

The Craft of Treating Complex Trauma Using EMDR Therapy

An Advanced Clinical Course

Kurset afholdes: fredag den 23. maj og lørdag den 24. maj 2025 **Sted:** Diakonissestiftelsen, Peter Bangs Vej 5B 2000 Frederiksberg (Det er ikke muligt at tilkøbe overnatning på Diakonissestiftelsen).

Transport/Parkering: Fasanvej St. - Metrostation på Nordre Fasanvej 26A Frederiksberg ligger i 700 meters gåafstand fra Diakonissestiftelsen. Er du i bil, er der ved Diakonissestiftelsen et forholdsvis stort antal parkeringspladser. I receptionen kan du købe parkeringstilladelse, det koster kr. 60,-. (Pladserne kan være optaget op ad formiddagen).

Tid: 1. kursusdag: kl. 10.00-17.00. Ind-check kl. 9.30. **2. kursusdag:** kl. 9.00-16.30. Ind-check kl. 8.30. **Let morgenmad** begge dage fra ind-check. **Frokost** kl. 12.00-13.00.

Pris for medlemmer: 6.300,00 kr. **Pris for ikke-medlemmer:** 7.300,00 kr.

Priserne er inkl. undervisningsmateriale der sendes elektronisk, let morgenmad kaffe/te, frugt, vand, frokost og kage.

Niveau: Kurset er et videregående kursus efter grunduddannelse 1 og 2. Ved tilmelding til kursus beder vi dig oplyse, hvornår du har afsluttet del 2.

Tilmelding: Du tilmelder dig til sekretariatet på info@emdr.dk

Du vil herefter modtage en bekræftelse samt faktura til brug for betaling. Tilmeldingen betragtes som endelig ved modtagelse af beløb. Afvent fremsendelsen. Betaling til Danske Bank reg.nr: 1551 kontonr.: 7501501 eller link på faktura.

Ved EAN betaling bedes alle relevante oplysninger sendes til info@emdr.dk. (Kontaktperson, reference, arbejdssteds navn og adresse, EAN.nr.)

Tilmeldingsfrist: 23. april 2025. Afbud: Senest 27. april 2025. Efter denne dato tilbagebetales der ikke fuldt kursushonorar. Før denne dato tilbagebetales fuldt kursushonorar minus administrationsudgifter på kr. 400.

NB! Deltagere sender mail til kursusarrangør Martin Schwabe på martinschwabe@proton.me vedr. diverse diæter/allergier senest 1 uge før kursus.

Kursusarrangør: Foreningen EMDR Danmark

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Copenhagen, Denmark

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Course Abstract

Have you had clients who struggle with affect regulation, making it a challenge to get through memory reprocessing? Are you inclined to delay the trauma work and instead get into more preparation than perhaps is needed? If so, this training is for you.

This course is for EMDR clinicians who work with clients who have complex trauma and whose window of tolerance has been compromised, making it difficult for clients to “go with that.” Through lecture, discussion, videos of actual clients and perhaps a live demonstration, you will learn about how attachment styles inform how both therapist and client co-create the conditions that make the work possible. We’ll discuss how to use the self of the therapist to be mindfully present, tracking the client’s experience as well as co-regulating them, so our clients can do now what they couldn’t do then, which is to “go there.” You will walk away from this training with a deeper appreciation of the power of the relationship and how to use the nonverbal communications between therapist and client to potentiate the efficacy of EMDR, not only to treat trauma, but to heal the human spirit.

Learning Objectives:

You will learn how to:

- Assess the client’s capacities and readiness for memory reprocessing
- Develop an AIP understand of the client’s problems, beyond symptom relief
- Modify the Standard Protocol of EMDR based on client and clinical factors
- Identify at least two reasons for working relationally with clients who have attachment issues
- Co-regulate the client’s experience in and out of reprocessing to help the client stay in their window of tolerance
- Identify at least two maladaptive patterns of response therapists can have to a client’s presentation in and out of reprocessing
- Utilize at least one strategy to track the client’s somatic experience while simultaneously tracking one’s own
- Utilize a Defense Interweave to address a defensive pattern of response

- Utilize Experiential and Modulation Interweaves to co-regulate arousal states and facilitate dual awareness
- Utilize Relational Interweaves to facilitate the undoing of aloneness
- Apply the Life Stress Protocol to address the client's adaptations to their trauma