



EMDR and Ego State Therapy:  
Healing Complex Trauma and Dissociation

Manchester

on

31 May 2011

Workshop presented by

**Dr Michael C Paterson OBE**

EMDR Institute Trainer

Accredited Trainer with EMDR Europe Association



This workshop initially provides an overview of dissociation and how it impacts on EMDR processing. There will be an explanation of Ego State Therapy (EST) and how it fits with EMDR to provide the stabilization clients need, as well as dealing with blocked processing. Clinical case material is used throughout to illustrate learning points. Through demonstration and practice participants will learn how to build resources for clients, access ego states in a controlled way and effect therapeutic change. In the latter part of the day, participants will see videos of live cases where EST is used effectively in the Preparation Phase of EMDR to: 1) identify the part-selves and 2) moderate the malevolence displayed by two difficult ego states.

### **Learning objectives**

- Understand how complex trauma and dissociative disorders impact EMDR processing
- Understand the concept of working with part-selves as a way of preparing clients for the standard EMDR protocol.
- Learn how to access ego states in a controlled way and effect therapeutic change and stability.
- Learn techniques to deal with difficult ego states.

### **Rationale**

We all display particular patterns of thinking, feeling and acting, depending on the situation. The transition is usually seamless in well-adjusted people, but where there has been disrupted attachment or sustained early life trauma the result is often the formation of particular ego states, also known as alters, parts, or schema modes. These states perform roles usually geared towards survival, but in adulthood they can be dysfunctional. Depending upon a client's early life experiences some ego states can be malevolent, wanting bad things for the client such as willing them to suffer in some way. These clients present us with the greatest challenges through what we know as complex trauma and dissociative disorders.

It is necessary for clients to remain stable during EMDR sessions and contained between sessions, particularly with complex trauma and dissociative disorders. There is a need, therefore, to learn techniques to work in the Preparation Phase with more difficult clients so they too can benefit from the full EMDR protocol. It is also helpful to know how to deal with blocked processing in the Desensitization Phase due to the interference of an ego-state.

### **The Trainer**

The course will be presented by Dr Michael Paterson OBE, a local clinical psychologist who specialises in treating trauma in emergency services, dissociative disorders and also people suffering chronic pain. He was specially selected to be a Trainer with the EMDR Institute and has been personally trained to the highest standard by Dr Francine Shapiro, the founder of EMDR.

Michael has authored a chapter in the landmark book, Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy. He has also published articles on stress, and on trauma in the emergency services. He has presented at conferences on treating complex PTSD, and also conferences specialising in dissociation.

### **The Venue**

Manchester Conference Centre, Sackville Street, Manchester M1 3BB

## EMDR, Dissociation and Complex Trauma Workshop – Manchester 2011

The fees include lunch and refreshments.

The sponsor for the workshop is Dr Michael Paterson.

Visit our EMDR website for further information on EMDR ([www.emdrmasterclass.com](http://www.emdrmasterclass.com)) .

PLEASE PRINT

Your name:		Core profession & level of accreditation:			
Email:		Contact telephone: (day)		Contact telephone: (evening)	
Mailing address:		Billing address (if different):			
		Billing email:			

PLEASE TICK PREFERENCE

		Fee	+VAT 20%	Amount	
Level 1 <b>Where and when did you attend this?</b>					
Level 2 <b>Where and when did you attend this?</b>					
Refresher course Tuesday 9.00am to 5.00pm	Manchester on 31 May 2011	£165	£33	<b>£198.00</b>	

UK VAT registration number for TMR Health Professionals (Training) Ltd **899406660**

If you, or your organisation, are VAT registered and are outside the United Kingdom you do not pay UK VAT but you must provide the following:

Country of VAT reg \_\_\_\_\_ VAT reg no. \_\_\_\_\_

Name of VAT registered organisation \_\_\_\_\_

Fees should be paid in Sterling at the rate specified overleaf.

Your place cannot be guaranteed unless:

1. You have returned a letter from a funding body promising to pay your fees prior to the training, OR
2. You are funding this yourself and have returned the full amount (non-refundable within one month of course starting).

I enclose a cheque for £198 payable to *TMR Health Professionals (Training) Ltd* / promisory letter from my funding body \*                      \* delete as appropriate

Mail to:        EMDR Dissociation Workshop  
                  Pinewood House, 46 Newforge Lane, Belfast BT9 5NW

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Please specify:**

Special dietary requirements

Access requirements