



## Healing Complex Trauma & Dissociation With Ego State Therapy and EMDR

presented by

### Dr Michael Paterson

*OBE, PhD, DClinPsych, CPsychol, AFBPsS  
EMDR Europe Accredited Senior Trainer*

Venue: The Studio, 67 Hope Street, Glasgow, G2 6AE

**2 March 2019**

#### **About the Workshop:**

This workshop initially provides an overview of dissociation and how it impacts on EMDR processing. There will be an explanation of Ego State Therapy (EST) and how it fits with EMDR to provide the stabilization clients need, as well as dealing with blocked processing. Clinical case material is used throughout to illustrate learning points. Through demonstration and practice participants will learn how to build resources for clients, access ego states in a controlled way and effect therapeutic change. In the latter part of the day, participants will see videos of live cases where EST is used effectively in the Preparation Phase of EMDR to: 1) identify the part-selves, and 2) moderate the malevolence displayed by two difficult ego states.

#### **Learning objectives**

- Understand how complex trauma and dissociative disorders impact on processing.
- Understand the concept of working with part-selves as a way of preparing clients for the standard EMDR protocol.
- Learn how to access ego states in a controlled way and effect therapeutic change and stability.
- Learn techniques to deal with difficult ego states.

**For more information see: [www.emdrmasterclass.com](http://www.emdrmasterclass.com)**

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#### **Booking information:**

To book, please download the booking form from our website, which contains full instructions on where to send your completed form and how to pay.

<u>Costs:</u>	Early bird rate ( <u>before 1 February 2019</u> )	<b>£125</b>
	Full rate ( <u>after 1 February 2019</u> )	<b>£140</b>

Booking Ref: **EMDR\_MP19**

*Please note: your place is only provisionally reserved until payment has been received.  
If you have any difficulties, please email [traumatrainingscotland@gmail.com](mailto:traumatrainingscotland@gmail.com)*

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