

K u r s u s

“How to treat Eating Disorders by using EMDR therapy”

Underviser: Dr. phil. Dipl.-Psych. Karsten R. Böhm

Kurset afholdes: Tirsdag den 5. december 2023

Sted: Radisson Blu Scandinavia Hotel, Margrethepladsen 1, 8000 Aarhus C

Parkering: Når du ankommer ved Hotellet så parkér i kælderen eller på p-pladsen foran Hotellets indgang/Margrethepladsen. Du får udleveret en Voucher ved mødere registreringen af kursusarrangør. Denne voucher registreres (inden du forlader p-pladsen) på Hotellets I-Pads eller ved QR-kode i vores mødelokale. Vigtigt at registrere med bilens registre-ringsnummer. Husk at angive dit telefonnummer eller din mail-adresse ift. Kvittering. Denne kvittering fungerer som din garanti. Prisen er indeholdt i din kursusbetaling. Voucheren gælder i 14 timer. Så ankommer du dagen før, skal du tale med hotellets reception om håndtering af dette.

Hotellovernatning: Oplys ved reservation, at du deltager i dette kursus for at opnå rabat.

Tid: kl. 9.00-17.00. Ind-check kl. 8.30. **Morgenmad** foran mødelokalet fra ind-check.

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

Pris for medlemmer: 3.200,00 kr. **Pris for ikke-medlemmer:** 3.700,00 kr.

Priserne er inkl. undervisningsmateriale der sendes elektronisk, kaffe med brød, frugt, vand, frokost og kage. **OBS** begrænset deltagerantal.

Niveau: Et videregående kursus efter grunduddannelse 1. Ved tilmelding til kursus beder vi dig oplyse, hvornår du har afsluttet del 1. (Eller 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: Fredag den 3. november 2023. Afbud: Senest fredag den 3. November 2023. Efter denne dato tilbagebetales der ikke fuldt kursushonorar. Før denne dato tilbagebetales fuldt kursushonorar minus administrationsudgifter på kr. 400.

Dr. phil. Dipl.-Psych. Karsten R. Böhm

„How to treat Eating Disorders using EMDR Therapy“

In this practice-oriented one-day workshop, the use of EMDR for EATING DISORDERS will be presented and practiced. Special features of the use of EMDR are discussed, as is the combination with stimulus confrontations (exposure exercises). A modified EMDR treatment procedure is introduced, the best timing for the use of EMDR processes is shown and typical problems in the treatment are discussed. Anorexia Nervosa will be the main focus, but also other eating disorders will be discussed and differences shown.



An important focus is on the inclusion of the ego-syntonic parts in the therapy process. The adapted EMDR standard protocol and EMDR flowchart is presented step by step. How can the psychosomatic aspect of the eating disorder be taken into account? Important comorbidities in the context of eating disorder treatment are also discussed. For example, patients with comorbid compulsions often require different strategies than comorbid pain syndromes.

The workshop is aimed at psychotherapeutically working EMDR colleagues – different perspectives are welcome (CBT, Deep Therapy, Psychoanalysis, Gestalt therapy, etc.).

PROGRAM of the DAY EMDR & Eating Disorders

Tuesday, 05th of December 2023

09.00am – 10.30 Learn how Eating Disorders in the EMDR AIP Model work in detail and what are problems and topics to work on in psychotherapy. How to work with inner parts in EMDR therapy. EMDR Phases 1 and 2.

10.30 – 11.00 Break

11.00 - 12.00 Anorexia Nervosa & difficulties in treatment relationship and inner conflicts. Understand to difference between ich-syntonic and ego-dystonic parts. Be able to work with them differently. EMDR Phases 2 and 3. Target selection.

12.00 -1.15pm Lunch Break

1.15 – 2.45 EMDR Phases 4 to 7: How the bring Anorexia Nervosa patients into a good working EMDR processing? Treatment plan and interweaves in blocking situations. Differences to Bulimia patients.

2.45– 3.15 Break

3.15 - 5.00 Small group work on difficulties in EMDR Phase 8: how to work out a long lasting treatment plan & make it work in daily life. Summery.

Dr. phil. Karsten R. Böhm, Clinical Psychologist, is a Senior Trainer in EMDR and Consultant in CBT and specialist in OCD, Eating Disorders, Anxiety Disorders and PTSD psychotherapy. He is president of the German EMDRIA board and also member of the two German National Guideline Commissions - on the treatment of OCD and on the treatment of PTSD. Next to it, he is a lecturer for psychotherapy at the EMDR-Institute Germany, institutes for Cognitive Behavior Therapy (Stuttgart, Erlangen, Bale in Switzerland), medical councils and on different congresses (DGPPN Congress Berlin etc.). He has published a number of books, articles, chapters and working materials on the use of EMDR therapy. From 2003-2009, he worked as a clinical and ward psychologist at the University Hospital of Freiburg and from 2009-2021 as a leading psychologist (latest in Clinic Friedenweiler in the Black Forrest close to Freiburg, Germany).