In this two day workshop, Dolores Mosquera and Dr. Ross will provide a comprehensive overview of EMDR, borderline personality disorder, dissociation, and complex trauma, including examples of specific treatment techniques and strategies. Dr. Ross will speak on Day One and Dolores Mosquera will speak on Day Two.

Objectives: Participants will be able to:

1. Describe the phenomenology, epidemiology, reliability and validity, and treatment outcome for dissociative identity disorder.
2. Describe the relationships between trauma, disrupted attachment, PTSD, dissociation and borderline personality disorder (BPD).
3. Describe the core principles and techniques of Trauma Model Therapy.
4. Describe the relationship between trauma, dissociation and BPD from the perspective of the Adaptive Information Processing model, and how this guides EMDR therapy.
5. Describe stabilization techniques to improve self-care and self-regulation in BPD and complex trauma.
6. Describe strategies and techniques for target selection, choosing when to do bilateral stimulation and managing defenses within EMDR therapy for trauma and BPD.
7. Describe strategies to explore the system of parts in a safe way, promoting integration.
Day One

Dr. Ross will review the definition of dissociation and the differences between psychoform and somatoform dissociation. He will spend considerable time on dissociative identity disorder (DID), how to diagnosis it, what it is and what it is not, prevalence, reliability and validity, treatment outcome data for DID and the relationship between DID and PTSD. In his clinical experience, three common reasons for adverse reactions to EMDR he sees in patients referred to his hospital Trauma Programs are: failure to diagnose a complex dissociative disorder; inadequate history, preparation and stabilization; and moving into desensitization too quickly. Dr. Ross will then discuss borderline personality disorder (BPD) and the relationship between BPD, reactive attachment disorder and dissociation. He will then place BPD within a modified version of the theory of structural dissociation – this formulation leads naturally to treating DID within EMDR and within the Adaptive Information Processing model. This will be followed by an explanation of the principles of Dr. Ross’ Trauma Model Therapy, which is suitable for DID, BPD, PTSD and a wide range of mental health problems and addictions. These principles can be most helpful in EMDR therapy of BPD, prior to desensitization work. Dr. Ross will then provide case examples of treatment techniques and strategies. He will also provide time for questions and discussion.

Bio

Colin A. Ross received his M.D. from the University of Alberta in 1981 and completed his psychiatry training at the University of Manitoba in 1985. He is an internationally renowned clinician, researcher, author and lecturer in the field of traumatic stress and trauma related disorders. He is the founder and President of the Colin A. Ross Institute for Psychological Trauma. Currently Dr. Ross is medical consultant at three trauma programs located at University Behavioral Health in Denton, Texas, Forest View Hospital in Grand Rapids, Michigan and Del Amo Hospital in Torrance, California. Dr. Ross has spoken widely throughout North America and in Europe, China, Malaysia, Australia and New Zealand. Dr. Ross has authored over 170 professional papers and 27 books. He has reviewed for numerous professional journals, and is a member of the American Psychiatric Association and is a Past President of the International Society for the Study of Trauma and Dissociation.

Day Two

Dolores Mosquera will draw on her extensive clinical experience as an EMDR clinician, consultant and specialty populations trainer, and will build on the groundwork laid by Dr. Ross. She will explain how to treat BPD within the Adaptive Information Processing model and will describe subgroups with BPD that require somewhat different EMDR strategies. She will describe in detail the clinical interview for BPD she conducts prior to treatment, including common problems encountered and common defenses seen. She will talk in detail about grounding, stabilization and self-care and emotional regulation skills and treatment strategies. This will be followed by discussion of self-differentiation, psychoeducation strategies, working with defenses and working with dissociative parts. She will conclude the workshop with discussion of target selection in BPD, when to process trauma, and when not to, managing borderline defenses, and the reevaluation phase of EMDR. The focus will be on specific techniques and strategies and a practical hands-on approach.

Bio

Dolores Mosquera is psychologist and psychotherapist. She is the director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP), a private institution where she has worked with EMDR for many years on cases related to severe traumatization. She is an EMDR Europe Consultant and Facilitator. She has extensive teaching experience, leading seminars, workshops and lectures internationally. She has published many books and articles on personality disorders, complex trauma and dissociation and is a recognized expert in the field.
EMDRIA: The Colin A. Ross Institute for Psychological Trauma maintains responsibility for this program and its content in accordance with EMDRIA standards. No EMDR Training Required: This workshop is not an EMDR basic training. Attendees with no prior EMDR training are not eligible to receive EMDRIA Credits. It is recommended you should complete the full EMDR basic training and have experience in using EMDR with this client population before using this material. Application for EMDRIA credits are under review.

Psychologists: The Colin A. Ross Institute for Psychological Trauma is approved by the American Psychological Association to sponsor continuing education for psychologists. The Ross Institute maintains responsibility for this program and its content.

Counselors: The Colin A. Ross Institute for Psychological Trauma has been approved by NBCC for NBCC Credit. The Colin A. Ross Institute for Psychological Trauma is solely responsible for all aspects of the program. NBCC Single Program Approval No. SP-2768

Texas Social Workers: The Colin A. Ross Institute for Psychological Trauma is approved by the Texas State Board of Social Worker Examiners to offer continuing education clock hours to Texas social workers. The Ross Institute maintains responsibility for this program and its content. Provider Number: 6366

This program is co-sponsored with University Behavioral Health—Denton and Collin College

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Kristi Lewis if special accommodations are required.

On-Line Registration at: ubhdenton.com (under professionals tab)

Questions: Kristi.lewis@uhsinc.com

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Level of EMDR Training

My payment of $__________ is enclosed.

Mail checks made payable to: UBH—Denton, 2026 W. University Drive, Denton Texas 76201

Attn: Trauma CEU’s

Program Fees

Two Day Workshop
(includes up to 12 CE’s)
$50.00 per day or $85.00 for both days

Full refund until 5:00pm October 27, 2016. No Refunds day of workshop.