

## Learning Objectives

1. Better understand the complex internal structure of clients with Dissociative Identity Disorder (DID)
2. Develop skills to communicate more effectively with alters, especially perpetrator introjects. Alters are called Apparently Normal Parts and Emotional Parts of self in Structural Dissociation
3. Planfully build communication and trust among parts of the personality
4. Learn specific ways in which you can use EMDR very early in treatment to stabilize clients with DID.
5. Avoid the reification of child alters/Emotional Parts
6. Explore when to work through the client and when to work directly with dissociated self-states

### Fees:

**Early registration by May 15th**

**Past Participants of**

**Farnsworth's Workshop or Seminar: \$125**

**Others: \$150**

**Registration after May 15th**

**Past Participants: \$150**

**Others: \$175**

### Level of EMDR Training

Basic

Basic + Certified

Consultant

The location is ADA compliant.

8:30 Continental Breakfast and Registration

9:30-5:30 Workshop

Hot lunch will be provided

7 EMDRIA CEs, 7 LMFT CEs and 6.5 LMHC CEs have been approved. CEs for social workers pending.

# Treating Clients with Dissociative Identity Disorder using Structural Dissociation, Ego State Therapy, and EMDR Therapy

*Presented by Farnsworth Lobenstine, LICSW*

*EMDRIA Approved Consultant*

*Saturday, June 4, 2016*

*Mercy By the Sea 167 Neck Road, Madison, CT 06443*



This advanced EMDR Therapy workshop is designed for EMDR trained therapists who already have some training in Ego State Therapy or Dissociation. This of course includes those who have taken my weekend "Introduction to the Integration of Ego State Therapy and Structural Dissociation with EMDR Therapy" or who have taken my year long Advanced Seminar on this topic.

This is NOT a workshop for non-EMDR trained clinicians with little or no prior training in ego state therapy or dissociation, and indeed the knowledge learned could be harmful to a client with DID in the hands of a beginner.

Join us in this beautiful setting, a Catholic retreat center with 30 acres right on the Long Island Sound. Continental breakfast, hot lunch and afternoon snack will be served. Accessible overnight accommodations are available. Let us be gently present in their space. There is no cell phone use anywhere in the buildings. You may make and return calls in the parking lot.

### TO REGISTER:

contact: Farnsworth Lobenstine

413-256-EMDR(3637)

farnsloben@gmail.com

### The workshop:

We will begin the day with a review of a timeline of the modern treatment of dissociation, with a particular focus on EMDR Therapy. Focusing on the complex internal structure of clients with DID, we will use Structural Dissociation to understand the profound phobias that divide alters living in the present (Apparently Normal Parts of the Personality) and alters living in the past (Emotional Parts). Clients with DID also have ego states/parts that are not fully dissociated.

The central challenge of therapeutic change is the facilitation of the client's realization in therapeutically safe and titrated ways. These things happened to me in the past and I am able to live differently and more safely in the present. And as there is more internal communication and understanding, the client's mental energy and mental efficiency increases, facilitating more rapid progress as well as living in the present more successfully.

It is essential to find ways to ally with or neutralize the client's perpetrator introjects in order to begin to build communication and trust among parts of the personality and meet the needs of terrified younger abused parts. Encouraging the development of the Self (from IFS) that is able to guide the internal communication and meet needs further empowers the client. Thus we avoid reification of alters/parts, especially of child parts, that invites the therapist to take care of the client.

Demonstrations with participants roleplaying one of their clients will illustrate the use of EMDR and cautious use of bilateral stimulation to address self-care, current internal conflicts (not early trauma causing it), and draining some of an alter/part's overwhelming affect.

Participants will be asked in advance to read the narrative of one of Farnsworth's client's journey from DID to DDNOS and this will be a reference point during the day. Other readings on the treatment of DID from masters past and present will also be provided.

REGISTRATION AVAILABLE ON MY WEBSITE, [www.Abbott-Lobenstine.com](http://www.Abbott-Lobenstine.com) under Upcoming Workshops.

**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. He began teaching weekend workshops as an "Introduction" to these complex issues in 2013. 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.