

BY REQUEST: THIS WORKSHOP WILL BE HELD IN TWO LOCATIONS THIS SPRING!

# An Introduction to the Integration of Ego State Therapy, Structural Dissociation and EMDR Therapy

Presented by Farnsworth Lobenstine, LICSW  
EMDR Institute and HAP Facilitator, EMDRIA Approved Consultant

I get a lot of feedback from colleagues I encounter who say your workshop was the best training they have taken. People are finding Ego State Therapy really helpful with their clients. You have raised the standards of the EMDR therapeutic community in Connecticut to a higher level of competence and expertise.  
*Cheryl Kenn, EMDRIA Approved Consultant, a leader of the EMDR community in CT.  
Sponsor of my two 2015 workshops in New Haven, CT that each sold out 8 weeks early.*

13 CEs for Social Workers, LMHCs and LMFTs applied for.  
12 CEs from EMDRIA approved.

### SCHEDULE FOR BOTH LOCATIONS:

9am to 5pm both days.

Registration and cont. breakfast from 8am-9am Sat; 8:30am-9am Sun

### VIRGINIA BEACH, VA

Virginia Beach Resort Hotel & Conference Center, 2800 Shore Drive  
Virginia Beach, VA 23451  
March 5-6, 2016

Virginia Beach registration limited to 30.

**BONUS:** March 7: Working with Clients with DID – open to clinicians who take my workshop on March 5-6 and to past participants of my workshops or Advanced Seminar. 9am to 4pm. 6 CEs applied for.

### HARTFORD AREA, CT

Hilton Garden Inn, 85/95 Glastonbury Blvd.,  
Glastonbury, CT 06033  
April 16-17, 2016

Hartford registration limited to 45.

**BONUS:** April 18 Working with Clients with DID – open to clinicians who take my workshop on April 16-17 and to past participants of my workshops or Advanced Seminar. 9am to 4pm. 6 CEs applied for.

### 2 DAY PROGRAM FEES:

Standard \$300 early bird rates until 1 month before workshop  
\$350 thereafter  
CMH Clinician\* \$250 early bird rates until 1 month before workshop  
\$300 thereafter

### MONDAY ONE-DAY WORKSHOP:

Standard \$150 early bird rates until 1 month before workshop  
\$175 thereafter  
CMH Clinician\* \$125 early bird rates until 1 month before workshop  
\$150 thereafter

### REGISTER FOR ALL 3 DAYS AND SAVE!

Standard \$400 early bird rates until 1 month before workshop  
\$450 thereafter  
CMH Clinician\* \$325 early bird rates until 1 month before workshop  
\$350 thereafter

This is an advanced training. Completion of EMDR Basic Training required.

*Farns is a gifted teacher; the ego state strategies I've learned from him have been invaluable in getting to the deeper and often unconscious layers that can keep clients stuck. I have found ego state therapy to tremendously benefit child, adolescent, and adult clients, even those for whom other treatment strategies have been unsuccessful. There is nothing like ego state therapy to help you and your clients make sense of behaviors and patterns that previously seemed incomprehensible, and that provides a gateway to healing and change.*

Stacie Davis, EMDRIA Certified Therapist, Virginia Beach VA

*I found a whole new world of therapy options open for me at "An Introduction to the Integration of Ego State Therapy and EMDR" workshop with Farnsworth Lobenstine. New approaches presented there have given me renewed confidence in working effectively with my most challenging trauma and anxiety clients. Jack Hileman, M.Div, M.A., LMFT, AAMFT Approved Supervisor, Director TherapyWorks Counseling, PLLC, Greensboro NC*

### OVERVIEW:

This two-day workshop will provide participants who have completed EMDR basic training with an introduction to Ego State Therapy and Structural Dissociation theory and when it is useful or necessary to use these two frameworks with clients being treated within an EMDR/Adaptive Information Processing Approach. From an AIP perspective, ego states are distinct neuronal networks in the brain. Each has a more or less distinct sense of self. Participants will leave the workshop with experience using the Dissociative Table and ten specific tools to facilitate work with clients' aspects of selves.

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ONLINE REGISTRATION IS STRONGLY PREFERRED: [abbott-lobenstine.com](http://abbott-lobenstine.com)

Alternatively, fill out both sides & send w/check to: Farnsworth Lobenstine, 1164 South East Street, Amherst MA 01002

Name: \_\_\_\_\_

Professional Discipline (LMHC, LICSW, etc.): \_\_\_\_\_

State and License #: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Level of EMDR Training (check one):

Part 2  Part 2+  Certified  Consultant

**Cancellation policy: refund minus \$50 administrative fee until one week before workshop; none thereafter.**

Proof of Completion of EMDR Basic Training or Proof of being an EMDRIA Certified Therapist is required with your registration.



**SEMINAR DESCRIPTION CONTINUED:**

Each day will feature a lecture format in the morning. Both afternoons will begin with a live demonstration of the Dissociative Table Technique with a volunteer. Then participants will have the supervised practicum opportunity to work in triads learning to use the Dissociative Table Technique (often called the Conference Room) for themselves, as well as case consultation on child, adolescent and adult clients with complex PTSD and dissociative diagnoses other than DID. (Dissociative Identity Disorder will be addressed in the additional Monday workshop.) These complex clients can be treated successfully using modifications of the EMDR Protocol but without deviation in Phases 3-6.

Participants will be strongly encouraged to complete recommended readings, sent by email, before the workshop. These include powerful transcripts of actual Ego State Therapy sessions with my clients, used with permission.

**Farnsworth Lobenstine, LICSW** is on the national faculty of the EMDR Institute, serving since 2001 as a Facilitator. He has been an EMDRIA Approved Consultant since 2003 and a Trauma Recovery (HAP) Facilitator since 2005. For the eighth year he is teaching an Advanced Seminar on the Integration of Ego State Therapy and Structural Dissociation with EMDR Therapy in Western Massachusetts. This ten-month post-graduate course offers 30 professional CEs, and EMDRIA CEs. Farnsworth began his study of Ego State Therapy and dissociation in 2001.



He co-authored a lengthy article published in the Journal of EMDR Practice and Research in 2013 on his highly successful brief, intensive treatment, using EMDR and Ego State Therapy with a woman who had been hospitalized.

Farnsworth is passionate about the extraordinary privilege of working as a psychotherapist, walking for a time with others on their journey towards health and a vibrant life. He is equally passionate about teaching other clinicians basic and advanced skills of EMDR.

**Workshop Objectives:**

- Gain a basic understanding of Ego State Therapy and Structural Dissociation Theory
- Learn seven situations in which Ego State Therapy and Structural Dissociation theory are often essential for successful EMDR processing.
- Learn ten techniques of Ego State Therapy and Structural Dissociation that will facilitate your EMDR work with complex trauma clients.
- In four hours of practicum in triads, learn to use the Dissociative Table Technique with clients.

**Program Fees:**

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CMH Clinician*	\$250 early bird rates until 1 month before workshop; \$300 thereafter
<b>MONDAY ONE-DAY WORKSHOP:</b>	
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Standard	\$400 early bird rates until 1 month before workshop; \$450 thereafter
CMH Clinician*	\$325 early bird rates until 1 month before workshop; \$350 thereafter
<b>TOTAL:</b>	

**REGISTER ONLINE AT ABBOTT-LOBENSTINE.COM**

Or return this completed form with your payment of \$\_\_\_\_\_ to:

Farnsworth Lobenstine, LICSW  
1164 South East Street  
Amherst, MA 01002

Checks made payable to Farnsworth Lobenstine

**Questions?**  
Farnsworth Lobenstine, LICSW  
farnsloben@gmail.com  
413-256-EMDR(3637)

The program site is ADA compliant. Please contact Farnsworth Lobenstine if special accommodations are required. Farnsworth Lobenstine maintains responsibility for this program and its contents in accordance with EMDRIA requirements.

\*Community Mental Health Clinicians: within 1 week of registering, you must submit a letter from your supervisor on agency letterhead stating you work 30+hrs/wk and you do not have training reimbursement funds available for this workshop.

**I AM REGISTERING FOR:**

- Virginia Beach, VA** (March 5-6)
- Hartford, CT** (April 16-17)