

Interweaves in EMDR Therapy: When processing is not going on smoothly with severely damaged clients



2-Days Workshop
EMDRIA Credits: 13 CEU

*This workshop is in English (Instant
translation to Arabic is provided)*

Handouts are in English & Arabic

Presenter: **Dr. Joany Spierings** (*Netherlands*)
Clinical Psychologist & Psychotherapist
Senior EMDR Consultant approved by EMDR Europe Association

Date: **Saturday & Sunday, 23rd & 24th of February 2019**

Time: **8:30am to 5:00pm** (*including lunch & coffee breaks*)

Location: **Ramada Plaza Hotel** - *Beirut, Raouche region, Australia Street*

Workshop Description:

This is the second workshop in Dr. Joany Spierings "Three-Steps Series".

When we work with severely damaged clients, we can hardly expect EMDR-processing to go smoothly by itself. Just 'staying out of the way' is not enough to help these clients process their traumatic material. A more active approach is called for to bring trauma resolution. In EMDR therapy, this type of intervening is called '(cognitive) interweaving'. The therapist may need to intervene on the process level with 'process interweaves' in order to keep the client within his window of (affect) tolerance. Also, when the client gets stuck on a specific problem and is unable to solve it with the information that he has available, the therapist has to intervene on the content level with 'content interweaves'.

In this workshop, the participant learns to use process interweaves to modulate the arousal level of the client. In addition to this, a toolkit of useful content interweaves is presented, cognitive and non-cognitive, e.g. sensory, physical, humorous, symbolic, and spiritual interweaves. The presentation includes metaphors for all kinds of blocks, bits and pieces of psycho-education for specific stuck points, unorthodox, creative or hilarious interweaves to get around the resistance, and interweaves to bring reconciliation and forgiveness.

Program Objectives:

Participants will learn to:

1. Identify when clients' processing is stuck or is not making any progress.
2. Evaluate what type of interweaves to use and when.
3. Identify different kinds of process and content interweaves.
4. Give reasons why clients feel guilty and how to work with it.

Biosketch of Presenter:



Joany Spierings, PhD, is a psychologist and a psychotherapist, working in the Mental Health Service for over 40 years, specializing in complex trauma and complicated grief. She is working with severely traumatized clients, developing stabilization techniques and adaptations of EMDR, to fit the specific needs of these clients.

Dr. Spierings is involved in EMDR since 1994, and she is a senior supervisor. She is a teacher in post-academic training, and a presenter at many national and European EMDR-Conferences. She was a founding member of EMDR Europe, a founding member of the Dutch EMDR Association and vice-President of the Humanitarian Assistance Program, HAP-Europe and part of several HAP-projects. She is also famous for her stand-up comedy acts on EMDR.

Eligibility Requirements for Participation:

To participate in this workshop, the psychologist should be *trained in EMDR therapy* and *received the "Certificate of Completion"* of the **Basic EMDR Therapy Training Course** as required by EMDR Institute USA, EMDRIA, and EMDR Europe Association.

Registration:

1. For **members of EMDR Lebanon Association**, to register for this workshop, please send an email to training@emdrlebanon.org and the method of payment will be sent to you.
2. For **non-members**, please send an email to training@emdrlebanon.org with **copies of "Certificate of Completion" of Basic EMDR Training Course, passport/ID & CV**. The method of payment will be sent to you.
3. **Fees:**
 - For members of EMDR Lebanon Association = \$320
 - For non-members of EMDR Lebanon Association = \$400

N.B. Full Attendance is a must. It is important to note that the "Certificate of Attendance" will not be delivered for those who miss any of the sessions.

Accommodation:

For those who need accommodation, we have special reduced prices at the **Ramada Plaza Hotel, Beirut**. Kindly contact the person mentioned below.

Contacts:

For more information, please contact:

- ◆ Miss Sandra Maradian 00961-76-682297 or training@emdrlebanon.org

