

ATTACHMENT-FOCUSED EMDR

Healing Developmental Deficits and Adults Abused as Children

LAUREL PARNELL, PH.D.

Two-Day Workshop | December 6 and 7, 2014 | Toronto, ON

About the Workshop

Over the last two decades, EMDR has emerged as one of the most powerful clinical tools available to trauma therapists. In this workshop, Dr. Laurel Parnell will teach you how to integrate an attachment-focus into EMDR and to use EMDR in combination with a variety of complementary techniques. On Day 2 you will learn to modify EMDR protocols for use with a particularly difficult and challenging patient population: adults who have been abused as children.

Much of this workshop is built around videos of actual clinical sessions conducted by Dr. Parnell. These videos bring the training to life: participants can see, not just hear about, how the ideas and procedures they're learning are used with real patients in the real world. Dr. Parnell is an EMDRIA Approved Basic Training Provider as well as an experienced and highly skilled therapist. Her workshops are as enjoyable as they are instructive, and consistently receive rave reviews.

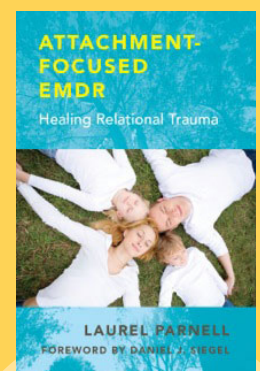


Workshop Leader

Dr. Laurel Parnell is one of the world's experts on EMDR. A clinical psychologist, she has trained thousands in EMDR in her international work-shops. Dr. Parnell is the author of *A Therapist's Guide to EMDR*, *EMDR in the Treatment of Adults Abused as Children*, *Transforming Trauma: EMDR*, and *Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation* as well as articles and a chapter in the EMDR Casebook. Much of this workshop is based on Dr. Parnell's newest book, *Attachment-Focused EMDR: Healing Relational Trauma*, which was recently published by WW Norton.

Dr. Parnell has served on the faculty of the California Institute for Integral Studies and John F. Kennedy University.

An EMDR pioneer and innovator, Dr. Parnell has immersed herself in the practice and development of EMDR since 1991 bringing a client-centered attachment-focused approach to the work. A frequent presenter at conferences, she has been interviewed for television, radio and print. She maintains a private practice in San Rafael, California.



Dr. Parnell's newest book, ***Attachment-Focused EMDR: Healing Relational Trauma***, was recently published by WW Norton.

Workshop Objectives

"This was an amazing training. (Dr. Parnell's) knowledge, experience, and examples were crucial to learning the material."

— WORKSHOP PARTICIPANT

Upon completion of this workshop, attendees will be better able to:

- Describe the five basic principles of Attachment-Focused EMDR and how they can be integrated into the treatment of relational trauma
- Discuss how an Attachment-Focus can be integrated into the history taking and preparation phases of EMDR
- List the four most commonly used resources to install as well as other useful resources and how they can be integrated into EMDR with an Attachment-Focus
- Repair early developmental stages using imagination and bilateral stimulation
- Describe how and why to adapt the standard EMDR protocol for clients with attachment wounds
- Describe four ways to integrate an Attachment-Focus into the desensitization, installation, closure and reevaluation phases of EMDR
- Utilize at least four interweave strategies
- Name three techniques for working with dissociation

Day 1 Attachment-Focused EMDR

Today, you will learn to use the five basic principles of attachment-focused EMDR. For many traumatized patients, attachment repair is a critically important component of successful treatment – a component that can be accomplished effectively and efficiently by using EMDR within a positive therapeutic alliance. Videotaped demonstrations, discussion, and practice will help you define the differences between attachment-focused EMDR and a more traditional approach.

In addition, Dr. Parnell will emphasize how the technique called "Resource Tapping" can be used to repair developmental deficits as well as to help prepare clients for trauma processing work. You will watch Dr. Parnell use Resource Tapping, practice the technique yourself, and learn how to integrate Resource Tapping with EMDR.

"For many traumatized patients, attachment repair is a critically important component of successful treatment."

Day 2 Working with Adults Abused as Children

Dr. Parnell will present EMDR protocols that have been modified to work with this very challenging population. Victims of early abuse may easily become distressed, dissociated, or avoidant. EMDR therapists need a specific and advanced understanding of the EMDR method, as well as additional skills, to work with them successfully. Topics addressed during the day will include: how to modify standard EMDR procedural steps with patients abused as children; developing appropriate targets; recognizing and dealing with blocked processing; using interweave strategies, working with abreactions, dissociation and memory chaining; and much much more. Participants will leave with an array of new insights, ideas, perspectives, and techniques that will help them be more effective with victims of childhood abuse.

PLEASE NOTE: This workshop contains disturbing material involving childhood abuse and other forms of victimization. Please attend only with this understanding. If during the workshop you feel you need assistance, please let the coordinator or speaker know immediately.

Location

Multi-Faith Centre in Koffler House

569 Spadina Avenue, Toronto, ON

Underground parking in the Bahen Centre on Huron Street between Russell and College.

The nearest subway station is Spadina on the Bloor Line.

This workshop has been approved for 12 hr. EMDRIA Credits.

Workshop sponsored by Jim Lichti and www.EMDRresources.com

Jim Lichti maintains responsibility for this program & its content in accordance with EMDRIA Standards.

Hotel

A block of rooms is being held at the **Holiday Inn**, 280 Bloor St. W, Toronto. Call 1-877-859-5897 or 416-968-0010 or see www.hitorontoblooryorkville.ca Refer to Code EMD to receive the conference rate. Rate expires Nov. 5.

A low cost alternative is **Toronto Hostel**, 76 Church St., Toronto. Call (416) 971-4440 or see www.hostellingtoronto.com

Prior completion of EMDRIA-approved Basic EMDR Training is required.

Attendance at entire workshop required to receive CEUs. No partial credits can be given.

If you have special needs please inform Jim Lichti along with suggestions about how we might reasonably accommodate your needs.

Registration

Name _____

Address _____

City _____ Prov/State _____ Postal/Zip Code _____

Phone () _____ Fax () _____

Email _____

My professional regulatory body is _____

My Professional Registration # is _____

Registration fee (check one):

RECEIVED BEFORE NOVEMBER 1:

\$365 US + 13% HST = 412.45 US

\$399 CAD + 13% HST = 450.87 CAD

RECEIVED AFTER NOVEMBER 1:

\$390 US + 13% HST = \$440.70 US

\$425 CAD + 13% HST = \$480.25 CAD

Refund or transfer requests must be received 5 days in advance and will have a \$30 processing fee.

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"Dr. Parnell is an exceptional teacher and EMDR therapist/trainer. Her workshops are outstanding – I highly recommend them to colleagues looking for expert guidance in EMDR and related therapies."

– BESSEL VAN DER KOLK,
MD DIRECTOR,
BOSTON TRAUMA CENTER