

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

This is the **ONLY** weekend practicum-based workshop in the US on EMDR treatment of dissociation and complex treatment. Join us!

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)

9am to 5pm both days. **Registration limited to 45.**  
Registration from 8am-9am Sat; 8:30am-9am Sun

**The last 2 workshops of this size sold out 2 months early – DON'T DELAY!**

## ALBUQUERQUE, NM

Hotel Andaluz, 125 Second Street Northwest,  
Albuquerque, NM 87102

November 16–17, 2019

12 CE hours from EMDRIA approved;  
13 NBCC approved masters level professional CEUs (including  
LCSW, LMHC, LMFT, LPC, and more) approved.

### **BONUS: November 18, 2019: Working with Clients with DID –**

open to clinicians who take my workshop on Nov 16-17.  
9am to 4pm. 6 CE hours approved.

### **3 DAY PROGRAM FEES:**

Standard \$450 early bird rates until October 16, 2019  
\$500 thereafter

CMH Clinician\* \$400 early bird rates until Oct 16, 2019  
\$450 thereafter

### **2 DAY PROGRAM FEES:**

Standard \$350 early bird rates until October 16, 2019  
\$400 thereafter

CMH Clinician\* \$300 early bird rates until Oct 16, 2019  
\$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

*My deepest gratitude for the skills, tools and practicum I received at your May 2016 Introduction to Ego State Therapy, Structural Dissociation and EMDR Therapy training/workshop. Farns, your workshop successfully put together many years of practice, theory and skills that paved the way for me to learn more rapidly and thoroughly—how to help myself, so to help my patients who have been stuck in PTSD/DID. Nowhere in my MSW training from a Chicago University (1990s), nor in the many excellent modalities I have studied since then, has any one training/workshop come near helping me identify, organize, conceptualize and treat Dissociative Disorders in such a concrete way. Gerri, Chicago IL*

### **OVERVIEW:**

This two-day workshop will provide participants who have completed EMDR basic training with an introduction to Structural Dissociation and Ego State Therapy 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.**

*(Albuquerque 2019)*



**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 or Meeting Place) 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 twelfth year he is teaching an academic year-long Advanced Seminar on the Integration of Structural Dissociation and Ego State Therapy with EMDR Therapy in Western Massachusetts.



Farnsworth began his study of Ego State Therapy and dissociation in 2001. Since 2013, he has presented sold out workshops around the country.

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 EMDR trained clinicians advanced skills so they can succeed with their most complex clients.

Farnsworth E. Lobenstine, LICSW, has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6873. Programs that do not qualify for NBCC credit are clearly identified. Farnsworth E. Lobenstine, LICSW is solely responsible for all aspects of the programs.



**Learning Objectives:**

1. Describe several core concepts of Ego State Therapy that make EMDR more effective with complex trauma clients.
2. Assess how Fraser's Dissociative Table Technique (often called the Conference Room or Meeting Place) facilitates work with aspects of self.
3. Demonstrate beginning confidence using the Conference Room or Meeting Place with clients through your own supervised practica experience.
4. Apply knowledge gained to several of your complex trauma and/or dissociative clients.
5. Discuss when to use several specific techniques in EMDR work with parts of the personality.
6. Utilize successful strategies for honoring hostile introjects' protective intentions and gaining their alliance.
7. Explain the usefulness of the Tip of the Finger Strategy in reducing the vehement emotion held by Emotional Parts of the Personality to facilitate EMDR treatment.

*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.*

**Program Fees:**

<b>3 DAY PROGRAM:</b>	
Standard	\$450 early bird rates until 1 month before workshop; \$500 thereafter
CMH Clinician*	\$400 early bird rates until 1 month before workshop; \$450 thereafter
<b>2 DAY PROGRAM:</b>	
Standard	\$350 early bird rates until 1 month before workshop; \$400 thereafter
CMH Clinician*	\$300 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 about the location:**

Local sponsor:  
Peggy Moore  
pvmoores@unm.edu  
505-247-8915

**Questions about the training:**

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

*\*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.*