

Three Days, Two Workshops  
with Internationally Acclaimed Presenter  
**Dolores Mosquera, MA, Psy**  
and Kathy Steele, MN CS

*Sponsored by Kathy Steele, MN, CS & Carolyn Rasche, PhD*

**Workshop #1**  
**Practical Strategies for Working with The  
Challenging Trauma Client\***

\*(open to all mental health professionals)

with  
Dolores Mosquera, MA, Psy & Kathy Steele, MN, CS

**Friday, December 8, 2017**

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**Workshop #2**  
**EMDR with Dissociative Clients:  
The Progressive Approach\***

\*(This workshop is open only to clinicians who  
have completed the full EMDR basic training)

with  
Dolores Mosquera, MA, Psy

**Saturday & Sunday, December 9 & 10, 2017**

**9:00 am—5:15 pm**  
**(Registration at 8:30 am)**  
**The Hilton Garden Inn**  
**1501 Lake Hearn Drive**  
**Atlanta, GA 30319**

For information contact  
Carolyn Rasche at 770-493-8424 or [cbrasche@gmail.com](mailto:cbrasche@gmail.com) or  
Kathy Steele at 404-321-4954, ext. 305 or [KathySteeleMN@gmail.com](mailto:KathySteeleMN@gmail.com)

## Continuing Education

**December 8, 2017** – Six (6) Core hours of continuing education have been applied for by the Georgia Chapter of the National Association of Social Workers, GA NASW, the Licensed Professional Counselors Association of Georgia, LPCA GA, and the Georgia Psychological Association. (Pending)

**December 9 & 10, 2017** – Twelve (12) EMDRIA Credits (\*application under review)  
Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training. Attendance at entire 2 day workshop is required to receive credit. Twelve (12) Core hours of continuing education have been applied for by the Georgia Chapter of the National Association of Social Workers, GA NASW, the Licensed Professional Counselors Association of Georgia, LPCA GA, and the Georgia Psychological Association.  
(Pending)

## About the Presenters



**Dolores Mosquera, MA, Psy** is a psychologist and psychotherapist specializing in severe and complex trauma, personality disorders, and dissociation. She is the director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP) in A Coruña, Spain. She collaborates with two different Domestic Violence Programs, one focused on women victims of DV and another one on males with violent behavior;

she also collaborates with an organization aiding victims of emergencies, accidents, violent attacks, kidnapping and other traumatic incidents. Dolores has extensive teaching experience, offering seminars, workshops, and lectures both nationally and internationally. She has published numerous books and articles on personality disorders, complex trauma, and dissociation, and is a recognized expert in these fields. She is the co-author of *EMDR and Dissociation: The Progressive Approach*.



**Kathy Steele, MN, CS** is a psychotherapist, consultant and trainer who has been in private practice in Atlanta for over 30 years. Kathy has (co)authored numerous publications and books on trauma and dissociation as part of the acclaimed Norton Series on Interpersonal Neurobiology: *The Haunted Self* (2006); *Coping with Trauma-related Dissociation: Skills Training for Patients and Therapists* (2011), and *Treating Trauma-related Dissociation: A Practical Integrative Approach* (2017). She is a recognized expert in the treatment of dissociative disorders and Complex PTSD, and frequently lectures internationally. She has received a number of awards for her clinical and written works, including the 2010 Lifetime Achievement Award from ISSTD.

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## Workshop Descriptions

### **Practical Strategies for Working with Challenging Trauma Clients December 8, 2017**

This workshop is intended for therapists who already have a basic understanding of trauma informed treatment and who wish to increase their skills in working with more complex issues. First prognostic factors will be explored, with implications for planning treatment. Then, we will demonstrate practical approaches to some of the more challenging treatment issues, such as resistance, dependency and relational avoidance, suicidality, self-harm, boundary problems, and sadomasochism. Participants will learn practical and compassionate ways to understand, recognize and effectively work with resistance, which is best understood as protection. Specific interventions to maintain a collaborative therapeutic relationship with clients that does not evoke overwhelming dependency needs will be demonstrated. Therapists will learn how to accept and process dependency needs in their clients while maintaining healthy boundaries. We will discuss how to work with rage and sadistic tendencies in a safe and containing manner, while managing intense countertransference feelings. Therapists will learn effective strategies to resolve chronic self-harm and suicidality. Video excerpts will be used to demonstrate specific approaches.

### **EMDR with Dissociative Clients: The Progressive Approach December 9 & 10, 2017**

After many early cautions about the potential dangers of using EMDR with individuals suffering from dissociative disorders, limited proposals have been offered for adapting EMDR procedures to this specific population. In this workshop, clinical case examples and video fragments will be used to illustrate interventions with EMDR for dissociative clients following the “Progressive Approach” (Gonzalez & Mosquera, 2012). The workshop will demonstrate how EMDR clinicians can safely utilize this model to offer a wide range of EMDR interventions beginning early in the preparatory phase of treatment for clients with dissociative disorders. Our aim is to provide a comprehensive model for applying EMDR therapy in the treatment of dissociative disorders, extending the AIP model to address the kinds of dysfunctionally stored information found in those with the most severe forms of traumatization and dissociative phobic avoidance. On Day 1, EMDR therapists will learn to implement specific clinical interventions, based on ‘progressive protocols’ for dissociative disorders. On Day 2, we will explore how to resolve avoidance and distrust, two major roadblocks to successful therapist in patients with Complex PTSD and Dissociative Disorders. A practical trauma-informed approach that emphasizes the need to identify and work with the individual’s unintegrated inner structural organization as a means to address the root causes of symptoms will be described. Steps for treatment planning and interventions will be illustrated through video examples.\

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## Detailed Workshop Schedule

### Day 1, December 8, 2017 (for all mental health professionals)

9:00 am – 9:15 am	Introduction
9:15 am – 10:00 am	Case conceptualization strategies with challenging clients
10:00 – 10:30 am	Using prognosis to effectively plan treatment Setting reasonable therapy goals with the client
10:30 am – 10:45 am	BREAK
10:45 am – 12:15 pm	How to compassionately understand and work with resistance as protection How to deal with relational avoidance and dependency
12:15 pm – 1:30 pm	LUNCH
1:30 pm – 2:15 pm	How to deal with relational avoidance and dependency, cont'd.
2:15 pm – 3:15 pm	How to effectively manage self-harm and suicidality
3:15 pm – 3:30 pm	BREAK
3:30 pm – 4:30 pm	Helping the bitter, entitled, or sadistic client
4:30 pm – 5:00 pm	Helping the chronically suffering and despairing client
5:00 pm – 5:15 pm	Q&A
5:15 pm	Close

### Day 2 – December 9, 2017 (for EMDR trained professionals only)

9:00 am - 9:15 am	Introduction
9:15 am - 10:00 am	EMDR and dissociation: An extended AIP model
10:00 am – 10:30 am	Dissociative Phobias: the maintenance of dissociation
10.30 am – 10:45 am	BREAK
10:45 am – 12:15 pm	Working with Dissociative Phobias: How to identify dissociative phobias and work with them in different phases
12.15 pm - 1:30 pm	LUNCH
1.30 pm - 2:15 pm	Empowering the client: working through the Adult Self with EMDR Therapy
2:15 pm – 3:15 pm	Exploring the internal system: Basic aspects
3:15 pm – 3:30 pm:	BREAK
3:30 pm – 4:15 pm	How to explore the internal system safely in Dissociative Disorders: Adaptations and tools
4:15 pm – 5:00 pm	The Tip of the Finger Strategy and other tools to process trauma gradually and safely
5:00 pm – 5:15 pm	Q&A
5:15 pm	Close

### Day 3 – December 10, 2017 (for EMDR trained professionals only)

9:00 am - 9:15 am	Introduction
9:15 am - 10:00 am	Working with parts: Basic steps to keep in mind to organize the work
10:00 am - 10:30 am	When to use parts language and when not
10.30 am - 10.45 am	BREAK
10:45 am - 12:15 pm	Identifying and dealing with avoidance

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12.15 pm - 1:30 pm	LUNCH
1.30 pm - 2:15 pm	Identifying and dealing with avoidance cont.
2:15 pm - 3:15 pm	Working with fearful and distrustful parts of the personality
3:15 pm - 3:30 pm	BREAK
3:30 pm - 5:00 pm	Understanding and working with hostile parts of the personality
5:00 pm - 5:15 pm	Q&A
5:15 pm	Close

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Kathy Steele, MN, CS maintains responsibility for this program and its content in accordance with EMDRIA standards. This workshop is held in facilities in accordance with the Americans with Disabilities Act. Please notify call 404-321-4954, ext. 305 if special accommodations are required.

**Refund Policy** – Refunds will be available up to November 27, 2017, minus a \$25.00 administrative fee. No refunds will be given after November 27, 2017. Substitutions for attendance are acceptable, as long as the substitute meets any prerequisite training requirements.

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## Registration Form

Name \_\_\_\_\_

Credentials, Lic. # & State of Licensure \_\_\_\_\_

Address \_\_\_\_\_

Suite or Apt # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### One Day Only, December 8 (for all mental health professionals)

\_\_\_\_\_ \$180.00 Earlybird special before November 10, 2017

\_\_\_\_\_ \$200.00 After November 10, 2017

### Two Days, December 9 & 10 (for EDMRIA trained professionals only)

\_\_\_\_\_ \$375.00 Early bird special before November 10, 2017

\_\_\_\_\_ \$400.00 After November 10, 2017

### All Three Days, December 8, 9, & 10 (for EMDRIA trained professional only)

\_\_\_\_\_ \$460.00 Early bird special before November 10, 2017

\_\_\_\_\_ \$490.00 After November 10, 2017

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### December 11, 2017, EMDR Case Consultation Day with Dolores Mosquera (for EMDR trained professionals only). Limited to 10 people.

\_\_\_\_\_ \$150.00

**Nonprofit organization discount** = \$ 40 for 1 day / \$60 for 2 days / \$70 for 3 days

**Total Amount Due:** \_\_\_\_\_

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Payment may be made via Check or PayPal - Make check payable to Kathy Steele, MN, CS

Paypal Payments can be made at: <https://www.paypal.me/KathySteele>

### Mail, Fax, or Scan and Email this form to:

Kathy Steele, MN, CS  
2801 Buford Highway NE Suite 470  
Atlanta, GA 30329

Email: [KathySteeleMN@gmail.com](mailto:KathySteeleMN@gmail.com)

Phone 404-321-1794, ext. 305

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For information contact

Carolyn Rasche at 770-493-8424 or [cbrasche@gmail.com](mailto:cbrasche@gmail.com) or  
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