



ART OF EMDR

August 29 – September 1, 2019

The Art of EMDR is a workshop is an advanced EMDR workshop to increase ability to utilize EMDR therapy with more confidence, competence, and flexibility. This workshop will also teach how to utilize EMDR with complex trauma.

The Art of EMDR has three main objectives:

- 1) Teach how to observe and fine tune the application of bilateral stimulation to maximize processing. The relationship between the therapist and client is transmitted through the pace and rhythm of bilateral stimulation. By adapting the bilateral stimulation to the client, the therapist facilitates processing, particularly during intense moments.
- 2) Integration of EMDR therapy with The Theory of Structural Dissociation of the Personality for treatment of complex trauma. Understanding how to work with parts, enhance co-consciousness and cooperation of the personality system (e.g. time orientation of parts, compassion of ANP toward EP, understanding the “good job” or positive function of parts, promoting collaboration), and modifications of standard EMDR protocol for complex trauma will be reviewed.
- 3) Practice in the “art of EMDR” and in utilizing The Dissociative Table/Meeting Place. Participants will practice with each other. While some participants may want to do personal work in this confidential and safe atmosphere of the Art of EMDR workshop, participants can choose their level of practice, with boundaries respected (and honored).

This will be a special workshop, with Onno Van der Hart lecturing and doing demonstrations.

Thursday	12:00 – 13:00 pm	Lunch
	01:00 – 06:00 pm	Introduction to the workshop (Roger and Anne) Introduction of participants Review of EMDR therapy and Theory of Structural Dissociation of the Personality
	05:30 – 06:30 pm	Dinner
	07:00 pm -->	Sauna and leisure time
Friday	09:00 – 12:00 am	Review of Meeting Place and working with parts (Onno) Demonstration

12:00 – 01:30 pm Lunch
01:30 – 05:30 pm Meeting place practice (Roger, Onno, Anne)
05:30 – 06:30 pm Dinner
07:00 pm --> Sauna and leisure time

Saturday 09:00 – 12:00 am The Art of EMDR, and integration of EMDR therapy as informed by TSDP
(Onno and Roger)
Demonstration

12:00 – 01:30 pm Lunch
01:30 – 05:30 pm Practice (Anne and Roger)
05:30 – 06:30 pm Dinner
07:00 pm --> Sauna and leisure time

Sunday 09:00 – 12:00 am Demonstration (Roger)
Practice
12:00 – 01:00 pm Lunch

VENUE:

- **Hotel Nuuksio**, Naruportintie 68, 02860 Espoo. **Google-map:** [Hotelli Nuuksio](#)
Distance to Helsinki city centre: 32 km. Free private parking is available on site.
- **Room prices for the participants: single room/3 nights 228 € or double room/3 nights 264 € + full board 178 € / person.**
- **Room reservation directly from the hotel:** <http://www.hotellinuuksio.fi/en/info>
- **Trainers:** [Roger Solomon](#), PhD, EMDR Institute, USA, [Onno van der Hart](#), Ph.D., Holland
(+ Anne Suokas, Trauma Centre Finland)
- **Training fee:** 890 € + VAT 24 %
- Registration **before June 15, 2019**, max. 30 participants

[Register here](#) or
<http://en.traumaterapiakeskus.com/lomake.html?id=2>