



## **Integrative Team Treatment for Attachment Trauma in Children: EMDR and Family Therapy**

### **3-Day Workshop for EMDR and Non-EMDR Mental Health Practitioners**

**Part 1 For non-EMDR and EMDR trained participants:  
Wed. May 15th (All Day) & Thurs. May 16th (Morning)**

**Part 2 For EMDR trained participants only:  
Thurs. May 16th (Afternoon) & Fri. May 17th (All Day)**

**Lifespring Counseling Services, Gay Caldwell Roper Center, Houston's First Baptist Church  
7401 Katy Freeway, Houston, TX 77024 Ph# 713-335-6466**

### **Co-Sponsor: EMDR INSTITUTE**

EMDR Institute, Inc., maintains responsibility for this program and its contents.

This workshop will give you the tools you need to take your practice with children with a history of attachment trauma to a new level of effectiveness. Through didactic, video, and practicum work, participants will leave the workshop prepared to:

- **collaborate with colleagues to create an effective family-EMDR treatment team.**
- **involve parents in "detective work" to understand child behaviors from the AIP model.**
- **coach children in self-regulation skills.**
- **write a narrative with the assistance of the family to access preverbal trauma therapeutically.**
- **teach a 5 week class: Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma (CD with class powerpoint included).**
- **implement EMDR Attachment Resource Development (ARD) to enhance parent-child closeness prior to memory work.**
- **apply EMDR Self Regulation Development and Installation (SRDI) to increase affect and behavioral regulation.**
- **utilize EMDR empowerment interweaves and other creative interweaves for children with stuck brains.**

Learn to heal the attachment wounds rooted in a history of abuse, neglect, foster, or orphanage care through this dynamic presentation. Work effectively with severe behaviors including stealing, lying, aggression, sexualized behaviors, and defiance. This is a practical workshop that gives step-by-step instructions for successfully intervening with parents, strengthening attachment, and resolving trauma and behaviors. Practicums, videos, and handouts allow participants to successfully implement the model.

**Collaborating treatment therapists do not have to work in the same agency. Feel free to come alone and network at the conference for collaborative relationships. Both EMDR and non-EMDR therapists are invited to participate in this conference.**

**“This research driven integrative approach is designed to treat the whole family and put simply: it works. I have been utilizing protocol learned at the conference with many families in my practice, and they are realizing successful outcomes. I highly recommend and invite you to attend the conference.” --- Kathryn H. LMHC,**

The presenters have been instrumental in the development of the EMDR Integrative Team Treatment for Attachment Trauma in Children research project and work as a treatment team with The Attachment and Trauma Center of Nebraska. They have presented nationally and internationally and have authored articles and the forthcoming book, *Integrative Team Treatment for Attachment Trauma in Children: EMDR and Family Therapy*.

**Debra Wesselmann, MS, LIMHP Cathy Schweitzer, MS, LMHP Stefanie Armstrong, MS, LIMHP**

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### **Qualifications for Participation:**

- Participants who have completed the full Basic EMDR training are recommended to attend all 3 days.
- Non-EMDR therapists may attend Part One (1 ½ days) as the family therapist member of an Integrative Treatment Team.
- Master's or Ph.D. level therapists.
- Instructional Level: Intermediate

***This workshop is held in facilities that are in compliance with the American Disabilities Act.*** Please contact a presenter or the location venue (Gladys Ramos at Spence-Chapin, 212-369-0300 ext. 259 or email her: [gramos@spence-chapin.org](mailto:gramos@spence-chapin.org)) at least 3 days prior to the workshop if you need accommodations.

EMDR Institute maintains responsibility for this program and its content in accordance with EMDRIA Standards.

### **Participants in the workshop will receive:**

\*DVD containing a 5-week powerpoint class for parents: *Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma*

**18 CE's for participants attending all 3 days. 9 CE's for participants attending Part One only.**

**APA:** EMDR Institute, Inc., is approved by the American Psychological Association to offer continuing education for psychologists. EMDR Institute, Inc., maintains responsibility for this program and its contents.

**NBCC:** EMDR Institute, Inc is an approved provider through the National Board of Certified Counselors: NBCC Provider 5558.

**RN:** EMDR Institute, Inc is a provider approved by the California Board of Registered Nursing, Provider Number 9755.

**BBS:** For California the course meets the qualifications for continuing education credit for MFT's and LCSW's as required by the California Board of Behavioral Sciences. Approval No: PCE270.

**SW:** EMDR Institute, provider #1206, is approved for SW continuing education by the Assoc of SW Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) program. EMDR Institute maintains responsibility for the program. Social workers participating in this course will receive 18 for 3 days; 9 for 1 1/2 days (clinical or social work ethics) continuing education clock hours.

Please contact the EMDR Institute 831-761-1040 or [inst@emdr.com](mailto:inst@emdr.com) for information about continuing education for social workers. (SW boards outside the state in which the training occurs may or may not accept transferral of units depending upon individual state board policy.)

**“The conference changed my practice in a tremendously positive way. I was able to begin implementing the methods immediately and have seen dramatic improvement in several clients in just a few short weeks.” Robyn Gobbel, LCSW, from Texas, attended the conference held in Denver.**

### **EMDRIA Credits**

9.5 EMDRIA CE's for participants attending Part 2. (Only those who have attended the full Basic EMDR training may attend Part 2 and receive EMDRIA credits.)

**EMDRIA Approval # (to be approved)**

## **OBJECTIVES**

### **Part 1: Integrating Family Therapy into Team Treatment for Healing Attachment Trauma in Children**

#### ***Participants will be able to:***

- Identify the negative beliefs associated with the most common behaviors of children affected by attachment trauma.
- Compare and describe the difference between traditional parenting habits and trauma-informed parenting.
- Demonstrate communication skills in a practicum setting for persuading parents to view their children's behaviors from a trauma-based perspective.
- Describe a minimum of 3 strategies that help children develop self-reflection/self-regulation prior to trauma work.
- Demonstrate - via a written composition - a therapeutic story that includes a positive beginning, negative and positive beliefs, and an empowering present-tense conclusion.

### **Part 2: Integrating EMDR Into Team Treatment for Attachment Trauma in Children**

#### ***Participants will be able to:***

- Identify appropriate EMDR targets for removing obstacles to trust, as well as current triggers and future templates, from a written case study.
- Demonstrate effective parent preparation for the Attachment Resource Development protocol during a short practicum role-play using a sample case.
- Identify 3 common obstacles to reprocessing during the desensitization phase of EMDR for children suffering from attachment trauma.
- Identify creative and effective cognitive interweaves for stuck reprocessing with challenging children using vignettes during a group practicum.

## **AGENDA**

### **Part 1: Integrating Family Therapy Into Team Treatment for Attachment Trauma in Children - 9 CEs**

#### **Wednesday All Day**

- 8:30-9:00 Sign in  
9:00-10:30 Attachment-Trauma Theory/The Team Model  
10:30-10:45 Break  
10:45-12:00 Teaching the Parent Class/ Looking Beyond the Behaviors  
12:00-1:00 LUNCH on your own  
1:00-2:30 Parent Class/Overcoming Parent Challenges  
2:30-2:45 Break  
2:45-3:45 Family Therapy: Creating a Secure Holding Environment for Trauma Work/Practicum  
3:45-4:30 Family Therapy: Developing the Child's Story

#### **Thursday Morning**

- 8:30-9:00 Sign in  
9:00-10:00 Family Therapy: Doing the Detective Work/Mindfulness/Emotion Regulation  
10:00-10:15 Break  
10:15-11:00 Practicum  
11:00-12:15 Family Therapy: Creating a Therapeutic Story to Assist in Trauma Work/Practicum  
12:15-1:15 OPTIONAL LECTURE "What is EMDR?"

### **Part 2: Integrating EMDR Into Team Treatment for Attachment Trauma in Children – 9CEs**

#### **Thursday Afternoon**

- 1:15 - 3:00 AIP Case Conceptualization/EMDR Attachment Resource Development  
3:00-3:15 Break  
3:15-4:30 Attachment Resource Development/Practicum

**“The Attachment and Trauma Center of Nebraska Team has assembled years of evidence-based knowledge and techniques to understand and effectively treat attachment and trauma issues in children and adults. They provide this information and training in a professional and instantly usable fashion.” -- --- Randy Basden, MS, LPC, from Douglas, Wyoming, attended the conference held in Denver.**

**Friday All Day**

- 8:30-9:00 Sign in
- 9:00-10:00 Obstacles/Assessment and Reprocessing
- 10:00-10:15 Break
- 10:15-12:00 Overcoming Obstacles/Desensitization Phase
- 12:00-1:00 Lunch on your own
- 1:00-3:00 Adapting the Desensitization Phase/Vignettes
- 3:00-3:15 Break
- 3:15-4:30 Addressing the Current and Future Prongs/Intensives/Bio Families

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

**Houston Registration: May 15<sup>th</sup>, 16<sup>th</sup>, 17th, 2013**

Name: \_\_\_\_\_ Credentials: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Work Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Fully EMDR trained? Yes\_\_ No\_\_ I am registering for: Part 1 (1 ½ days)\_\_\_ Both Parts 1 & 2 (All 3 days)\_\_\_

***If you are registering for all 3 days, and you received non-institute training please send verification of your EMDR training with registration.***

**Registration deadline:  
May 1st, 2013**

**Note: If you are NON-EMDR, you may attend only Part 1.  
If you are fully EMDR trained, please attend all 3 days.**

Check Enclosed \_\_\_ (checks payable to: The Attachment and Trauma Center of Nebraska-Training)

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Send to:** ATCN Training, 12822 Augusta Ave., Omaha, NE 68144

or Fax to: (402) 932-4121

**Questions:** Deb Wesselmann 402-981-6130  
or deb@atcnebraska.com

**Cost:**  
**\$265 for Part 1: 1 ½ days only (9 CEs)**  
**\$525 for Parts 1& 2: days 1, 2 & 3 (18 CEs)**

**Subtract \$30 for each participant coming as part of a team. A team is eligible for discount only if one member of the team is EMDR trained. Please send in team registrations together.**

**Late registration (after May 1st): \$600 for full workshop. \$300 for 1 ½ days.**