

# 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

*Farnsworth's passion for ego state therapy and recognition of its importance to EMDR practitioners is unsurpassed. I heartily endorse this training.*

Sandra Paulsen, PhD, EMDRIA Approved Consultant and Workshop Presenter, author of *Looking Through the Eyes of Trauma and Dissociation* (1999) and co-author of *Neurobiology and Treatment of Traumatic Dissociation: Toward an Embodied Self* (2014)

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

## SCHEDULE:

9am to 5:30pm both days.

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

## HARTFORD AREA, CT

Hilton Garden Inn, 85/95 Glastonbury Blvd.,  
Glastonbury, CT 06033

September 24-25, 2016

Registration limited to 45.

## 2 DAY PROGRAM FEES:

Standard \$325 early bird rates until August 24  
\$375 thereafter

Community Mental Health Clinicians\*  
\$275 early bird rates until August 24  
\$325 thereafter

\*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.

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

*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.

*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

## 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.

*Continued on Page 2*

**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 three hours of practicum in triads, learn to use the Dissociative Table Technique with clients.

**Program Fees:**

**2 DAY PROGRAM:**

|                                     |  |
|-------------------------------------|--|
| Standard                            | \$325 early bird rates until August 24<br>\$375 thereafter |
| Community Mental Health Clinicians* | \$275 early bird rates until August 24<br>\$325 thereafter |

**TOTAL:**

**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.*