



INSTITUTE FOR BETTER HEALTH
A Division of IAHB Inc.

Attachment - Focused **EMDR**

Healing Developmental Deficits and
Adults Abused As Children



12 EMDRIA
Credits Available

Laurel Parnell, Ph.D.

September 9-10, 2016 | Chicago, IL

October 28-29, 2016 | Denver, CO

November 18-19, 2016 | Bloomington, MN

12 CE/CME Credit Hours



I'm looking forward to seeing you there!

- Laurel Parnell, Ph.D.

Announcing an Exciting New Workshop with Laurel Parnell, Ph.D.

Dr. Parnell is an internationally-recognized expert in trauma treatment, and her workshops consistently receive rave reviews. Highlights of this program include:

- The latest EMDR protocols for treating your most challenging trauma patients
- Four videos of "live" therapy sessions conducted by Dr. Parnell herself
- Extensive material from Dr. Parnell's newest book, *Attachment-Focused EMDR: Healing Relational Trauma*, recently published in fall 2013
- Instruction, demonstrations, and feedback from one of the world's acknowledged experts in EMDR

"Dr. Parnell is an exceptional teacher and EMDR therapist/trainer.

Her workshops are outstanding - I highly recommend them to colleagues looking for expert guidance in EMDR and related therapies."

- BESSEL VAN DER KOLK, MD
DIRECTOR, BOSTON TRAUMA CENTER

Attachment - Focused EMDR

Healing Developmental Deficits and Adults Abused As Children

Laurel Parnell, Ph.D.

Institute for the Advancement of Human Behavior

Institute for Better Health

P.O. Box 5527

Santa Rosa, CA 95402

Non-Profit Org.
U.S. Postage
PAID
Twin Cities, MN
Permit No. 1096

DISCOUNTS AVAILABLE! SEE REGISTRATION PAGE

ABOUT THE WORKSHOP

Over the last two decades, EMDR has emerged as one of the most powerful clinical tools available to trauma therapists. In this workshop, Dr. Laurel Parnell will teach you how to integrate an attachment-focus into EMDR and to use EMDR in combination with a variety of complementary techniques. On Day 2 you will learn to modify EMDR protocols for use with a particularly difficult and challenging patient population: adults who have been abused as children.

Much of this workshop is built around videos of actual clinical sessions conducted by Dr. Parnell. These videos bring the training to life: participants can see, not just hear about, how the ideas and procedures they're learning are used with real patients in the real world. Dr. Parnell is an EMDRIA Approved Basic Training Provider as well as an experienced and highly skilled therapist. Her workshops are as enjoyable as they are instructive, and consistently receive rave reviews.

DAY ONE

Attachment-Focused EMDR

Today, you will learn to use the five basic principles of attachment-focused EMDR. For many traumatized patients, attachment repair is a critically important component of successful treatment - a component that can be accomplished effectively and efficiently by using EMDR within a positive therapeutic alliance. Videotaped demonstrations, discussion, and practice will help you define the differences between attachment-focused EMDR and a more traditional approach.

In addition, Dr. Parnell will emphasize how the technique called "Resource Tapping" can be used to repair developmental deficits as well as to help prepare clients for trauma processing work. You will watch Dr. Parnell use Resource Tapping, will have a chance to practice the technique yourself, and will learn how to integrate it with EMDR.

"For many traumatized patients, attachment repair is a critically important component of successful treatment..."

"This was an amazing training. (Dr. Parnell's) knowledge, experience, and examples were crucial to learning the material."

-WORKSHOP PARTICIPANT

Please Note: This workshop contains disturbing material involving childhood abuse and other forms of victimization. Please attend only with this understanding. If during the workshop you feel you need assistance, please let the coordinator or speaker know immediately.

WORKSHOP LEADER

Dr. Laurel Parnell, clinical psychologist, is the founder and executive director of the Parnell Institute™ and is a leading expert on eye-movement desensitization and reprocessing (EMDR) an evidence-based trauma therapy. An EMDR pioneer and innovator, Dr. Parnell has immersed herself in the practice and development of EMDR since 1991 and is the developer of Attachment-Focused EMDR™ (AF-EMDR™) and Resource Tapping.™

Dr. Parnell has written five books on EMDR, including her most recent book, *Attachment*

DAY TWO

Working with Adults Abused as Children

Dr. Parnell will present EMDR protocols that have been modified to work with this very challenging population. Victims of early abuse may easily become distressed, dissociated, or avoidant. EMDR therapists need a specific and advanced understanding of the EMDR method, as well as additional skills, to work with them successfully.

Topics addressed during the day will include: how to modify standard EMDR procedural steps with patients abused as children; developing appropriate targets; recognizing and dealing with blocked processing; using interweave strategies, working with abreactions, dissociation and memory chaining; and much much more. Participants will leave with an array of new insights, ideas, perspectives, and techniques that will help them be more effective with victims of childhood abuse.



Dr. Laurel Parnell

Focused EMDR: Healing Relational Trauma, as well as articles, and a book chapter. Dr. Parnell is one of the most respected instructors of EMDR trainings and EMDR workshops, which she teaches nationally and internationally.

WORKSHOP AGENDA

DAY ONE

Attachment-Focused EMDR

- 8:00 AM *Registration and CE Sign-In*
- 9:00 AM **Introduction**
Laying the Groundwork
The Five Basic Principles of Attachment-Focused EMDR
- 10:45 AM **What is Needed From the EMDR Therapist for Attachment Repair**
- Empathy and attunement
 - The ability to separate "what is yours" from "what is the client's"
 - A "right-brain to right-brain" connection
 - Therapist intuition and presence
 - Body-sensing and mindfulness
- Tapping In: The Four Most Important Resources**
- Peaceful place
 - Nurturing figures
 - Inner wisdom figures
- Video 1: Tapping In Resources**
- 12:30 PM *Lunch (on your own)*
- 2:00 PM **Creating New Parents**
- Repairing Developmental Deficits
- Video 2: Repairing Birth Trauma with EMDR**
- 3:45 PM **Utilizing Love Resources**
- Those you love and those who love you
 - Circle of love
 - Loving Kindness meditation
- Other Attachment Repair Resources**
- Therapist as resource: What to do and what to avoid
 - Moments of connection and healthy attachment
 - Accessing positives
- 5:00 PM *Adjourn*

DAY TWO

Working with Adults Abused as Children

- 8:00 AM *Registration and CE Sign-In*
- 9:00 AM **The Tragic Consequences of Abuse and Neglect**
Preparing Clients for EMDR
- Ego-strengthening techniques
 - Resource Installation
- 10:45 AM **Successful Target Development**
- Developing targets from distressing scenes, flashbacks, other sources
 - The Bridging Technique: Its use in target development
- Video 3: Healing the Scars of Childhood Abuse**
- 12:30 PM *Lunch (on your own)*
- 2:00 PM **Modifying the Standard EMDR Procedural Steps**
Helping Clients with processing difficulties
- Working with abreactions
 - Helping clients who dissociate during EMDR
 - Working with numbness, sleepiness and memory chaining
- 3:45 PM **Recognizing and Finding the Cause of Blocked Processing**
- Techniques and suggestions for unblocking blocked processes
- Interweave Strategies**
- At least 4 different interweave strategies will be covered during this segment
- Video 4: Using Interweaves**
- Closing Incomplete Sessions**
- 5:00 PM *Adjourn*

There will be two fifteen minute breaks around 10AM & 3PM

WORKSHOP INFORMATION

September 9-10, 2016

**Crowne Plaza Chicago
Northbrook**

2875 North Milwaukee Avenue
Northbrook, IL 60062
(847) 298-2525

October 28-29, 2016

**DoubleTree Denver
Westminster Hotel**

8773 Yates Drive
Westminster, CO 80031
(303) 427-4000

November 18-19, 2016

Hilton Minneapolis/Bloomington

3900 American Blvd. West
Bloomington, MN 55437
(952) 893-9500

*"This is the best class I have ever taken. I learned so much!
The videos and practice will help me face the fear of doing EMDR."*

-WORKSHOP PARTICIPANT

WORKSHOP OBJECTIVES

Upon completion of this workshop, attendees will be better able to:

- Describe the five basic principles of Attachment-Focused EMDR and how they can be integrated into the treatment of relational trauma
- Discuss how an Attachment-Focus can be integrated into the history taking and preparation phases of EMDR
- List the four most commonly used resources to install as well as other useful resources and how they can be integrated into EMDR with an Attachment-Focus
- Repair early developmental stages using imagination and bilateral stimulation
- Describe how and why to adapt the standard EMDR protocol for clients with attachment wounds
- Describe four ways to integrate an Attachment-Focus into the desensitization, installation, closure and reevaluation phases of EMDR
- Utilize at least four interweave strategies
- Name three techniques for working with dissociation

DISCOUNTS

Must be noted on original registration (one discount per person on two-day registration only)

- **Groups:** Organize a group of three or more and save! Mail your registrations together and deduct \$50 from each.
- **Full-time students:** Deduct \$60 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units) must accompany your registration.
- **Alumni:** If you have attended an IAHB workshop in the last 12 months, you may deduct \$75 from your tuition.

CANCELLATIONS

Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No credit will be issued within 7 days of the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

WORKSHOP AIDES

Save over 40% on your tuition by working as an aide at the beginning and end of each day and at the breaks. Register as an aide by emailing staff@IAHB.org to see if spots are still available. In the subject line, please write: Workshop Aide & the city you will be attending. Act now; positions fill quickly.

PAR6B

CONTINUING EDUCATION

The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 12 hours of continuing education and continuing medical education (except where otherwise noted) by the following:

ALCOHOLISM & DRUG ABUSE COUNSELORS: Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Education Provider #92713) for 12 CE hours. Provider approved by CFAAP/CAADAC, Provider #4N-86-074-0117 for 12 CE hours. CAADAC is an ICRC member which has reciprocity with most ICRC member states. This course has been submitted to the IAODAPCA for course approval. Approval Pending.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EAPA/EACC) in Domain III for approval.

Counselors and MFTs: IAHB is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (NBCC Provider #5216). This course meets the qualifications for 12 hours of continuing education credit for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE 36). IAHB is approved by the Illinois Department of Professional Regulation (Provider #168-000119). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. This course has been submitted to the Minnesota Board of Marriage and Family Therapy for course approval. Approval Pending.

EDUCATORS: The Institute for the Advancement of Human Behavior has been approved by the Washington State Professional Educator Standards Board (WSPESB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

EMDRIA: An application for this course has been submitted to EMDRIA. Application for EMDRIA Credits is under review. IAHB maintains responsibility for this program and its content in accordance with EMDRIA Standards. This workshop is not considered an EMDR Basic Training course. Completion of EMDR basic training is recommended and important to the comprehension of this workshop's content. Those attendees with only partial training are not eligible to receive EMDRIA credits. If you are not already EMDR trained, it is recommended that you complete the full EMDR basic training and have training and experience in working with EMDR and this population before using this material.

NURSES: Provider approved by the CA Board of Registered Nursing (BRN Provider CEP #2672) for 12.0 contact hours.

The Institute for Advancement of Human Behavior accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

PHYSICIANS: The Institute for the Advancement of Human (IAHB) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Institute for the Advancement of Human Behavior designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: IAHB is approved by the American Psychological Association (APA) to offer continuing education for psychologists. IAHB maintains responsibility for the program and its content.

SOCIAL WORKERS: Institute for the Advancement of Human Behavior, #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Institute for the Advancement of Human Behavior maintains responsibility for the program. ASWB Approval Period: 3/16/2016 – 3/16/2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12 clinical continuing education clock hours. This course meets the qualifications for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. IAHB SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. This course is approved for 12.00 contact hours. Co-Sponsor with R. Cassidy Seminars is Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for (12) clock hours, #RCS110701.

NOTE: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

*"This was an extraordinary training.
Laurel is a gifted clinician and a
master teacher."*

-WORKSHOP PARTICIPANT

REGISTRATION FORM

September 9-10, 2016

Chicago, IL

October 28-29, 2016

Denver, CO

November 18-19, 2016

Bloomington, MN

Name _____ Degree _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Fax (____) _____

Email Address _____

Profession(s): Please provide your profession and license number(s).

Profession _____ License(s) # _____

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact IAHB at 650-851-8411 if special accommodations are required. All meeting rooms are wheelchair accessible.

REGISTRATION FEES

 Register online and save \$10 (www.IAHB.org)

- \$347 Early Registration (Must be postmarked at least 14 days prior to workshop)
- \$377 Regular Registration (Must be received by noon the day prior to workshop)
- \$397 On-Site registration (If space is still available)
- \$200 Workshop aide (Please e-mail for approval. No other discounts apply.)

DISCOUNTS

- Groups: Deduct \$50.00 (Three or more registrations received together)
- Full-time Students: Deduct \$60.00 (Proof of student status must accompany registration)
- Alumni: Deduct \$75.00 (Must have attended an IAHB workshop during the past 12 months)

_____ TOTAL PAYMENT ENCLOSED (U.S. funds)

Payment must accompany registration.

METHOD OF PAYMENT

Check enclosed made payable to IAHB

Card # _____ Exp. date ____/____/____ CW# _____

Cardholder name _____

Signature _____

ELIGIBILITY: This program is open to professionals and advanced students in health-related fields, and is not suitable for the general public.

GUARANTEE: If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IAHB requesting a refund. Your money will be refunded upon receipt of your written request.

NOTE: Speaker/planner conflict-of-interest disclosures are available on our website. Please check prior to registering.

Taping of this workshop is not permitted.



Mail Completed Form To:

IAHB | P.O. Box 5527 | Santa Rosa, CA 95402

Register by Phone, Fax or Online:

PHONE (800) 258-8411 | FAX (707) 755-3133 | www.IAHB.org