

## USING EMDR WITH THE DISSOCIATIVE DISORDERS

**Donald B. Beere, Ph.D.**

**Sponsored by Insight Counselors, P.A.**

*Insight Counselors, P.A. maintains responsibility for this program and its contents*

**September 24-25-26, 2010 – Ft. Lauderdale, Florida**

**Prerequisite Days 1 & 2 – Completion of a Part 2 EMDRIA Approved Training**

**Day 3 is suitable for partially trained EMDR Clinicians or Clinicians who have never been trained in EMDR**

**PRESENTER:** Don Beere, Ph.D., ABPP, maintains a full time private practice in the Greater Cincinnati area. In addition to having been a general practitioner for 37 years, he specializes in the treatment of severe trauma and the dissociative disorders. He has been working (knowingly) with the dissociative disorders since 1980. He was one of the original faculty selected by the International Society for the Study of Trauma and Dissociation (ISST-D) to teach in the Dissociative Disorders Psychotherapy Treatment Program and he currently teaches a regular and advanced course for CEUs to mental health professionals. He served on the ISST-D Board of Directors, 1999 - 2002, and in 2007 won the Distinguished Achievement Award from the Society. In a 2008 he had two chapters included in Dell & O'Neil, *Dissociation and the Dissociative Disorders: DSM-V and Beyond*. These chapters summarize his research and present Beere's theory of the dissociative disorders. Dr. Beere has 12 published and 35 presented papers on dissociation, and 3 published papers on EMDR.

Don is EMDRIA Certified and an EMDRIA Approved Consultant, an EMDR Institute Facilitator and specialty presenter on the dissociative disorders. In the 90s he was the EMDR Network Coordinator for Michigan and sponsored many workshops in that state. He has been using EMDR since 1991. Marilyn Luber included two chapters by Don in her new book, *Eye Movement Desensitization and Reprocessing: EMDR Scripted Protocols*.

**OVERVIEW:** The Dissociative Disorders are the most difficult, yet treatable, of all the disorders. This workshop will emphasize the Dissociative Disorders (in particular DID), a subtype of Complex PTSD. Day One will focus on RDIs designed to provide symptom and distress reduction and stabilization. Day Two will focus on a protocol Dr. Beere developed from his own research on the EMDR treatment of trauma with DD clients, and will also include other EMDR approaches to trauma work with DID. Day Three will provide an overview of the Dissociative Disorders: assessment, diagnosis, etiology, distinct features, and treatment.

**Sunday 8 am to 4 pm (Day 3):** Dr. Beere will present an extended "Overview of the Dissociative Disorders." He will be pulling together this information for those in attendance at Days 1 and 2, but it is a thorough overview of preparation work for this population for those who are not in attendance at Days 1 and 2.

The Overview portion (ONLY) is open to:

- Graduate students pursuing a degree in the mental health/psychology/social work fields
- Partially trained EMDR clinicians (no EMDRIA Credit; 7 NBCC Contact Hours)
- Clinicians who have never been trained in EMDR (no EMDRIA Credit; 7 NBCC Contact Hours)

**GOAL:** Provide a diagnostic and psychotherapeutic overview for the dissociative disorders to educated clinicians on how to assess, treat and fold EMDR into regular treatment. Frequently EMDR clinicians end up treating the dissociative disorders without this preparation.

### Objectives:

- Understand how to use EMDR to treat severe trauma and the dissociative disorders.
- Learn how to use modified RDI to establish stabilization.
- Learn how to assess client readiness for trauma work.
- Learn how and why to use the recent trauma protocol to treat amnesic trauma.
- Develop strategies to help clients develop distress tolerance and intrusion control.
- Learn how to apply the information processing model creatively to accomplish clinical tasks.

**To receive EMDRIA credit, participants are required to attend this workshop in its entirety (all three days). No partial credit will be awarded.**

**EMDRIA Credits: 21 credits**

**NBCC: 21 contact hours**



Insight Counselors, PA is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors under Provider #6196. We adhere to NBCC Continuing Education Guidelines.

*To ensure that we can accommodate persons who are physically challenged and who wish to attend our workshops, please notify Insight Counselors of any special accommodations that are required when you register.*

**Current research is limited to the application of EMDR to trauma-related disorders**

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DAY ONE (FRIDAY): EMDR, STABILIZATION AND SYMPTOM REDUCTION	
9:00 - 10:00	Treatment Overview: What is the client's usual goal? What is the therapeutic task? Overview of EMDR: Eight-phase, three pronged protocol Beere's View: EMDR model, Readiness, and ABS <b><i>Practice Module 1: Tracking</i></b>
10:00 - 10:30	BASK Model
10:30 - 10:45	<b>BREAK</b>
10:45 - 11:30	A Model of Amnesic Trauma: A Crucial Explanatory Mechanism
11:30 - 12:00	Treatment Overview Stabilization and Symptom Reduction Enhanced coping - improved living <b><i>Practice Module 2: Installing Positives</i></b>
12:00 - 1:00	<b>LUNCH</b>
1:00 - 2:00	Affect management-distress tolerance Teaching control techniques Cautions about "safe place" and "relaxation" installations <b><i>Practice Module 3: Installing distress management and coping mechanisms</i></b>
2:00 - 3:00	Relationship development Present-time, Present-place orientation
3:00 - 3:15	<b>BREAK</b>
3:15- 4:00	Grounding - coming back to the here and now <b><i>Practice Module 4: Knowing that a client is really here!</i></b> Notice environmental here and now <b><i>Practice Module 5: Isolating and installing present external perceptual experience</i></b> Notice the presence and reality of the therapist
4:00 - 5:00	<b><i>Practice Module 6: Bringing and installing the therapist into the room</i></b> Notice the presence of the physical body <b><i>Practice Module 7: Transition to isolating the perceptual experience of the body</i></b> <b><i>Practice Module 8: Isolating and installing the perceptual experience of the body</i></b> Teaching the capacity to split awareness – to be here and there Intrusion control

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<b>DAY TWO (SATURDAY): DOING TRAUMA WORK WITH DID USING EMDR</b>	
<b>8:00 – 9:20</b>	Trauma work or working through Guidelines for the Use of EMDR with Severe/Chronic PTSD and Dissociative Clients Beere' s Research Results: Introduction to the protocol Beere' s Protocol
<b>9:00 – 9:30</b>	Case presentation of the protocol
<b>9:30 – 9:45</b>	<b>BREAK</b>
<b>9:45 – 11:30</b>	Case presentation of the protocol continued Video presentation of a DID client being taken through the protocol
<b>11:30 – 12:00</b>	Continuation of video presentation of a DID client being taken through the protocol
<b>12:00 – 1:00</b>	<b>LUNCH</b>
<b>1:00 – 1:30</b>	Target and client preparation Client Processing Debrief Assessing the impact of treatment
<b>1:30 – 2:30</b>	Continuation of video presentation of a DID client being taken through the protocol
<b>2:30 – 2:45</b>	<b>BREAK</b>
<b>2:45 – 3:40</b>	Continuation of video presentation of a DID client being taken through the protocol
<b>3:40 – 4:30</b>	Present time and life/place orientation protocol: Twombly (2000) Safe Place: Lazrove and Fine (1996) Frasier's Dissociative Table Technique
<b>4:30 – 5:00</b>	Jim Knipe' s Back of the Head Scale The Wreathing Protocol

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<b>DAY THREE (SUNDAY): OVERVIEW OF THE DISSOCIATIVE DISORDERS</b>	
<b>8:00 – 10:00</b>	Video presentation of crisis management
<b>10:00 – 10:15</b>	<b>BREAK</b>
<b>10:15 – 10:45</b>	Diagnosis: The Dissociative Disorders (DSM-IV-R) Dissociative Amnesia Depersonalization Disorder Dissociative Fugue Dissociative Identity Disorder Current Research on Diagnosis (Dell, 2009)
<b>10:45 – 11:45</b>	Research on the Dissociative Disorders Epidemiological "Data" Treatment "Data" Research Results Unique to Dissociation Attachment problems Reliable cognitive and perceptual differences Physiological damping
<b>11:45 to 12:45</b>	<b>LUNCH</b>
<b>12:45 – 1:00</b>	Clinical Evaluation of Dissociation Other Relevant Clinical Information Assessment Instruments Clinical Evaluation and Assessment Lowenstein's Mental Status Exam for the Dissociative Disorders Treatment Overview The client's usual goal? What is the therapeutic task?
<b>1:00 – 2:00</b>	Psychotherapy of the Dissociative Disorders Overview Beginning Therapy Preliminary Interventions Enduring issues working with dissociative individuals Stabilization and Symptom Reduction
<b>2:00 – 2:15</b>	<b>BREAK</b>
<b>2:15 – 3:00</b>	Self Care Taking Grounding Slowing down intrusions Environmental Consistency Safety Boundaries
<b>3:00 – 4:00</b>	Countertransference Transference Communicating with Alters Specific Treatment Techniques: Hypnosis Fractionated Abreactions
<b>4:00</b>	<b>WORKSHOP ENDS</b>

