

## **EMDR og sandtray protocol with children and adults (DAG 1)**

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## **The unexplored magic of the EMDR interweave for mind, heart and body (DAG 2)**

**med Ana Gomez, USA**

Kurset afholdes: DAG 1: **23.9.2019** + DAG 2: **24.9.2019**

Tid: 1. dag: **10-17**, 2. dag: **9-16**. Indtjekning begge dage en halv time før kursets start.  
Frokost begge dage 1 time.

Sted: Hotel Kong Athur, Nørre Søgade 11, 1370 København K.

Pris for en dag for medlemmer af foreningen EMDR Danmark: **3200,-** (Pris for ikke-medlemmer af foreningen EMDR Danmark: 3825,-)

Pris for begge dage for medlemmer af foreningen EMDR Danmark: **5200,-** (Pris for ikke-medlemmer af foreningen EMDR Danmark: 5825,-)

Priserne er inkl. undervisningsmateriale, kaffe, frugt, frokost og vand.

### **Tilmelding:**

Du tilmelder dig til sekretariatet på [info@emdr.dk](mailto:info@emdr.dk) Du vil herefter modtage en bekræftelse samt faktura. Tilmeldingen betragtes som endelig, når din betaling er registreret. Betaling til Danske Bank Reg.nr:1551 kontonr.:7501501

Er du offentlig ansat, bedes du *sammen med din tilmelding* desuden medsende: EAN nr., virksomhedsoplysninger, kontaktperson og mail på vedkommende.

### **Tilmeldingsfrist senest 22.8.2019**

**Afbud: Senest d. 22.8.2019.** Efter denne dato tilbagebetales fuldt kursushonorar ikke. Før denne dato tilbagebetales fuldt kursushonorar minus administrationsudgifter på kr. 400.

## **Kursusbeskrivelse:**

### **Dag 1: The World of Stories and Symbols: An Introduction to the EMDR-Sandtray Protocol (\*formal training in Sandtray therapy not required)**

It is not necessary to have the formal training in Sandtray therapy as this protocol has its own procedures and principles rooted within the AIP model. This is an innovative training that presents an introduction to the EMDR- Sandtray protocol developed by Ana Gomez. This training covers an overview of the eight phases of EMDR therapy with children and adolescents and the use of the EMDR Sandtray Protocol.

This is especially useful for children that present with dysregulation of the affective system and require greater distance from the traumatic material. In addition, children that use a number of mechanisms of adaptation such as avoidance can highly benefit from using this protocol. The EMDR-Sandtray protocol offers various levels of distance from the traumatic material: The actual memory of trauma where the self is present in the story, to the general story/world where the self is absent.

One of the wonderful assets of the EMDR-Sandtray Protocol is its capacity to access implicit and right hemisphere material through the use of stories, symbols and archetypes.

### **Dag 2: The Unexplored Magic of the EMDR Interweave – for mind, heart and body**

When clinicians are skillful in the use of the EMDR interweave, they are often able to move faster into the processing phases of EMDR therapy with their clients and support their work as they process memories of trauma and adversity. This training will focus on helping clinicians fully and thoroughly understand the EMDR interweave, its history and development and some of the models, categories and typologies developed by a number of authors. This presentation will cover clear guidelines for selecting an interweave. A typology of interweaves will be presented that include interweaves that assist clients in: Modulating arousal, maintaining dual awareness and a mindful presence, challenging procedural memory, recalibrating the nervous system, challenging the window of tolerance, maintaining safety while embracing exploration, and risk; meeting unmet attachment needs, nurturing the younger self and the inner family, utilizing resources during traumatic moments, changing the orienting response, completing truncated defenses, executing new and restoring empowering actions that could not be performed during the traumatic event, reclaiming dissociated, repressed and dismissed cognitive, affective and somatic material and reconnecting to the mind, the heart and the body in fresh and novel ways.

### **Om Ana Gomez:**

Ana M Gómez, MC, LPC She is the founder and director of the AGATE Institute in the U.S. She is an EMDR Institute, and EMDR-IBA trainer of trainers. She is a psychotherapist, author, and an international speaker on the use of EMDR therapy with children and adolescents with complex and developmental trauma as well as attachment wounds and dissociation.

Ana is the author of EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment and Dissociation and several books, book chapters and articles on the use of EMDR therapy with children and adolescents. Ana was the recipient of the 2011 “Distinguished Service Award” from the Arizona Play Therapy Association and the 2012 Sierra Tucson “Hope Award.”

Ana has developed numerous programs and protocols that include the “EMDR-Sandtray Protocol” and the "The Systemic, EMDR- Attachment Based Program to Heal Intergenerational Trauma & Repair the Parent-Child Attachment Bond.

### **Kursusarrangør:**

Louise Skriver Jønsson, Foreningen EMDR Danmark