

2018-2019
**Advanced Seminar on the Integration of Structural
Dissociation and Ego State Therapy with EMDR Therapy**

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Syllabus

Required Texts:

Gonzalez, Anabel & Mosquera, Dolores (2012). *EMDR and Dissociation: The Progressive Approach – First Edition (Revised)*. Charleston, SC: Amazon Imprint.

Paulsen, Sandra (2009). *Looking Through the Eyes of Trauma and Dissociation: An illustrated guide for EMDR therapists and clients*, Charleston: Booksurge Publishing.

Schmidt, S. J., (2008). *The Developmental Needs Meeting Strategy: A Model for Healing Adults with Childhood Attachment Wounds*. San Antonio, TX: DNMS Institute.

Recommended Texts:

Fisher, J. (2017). *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation*. New York, NY: Routledge.

Steele, K., Boon, S., van der Hart, O. (2017). *Treating Trauma-Related Dissociation: A Practical, Integrative Approach*. New York, NY: Norton.

Notes:

For EMDRIA and professional CEs you must sign in and out at each session.

Required readings are posted on my website. I highly encourage participants to purchase a 2 or 3 ring binder and print all the readings prior to the start of the Seminar.

Each month, one participant will volunteer to bring snacks for our break. I will provide September snacks. I will pass a sign-up sheet during our September session.

I hope each of you will choose to keep a notebook of your learning from our discussions, the readings, and your clients. This will speed your integration of Ego State Therapy into your EMDR practice, and aid your work with other clients.

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Session 1 - September 11, 2018

Required Reading

- Lobenstine, F. & Courtney, D. (2013). A Case Study: The Integration of Intensive EMDR and Ego State Therapy to Treat Comorbid Posttraumatic Stress Disorder, Depression, and Anxiety. *Journal of EMDR Practice and Research*, 7(2), 65-80.
- My Summary of Onno van der Hart’s Plenary at the EMDRIA Conference, September 2010.
- Transcript of two very moving Ego State therapy sessions with a woman who immigrated here as a child. “Ana, 1/26/09-2/25/09”.
- Transcript of bringing a child ego state guarding the past for forty years into the present. Powerful. “Ava” 5/13/11-5/31/11.

Introduction to Structural Dissociation, Ego State Therapy, and EMDR Therapy

- 10:00 AM Introductions. Please provide 3 goals for the Seminar.
- 11:00 AM Review of Syllabus and discussion
- 11:30 AM 15 minute break – coffee, tea, snacks
- 11:45 AM Q&A on the assigned readings.
- 12:15 PM Consultation on your clients with complex PTSD and dissociation.
- 1:00 PM Review required reading for October
- 1:15 PM Closing

Session 2 – October 9, 2018

Required Reading

- Van der Hart, O., Nijenhuis, E., Solomon, R (2010). Dissociation of the personality in Complex Trauma-Related Disorders and EMDR: Theoretical Considerations. *Journal of EMDR Practice and Research*, 4 (2), 76-92.
- Van der Hart, O., Groenendijk, M., Gonzalez, A., Mosquera, D., Solomon, R. (2013). Dissociation of the Personality and EMDR Therapy in Complex Trauma-Related Disorders: Applications in the Stabilization Phase. *Journal of EMDR Practice and Research*, 7(2), 81-94.
- Jim Knipe, “Loving Eyes: Procedures to Therapeutically Reverse Dissociative Processes While Preserving Emotional Safety,” pp. 181-226 in Carol Forgash, Ed.
- Please bring specific questions about the readings about the Theory of Structural Dissociation of the Personality.
- Paul Dell’s Multidisciplinary Inventory of Dissociation *and* the Adolescent MID will be emailed to you.
- Review Assessment instruments: Adverse Childhood Experiences Scale (ACES), Dissociative Experiences Scale, Impact of Events Scale (from your Level I training), Traumatic Experiences Scale, Somatic Dissociation Questionnaire-20, Adolescent DES, Adolescent MID, Child Dissociative Scale and Multidimensional Inventory of Dissociation (MID)

Exploring Assessment Instruments

- 10:00 AM Partner Discussions: assigned readings or what do you need today?
- 10:10 AM Group Discussion: Assigned Readings. Discuss articles and their usefulness to your practice and address questions generated from this month’s readings.
- 10:30 AM Presentation: The Multidimensional Inventory of Dissociation (MID)
- 11:30 AM 15 minute break

Session 2 – October 9, 2018, continued

- 11:45 AM Consultation: Explore how Ego State work and Structural Dissociation has already facilitated, or could facilitate, progress in EMDR therapy with clients. I would like you to continue using the standard EMDR protocol regularly with some clients while you focus on developing skills with Ego State Therapy and Structural Dissociation with other clients, so you can blend these approaches readily in the future.
- 12:30 PM Exploring Assessment Instruments:
- Adverse Childhood Experiences Scale (ACES)
 - Dissociative Experiences Scale
 - Impact of Events Scale (from your Level I training)
 - Traumatic Experiences Scale
 - Somatic Dissociation Questionnaire-20
 - Adolescent DES
 - Adolescent MID
 - Child Dissociative Scale
 - Multidimensional Inventory of Dissociation (MID)
- 1:05 PM Review Required Readings for November
- 1:15 PM Closing

Session 3 – November 13, 2018

Required Reading

- “Introduction” pp. 13-41 in *Looking Through The Eyes of Trauma and Dissociation: An illustrated guide for EMDR Therapists and Clients* by Sandra Paulsen, Ph.D.
- Fraser, G. (2003). “A strategy for working with ego states in dissociative disorders and ego-state therapy.” *Journal of Trauma and Dissociation*, 4(4) 5-28.
- Transcripts of three of my clients doing their first Meeting Place: Ann’s Meeting Place (9/18) and a powerful follow-up (11/20); James: Our first Meeting Place 12/2/10; Sara March 24-April 7.
- Chapter 3: “Extending the framework,” pp. 21-42 in *EMDR and Dissociation: The Progressive Approach* by Anabel Gonzalez and Dolores Mosquera.
- Chapter 4: “The dissociative language,” pp. 43-58 in Gonzalez and Mosquera.
- Meeting Place Script – Part 1.

The Meeting Place Part 1: Demonstration

- 10:00 AM Partner Discussions: assigned readings or what do you need most today?
- 10:10 AM Group Discussion: Assigned Readings
- 10:30 AM I will demonstrate the Meeting Place with a volunteer, followed by discussion. (Carol Forgash calls it a “workplace”. Sandra Paulsen uses the original term, “dissociative table” as well as the “Meeting Place in the mind’s eye”.) I hope you will use the Meeting Place with some of your healthier clients as you get use to using it. My experience is that such clients find it fascinating and enjoyable, and often helpful as you continue therapy with them. Our goal is to use the Meeting Place competently as an essential part of treating many of your clients with Complex PTSD and Dissociation, most especially those clients with whom you are “stuck”. Triads practice the Meeting Place with each other. I will facilitate this practicum with Kristen’s assistance. Each person will have 30 minutes.
- 11:30 AM Break
- 11:45 PM Case Consultation. You are invited to address your work with your clients with complex PTSD and dissociative disorders.
- 1:05 PM Assigned Readings for December
- 1:15 PM Closing

Session 4 – December 11, 2018

Required Reading

- “Containment and Stabilization”, pp. 61-122 in Sandra Paulsen.
- Chapter 5, “Enhancing Higher Order Mental Functions: Beyond Resource Installation,” pp. 59-86 in Gonzalez and Mosquera. (The Adult Self is an addition both to Structural Dissociation and EMDR and parallels Internal Family Systems’ Self.)
- “The Self” by Richard Schwartz
- Selected transcripts of my sessions with clients: “Grace”, 12/1/08; “Rachel” 3/4/2010 and 7/10/2010; “Rose”, a nine-year-old, 9/27/2010-10/27/10.
- Chapter 6: “Introducing Healthy Patterns of Self-Care,” pp.87-118 in Gonzalez and Mosquera.
- Anabel Gonzalez and Dolores Mosquera’s Self-care Patterns Scale. (Make extra copies of the Scale, take it yourself so you have some comfort in using it, and consider giving it to one or more of your clients struggling with their self-care. The proposed interventions can ground that work so well.)
- Meeting Place – Part 2 Script

Meeting Place Part 2: Working in Triads

- 10:00 AM Partner Discussions: assigned readings or what do you need most today?
- 10:10 AM Group Discussion: Assigned Readings. Please write down specific thoughts or questions.
- 10:30 AM Work in triads with your Meeting Place partner. You will each have 30 minutes to work with one ego state of your partner. I will facilitate this practicum with Kristen’s assistance.
- 12:00 PM Break
- 12:15 PM Group discussion of Meeting Place work today.
- 12:30 PM Consultation on your ego state sessions with your clients.
- 1:00 PM Assigned Readings for January
- 1:15 PM Closing

Session 5 – January 8, 2019

Required Reading

- Joanne Twombly, “EMDR for Clients with Dissociative Identity Disorder, DDNOS, and Ego States,” pp. 88-120 in Robin Shapiro, *EMDR Solutions: Pathways to Healing*.
- “Adaptive Information Processing (AIP) Model and Treatment of Clients with Dissociation” first six pages of handout at EMDRIA 2008 Conference by Nezhat Edalatian-McCain, and my reflections on it.
- “Hostile defensive resistance: Meeting the Monster”, pp. 157-168, in Sandra Paulsen.
- “Transcript of negotiation with a hostile part”, pp. 222-228 in Gonzales and Mosquera.
- Extensive partial transcripts of working with a dissociated hostile ego state. “John” January 2006 and beyond; “Ron” 3/22/2011.
- Chapter 7: “Working Toward Integration: Co-consciousness and Connection,” pp.119-138 in Gonzalez and Mosquera.

Working with Hostile Ego States and Meeting Place – Part 3

- 10:00 AM Partner Discussions: assigned readings or what do you need most today?
- 10:10 AM Group Discussion: Assigned Readings
- 10:30 AM Meeting Place – Part 3 (20 minutes each)
- 11:30 AM Break
- 11:45 AM Didactic Presentation: Working with Hostile Ego States.
- 12:30 PM Consultation on your work with clients with complex trauma or Dissociation.
- 1:05 PM Assigned Reading for February
- 1:15 PM Closing

Session 6 – February 12, 2019

Required Reading

- Go on line to her website, www.DNMSInstitute.com, and watch the free 30 minute video about Shirley Jean Schmidt’s Developmental Needs Meeting Protocol (Healing Circle) as a tool for EMDR Phase 2: Preparation work.
- Read chapter 1 and 3 in *The Developmental Needs Meeting Strategy* by Schmidt.
- Selected transcripts of using the Healing Circle with my clients: “Megana” 3/2, 3/9 and 4/6; “Gladys” 10/18, 10/25/2010; and “Amy” 7/12/2012.
- Chapter 8: “Overcoming Dissociative Phobias” pp. 139-158 (Introduction of Tip of the Finger Strategy) Gonzalez and Mosquera
- Chapter 9: “Working on Blockages or Stuck Points” pp. 159-182, Gonzalez and Mosquera

The Healing Circle Part 1: Demonstration

- 10:00 AM Partner Discussions: assigned readings or what do you need most today?
- 10:10 AM Didactic Presentation: Utilizing Shirley Jean Schmidt’s Healing Circle in Phase 2, Preparation, of the EMDR Protocol
- 11:00 AM Break
- 11:15 AM Demonstration of the creation of the DNMS Healing Circle with a volunteer.
- 12:15 PM Consultation on your work with clients with complex trauma and Dissociation.
- 1:05 PM Assigned Reading for March
- 1:15 PM Closing

Session 7 – March 12, 2019

Required Reading

- Chapter 10: “Working on Therapeutic Relationship Problems with EMDR therapy” pp. 183-208 in Gonzalez and Mosquera.
- Chapter 11: “Working on Ambivalence, Defenses and Motivation for Therapy,” pp. 209-228 in Gonzalez and Mosquera.
- Van der Hart, O., Groenendijk, M., Gonzalez, A., Mosquera, D., Solomon, R. (2014). Dissociation of the Personality and EMDR Therapy in Complex Trauma-Related Disorders: Applications in Phases 2 and 3 Treatment. *Journal of EMDR Practice and Research*, 8(1), 33-48.

Healing Circle Part 2: Working in Triads

- 10:00 AM Partner Discussions: assigned readings or what do you need most today?
- 10:10 AM Questions and Answers about the DNMS Healing Circle, and your use of it with one or more of your clients.
- 10:30 AM Practice in triads creating the Healing Circle. You will each have 30 minutes.
- 12:00 PM Break
- 12:15 PM Reflections on your Healing Circle experience from any of the three roles.
- 12:30 PM Consultation on your work with clients with Complex PTSD and dissociation.
- 1:05 PM Assigned Readings for April
- 1:15 PM Closing

Session 8 – April 9, 2019

Required Reading

- “Skills Training”, “Integration”, “Follow-Up”, “Conclusion” pp. 233-259 in Sandra Paulsen.
- Selected transcripts of my use of Ego State Therapy during EMDR processing sessions with my clients: “Ego State Work Within EMDR Sessions with Cathy on June 4 and 11, 2009”; “Using Ego State Therapy in the context of EMDR with ‘Gabrielle’ 5/6/09; “Ego State Therapy in the middle of an EMDR Session with Reggie.
- My comparison of Jim Knipe’s Constant Installation of Present Orientation and Safety and Joanna Twombly’s TV and Picture in a Picture.
- Transcripts of Tip of the Finger Strategy and related approaches:
- “Tamar’s” Journey from Profound Loneliness; “Olivia’s” dramatic shifts November 2012.
- Chapter 12: “Trauma processing in structural dissociation”, pp. 229-252 in Gonzalez and Mosquera. (Tip of the Finger Strategy)

Modifications for EMDR Trauma Processing: Demonstrations and Practicum

- 10:00 AM Partner Discussions: assigned readings or what do you need most today?
- 10:10 AM Group Discussion: Assigned Readings
- 10:30 AM Demonstration: Tip of the Finger Strategy
- 10:40 AM Practicum: Tip of the Finger Strategy
- 11:00 AM Demonstration: CIPOS and back of the head scale
- 11:30 AM Practicum: CIPOS and back of the head scale
- 12:00 PM Break
- 12:15 PM Video of Loving Eyes intervention
- 12:30 PM Consultation on your efforts to integrate Ego State Therapy and Structural Dissociation into your use of EMDR with your clients, and on ways you intend to do so.
- 1:05 PM Assigned Readings for May
- 1:15 PM Closing

Session 9 – May 14, 2019

- “Abreactive Association”, pp. 187-232 in Sandra Paulsen.
- “The Rational Treatment of Dissociative Identity Disorder”, pp. 207-227 in Chu, J., (2013) *Rebuilding Shattered Lives: Treating Complex PTSD and Dissociative Disorders, Second Edition*. Hoboken, NJ: John Wiley.
- Fine, C. “A Tactical Integrationalist Perspective on the Treatment of Multiple Personality Disorder,” pp. 135-155 in Kluft, R. and Fine, C. (2003) *Clinical Perspectives on Multiple Personality Disorder*.
- My notes on Catherine Fine’s approach and George Abbott’s application of it.
- “Summary Guidelines for Treating Dissociative Identity Disorder in Adults, Third Revision,” International Society for the Study of Trauma and Dissociation.

Working with Clients with Dissociative Identity Disorder

10:00 AM Partner Discussions: assigned readings or what do you need most today?

10:10AM Didactic Presentation: Working with clients with Dissociative Identity Disorder.

11:00 AM Questions and Answers

11:30 AM Break

11:45 AM Consultation on your work with clients.

1:05 PM **Writing Assignment for the final session, June 21**

Using the notebook you hopefully kept on this journey, marked up readings, session notes, etc., please write 3-5 typewritten pages on how this Seminar influenced and/or changed your practice. I believe you will find it especially helpful to highlight ways you are using EMDR more successfully with challenged clients because you are using Ego State Therapy and Structural Dissociation.

1:15 PM Closing

Notes

Please email me your write up so that I may make copies for group members, or plan on bringing enough copies for everyone including me.

Please plan to bring food to share with the group.

Session 10 – June 11, 2019

Oral presentations of your learning

- 10:00 AM Oral presentations by participants of what you wrote. Reading your papers has proved somewhat cumbersome. We will figure out the best way to share these wonderful self-assessments and reports of your work.
- 11:00 AM Case Consultation on integrating Structural Dissociation and Ego State Therapy into EMDR with your clients.
- 12:15 PM A festive sharing of food.
- 12:45 PM Seminar Evaluation Forms completed.
- 1:00 PM Certificates and farewells
- 1:15 PM The End – Congratulations!