

Kursus

EMDR og attachment traumer

Ved Debra Wesselmann

Kurset afholdes: tirsdag d. **13.03.2018**

Tid: **9.30-17.00**. Indtjekning kl. 9.00. Frokost 1 time.

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

Pris for medlemmer af foreningen EMDR Danmark: 3500,- kr

Pris for ikke-medlemmer: 4125,- kr

Priserne er inkl. undervisningsmateriale, kaffe, frugt, frokost og vand. OBS begrænset deltagerantal!

Tilmelding:

Du tilmelder dig til sekretariatet på info@emdr.dk Du vil herefter modtage en bekræftelse samt faktura. Tilmeldingen betragtes først som endelig ved betaling. Betaling til Danske Bank Reg.nr:1551 kontonr.:7501501

Ved EAN betaling bedes alle relevante oplysninger sendes til info@emdr.dk.

Afbud: Senest d. 13.02.2018. Efter denne dato tilbagebetales fuldt kursushonorar ikke. Før denne dato tilbagebetales fuldt kursushonorar minus administrationsudgifter på kr. 400.

Om Debra Wesselmann:

Debra Wesselmann er en stor kapacitet på sit område og har de sidste 25 år arbejdet med attachment-problemer hos børn, voksne og familier.

Debra har været EMDR training facilitator siden 1998 og sidder aktuelt i bestyrelsen for *Journal of EMDR Practice and Research*. Hun har arbejdet med forskning og udvikling af effektive traumebehandlingsmetoder på universiteter i USA. Hun er forfatter til bøger og artikler relateret til attachment og traumer. Desuden har Debra deltaget i flere

internationale sammenhænge eksempelvis i Rom, Amsterdam, Hamburg, Cologne, Madrid og Holland.

Indhold på kurset:

Trauma experienced within the earliest attachment relationships leave children and adults at great risk for the development of psychiatric disorders. Maltreatment by attachment figures and traumatic losses are both closely associated with attachment disorganization, the attachment category identified in 70% of patients in psychiatric hospitals. Research shows insecure and disorganized attachments to be transmitted transgenerationally at a rate of between 70 and 80%.

Adults and children with disturbed attachments frequently experience severe emotional dysregulation along with intense feelings of despair, anxiety, shame, and mistrust of others. Affected children and adults frequently lack helpful or adaptive information and exhibit behaviors that elicit negative responses from those around them. Due to heavy defenses and poor self-regulation and self-awareness, patients suffering from attachment trauma are traditionally difficult to treat. However, with awareness of attachment-related behaviors and symptoms and proper adaptations, the EMDR approach becomes a powerful method for healing. Participants will learn to utilize attachment resource development techniques designed to strengthen the capacity for closeness, trust, and self-compassion. Participants will be able to write a therapeutic story to help process pre-verbal trauma and develop adaptive information for successful reprocessing. EMDR strategies specific to parents will help participants interrupt generational cycles of insecure and disorganized attachment. Case studies, video, and lecture/slides will help participants prepare to implement the strategies.

Kursusarrangører:

Louise Skriver Jønsson, Foreningen EMDR Danmark