



EMDR

ADVANCED TRAINING & DISTANCE LEARNING

Distance Learning Book Course

EMDR and Dissociation: The Progressive Approach

FIRST EDITION (REVISED)



ANABEL GONZALEZ &
DOLORES MOSQUERA

Learn some of the basic aspects that therapists must understand in order to adequately apply EMDR in the more severe cases, including dissociative disorders, personality disorders and different types of complex traumatization.

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. Based on these early cautions, EMDR is still considered by many clinicians as offering interventions that are limited to the treatment of traumatic memories in high functioning dissociative clients and only after a long preparation phase that depends on other treatment modalities. From this conceptualization, the use of EMDR is strongly limited and many survivors of severe traumatization are seen as unable to benefit from EMDR and, if at all, only much later in the treatment process.

Gonzalez & Mosquera (2012) have developed and articulate in this book their progressive approach model for treating complex trauma and dissociation. Using this model, clinicians can safely utilize a wide range of EMDR interventions from early in the preparatory phase of treatment for patients with dissociative disorders. Numerous clinical case examples illustrate interventions with EMDR for dissociative clients following this model allowing clinicians to safely utilize a wide range of EMDR interventions from early in the preparatory phase of treatment for patients with dissociative disorders. EMDR therapists will learn new interventions to implement at different phases of treatment.

Key Features:

- Expands what is possible with EMDR Therapy
- Collaboration of many experts in EMDR Therapy and complex traumatization
- Insights into the struggles and needs of those impacted by chronic traumatization
- Practical tools explained with detailed steps to apply with clients
- Groundbreaking innovative thinking
- Skillful integration of theory and practice
- Numerous case vignettes

ABOUT THE AUTHORS:



Dolores Mosquera is a 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 this field.



Anabel Gonzalez, MD, PhD, works as a Psychiatrist and Psychotherapist in the Public Mental Health System and in private practice. She heads the Trauma and Dissociation Program included in the Severe Mental Disorders Unit at the University Hospital of A Coruña, Spain. She has broad clinical experience with dissociative and psychotic disorders. Trained in different psychotherapeutic approaches, she is an EMDR Trainer and

Consultant. She offers regular advanced trainings with the Spanish EMDR Association, and has presented several workshops on EMDR interventions in dissociative disorders, personality disorders, and psychosis. She is a board member of the ESTD and Vice-President of the Spanish EMDR Association. She is the author of several articles, presentations, and books about EMDR, complex trauma, and dissociation.

Online Program: \$99.00
(book needs to be purchased separately via our site)

Purchase of this online program includes:

1. Home CEU Course – Downloadable PDF
2. 12 NBCC approved masters level professional CEUs (including LCSW, LMHC, LMFT, LPC, and more) and 12 EMDRIA CEUs



"[This book] constitutes the cutting edge of the developing and highly fruitful integration of EMDR procedures in phase-oriented treatment of clients with complex dissociative disorders. As EMDR practitioners may sooner or later encounter such clients in their clinical practice, I believe that reading this book is mandatory for all of them. In the same line, it should have a major place in the advanced EMDR training courses regarding the dissociative disorders and, I would add, other complex trauma-related disorders, which after all are also dissociative in nature – whether labeled as such or not. Moreover, it should inspire non-EMDR clinicians specialized in the treatment of complex dissociative disorders to become acquainted with EMDR and to become inspired by the clinical wisdom brought together in this book."

- Onno van der Hart, PhD

Available at www.EMDRadvancedtrainings.com