

# Title: “Frequent Problems in the use of EMDR”

## Presenter: Dolores Mosquera

This workshop explores the practical problems faced by EMDR therapists with different levels of experience in applying the AIP model and EMDR procedures with their patients as identified in actual consultation sessions. Common clinical dilemmas, essential concepts and practical skills are illustrated with numerous clinical vignettes and video recordings that add clarity and humor to the presentation.

Many clinicians encounter problems with the paradigm change involved with integrating EMDR into clinical practice. Perceptual, conceptual and procedural habits from the previous orientation of the clinician can interfere with an adequate comprehension and application of EMDR. Sometimes it can be difficult for novice EMDR trained clinicians (even experienced ones) to understand where some of the most frequent difficulties in the use of EMDR come from.

Participants will be able to identify a wide range of practical problems that EMDR therapists frequently encounter with their patients over the course of their professional development with EMDR. These issues begin at the “novice” level with the discovery that the safe place exercise can be a trigger for clients who never learned what “safe” is and continue to intrude into the experiences of “experienced” clinicians who encounter subtle (and overt) reenactments in the therapeutic relationship.

Participants will be able to recognize and conceptualize frequent problems encountered with survivors of severe neglect and traumatization such as with individuals suffering from Personality Disorders and Dissociative Disorders. In some cases, these issues can be related to undetected dissociation as well as to countertransference and vicarious traumatization.

Frequently occurring issues are identified in how to apply and integrate the AIP model with the model of the Structural Dissociation of the Personality and as well as in the history taking, preparation, reprocessing, closure, and re-evaluation phases of treatment.

Participants will acquire powerful conceptual frameworks and learn practical principles regarding countertransference, compassion fatigue and vicarious traumatization. Participants will learn how to apply specific tools to identify their own difficult clinical situations while using EMDR and how to manage these clinical situations.