.	Registration/Continental Breakfast
9:00 a.m. - 9:30 a.m.	Theory, Rationale & Description of EMDR therapy model for dealing with health, illness and pain
9:30 a.m. - 10:30 a.m.	Potential client populations, health problems: unique issues
10:30 a.m. - 10:45 a.m.	Break
10:45 a.m. - 12 Noon	Emotional issues-responses to illness, pain, loss, trauma history. Stress/pain cycles
12 Noon - 1:15 p.m.	Lunch
1:15 p.m. - 2:30 p.m.	Treatment planning: alerts for stabilization, psychoeducation
2:30 p.m. - 3:15 p.m.	Taking a health/ illness/ pain family history Strategies for dealing with immediate need for medical treatment
3:15 p.m. - 3:30 p.m.	Break
3:30 p.m. - 4:00 p.m.	Stabilization issues for complex trauma clients, healing imagery, goal setting
4:00 p.m. - 5:00 p.m.	Mini Practicum
5:00 p.m. - 5:15 p.m.	Q & A

Workshop Agenda Day 2

8:30 a.m. - 9:00 a.m.	Continental Breakfast
9:00 a.m. - 10:00 a.m.	Developing targets around trauma, attachment, pain, illness, negative patient behaviors, accessing health care
10:00 a.m. - 10:30 a.m.	Mini Practicum
10:30 a.m. - 10:45 a.m.	Break
10:45 a.m. - 12 Noon	Utilizing the 8 phases: Case Presentation
12 Noon - 1:15 p.m.	Lunch (on your own)
1:15 p.m. - 3:00 p.m.	Advanced Technical Strategies/ Pain Protocols/ Rehearsals
3:00 p.m. - 3:15 p.m.	Break
3:15 p.m. - 4:15 p.m.	Practicum
4:15 p.m. - 4:45 p.m.	Case Presentation
4:45 p.m. - 5:15 p.m.	Q & A, Wrap-up

CE Credit: 13.0 EMDRIA Credits (Application for EMDRIA Credits under review)/13.0 Continuing Education Credits available:

- APA - EMDR Institute, Inc. is approved by the American Psychological Association to offer continuing education for psychologists; EMDR Institute, Inc. maintains responsibility for this program and its content.
- NBCC: EMDR Institute, Inc. is an approved provider through the National Board of Certified Counselors: NBCC Provider 5558.
- RN: EMDR Institute, Inc. is a provider approved by the California Board of Registered Nursing, Provider #9755, for 13.0 Contact Hours.
- BBS: For California the course meets the qualifications for 13.0 hours of continuing education credit for MFT and LCSW as required by the California Board of Behavioral Sciences. Approval #PCE270.

Current EMDR research is limited to trauma-related disorders.