

Dr Catherine Hynes

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WELLBEING WISDOM
Enhancing wellbeing with therapeutic wisdom



Brisbane Harmony Centre
Psychology for trauma and life's other challenges

Advanced Topics in EMDR Therapy: Extending your Practice to Work with Dissociation and Complex Trauma

Dates: Thursday 11th and Friday 12th November, 2021
Ibis Perth - Salt Room, 334 Murray St, Perth, WA 6000

Duration: 2days (9am-5pm both days)

Cost: \$595 per person (GST included)

Target Audience: EMDR Practitioners who have completed EMDR Basic Training and have prior experience with EMDR therapy, and are looking to feel more confident working with complex trauma and dissociation.

Bookings: catherine@brisbaneharmonycentre.com.au

This training was developed based on common questions and stuck points that therapists raise in consultation with Catherine in her work as an EMDR Consultant, and common questions practitioners raise when they begin to work with dissociative people. This training has been updated in 2021 to include comprehensive introduction to working with dissociation, including assessment, formulation and treatment of dissociative parts, all from a neurobiological perspective. This training is full of interactive discussions, and experiential exercises, as well as videos of Catherine's clinical work, so that participants are developing practical skills during the training, for use in their therapeutic work straight away.

Topics include a closer look at the Adaptive Information Processing Model; EMDR, Neurobiology, Attachment and Dissociation; Choosing Negative and Positive Cognitions; Doing Resourcing Well; Using Cognitive Interweaves; Using Future Templates; Dealing with Blocked Processing; Using Bilateral Stimulation Progressively; Mobilising Self Compassion; EMDR and Values.

Detailed Content Summary

Part 1: Adaptive Information Processing Model: Presenting EMDR Therapy to Clients

- Overview of the AIP model in broad neurobiological terms, linking it to action systems in the limbic system
- Detailed demonstrations of how to present your clients with neurobiological rationales for trauma therapy, EMDR Therapy, and resolving emotion phobias
- Demonstration of sophisticated use of Grounding and Container strategies

Part 2: EMDR Therapy, Attachment and Dissociation

- Detailed overview of the neurobiology of trauma and dissociation
- Attachment theory and its relevance to trauma
- Context of Therapy for Complex Trauma and Dissociation: Therapist Self Care, the Therapeutic Relationship, Setting and Maintaining Boundaries
- Managing dissociation inside and outside sessions
- Demonstrations of how to present dissociation to clients
- Overview of therapies that address dissociation
- Controversies about dissociation and Evidence Against the Controversies

Part 3: Making an EMDR Formulation with Complex Trauma and Dissociation

- Making an EMDR formulation
- Formulating Dissociation
- EMDR specific risk factors, attachment assessments and EMDR trauma themes
- Practice formulating 3 cases for EMDR Therapy
- Sample Formulations

Part 4: The Meaning we Make of Trauma: Establishing Negative and Positive Cognitions

- This section addresses the most common question from new EMDR therapists in consultation: “How do you know when you have the right Negative Cognition?”
- Practice assessing for the three trauma themes in 3 cases
- Transcripts of real sessions determining the NC with commentary
- Resourcing considerations for each trauma theme

Part 5: Comments on the Standard Protocol

- Cognitive Interweaves as a means of bridging Maladaptive and Adaptive Information
- Review of each step of the standard protocol and special considerations for each step
- Comments on bilateral stimulation

Part 6: Help!! Processing Problems

- A close look at common challenges with the Phase 4, reprocessing
- Linking processing to formulation
- Roadmap to addressing processing problems and steps to take depending on the challenge you are facing
- Demonstration and/or of some adjunct protocols that are useful for resolving processing problems, including: Loving Eyes, CIPOS, Flash, Parts Work, Level of Urge to Avoid, Positive
- Affect Tolerance
- Overview of using the Progressive Approach to EMDR when the Standard Protocol is not possible

Part 7: EMDR Therapy and Values

- Brief comments on the relevance of values work to EMDR Therapy with complex trauma
- Demonstration of an Inner Wisdom exercise to access values
- Comments on the self and values
- Concluding remarks



About the Trainings

Catherine's trainings are developed to support mental health practitioners in achieving healthy self care while developing high level treatment skills, to enable ongoing wellbeing while doing healing work.

All Trainings Include:

- Catherine's warm, engaging style.
- Real world clinical examples, on video when the training is in person.
- A practical focus on clinical skills participants can use today.
- Knowledge soundly grounded in neuroscience and psychological theory, and primary references and further readings for those keen to deepen their knowledge.
- Handouts.
- Feedback that is used to improve trainings.

About the Presenter

Catherine has a passion for helping people to achieve wellbeing by harnessing the brain's healing potential. She is a clinical psychologist, and an EMDR Consultant. She has a PhD in clinical psychology and neuropsychology from the University of Queensland, a Masters in functional neuroimaging from Dartmouth College, and a BA in philosophy and neuroscience from the University of Toronto.

She has worked clinically in Australia and the UK in drug and alcohol, mental health rehabilitation and community mental health. Her current private practice work at the Brisbane Harmony Centre focuses on treating complex trauma and dissociation in adults, and she is also one of the clinic's directors.

She currently supervises for the Psychology Board of Australia and the EMDR Association of Australia, offers trauma informed trainings for mental health practitioners, as well as providing wellbeing workshops to the general public.

