

**The Distancing Approach – A  
comprehensive EMDR approach for the  
treatment of OCD  
November 17<sup>th</sup> and 18<sup>th</sup>, 2023  
Hybrid  
In-person, Concord, MA  
EMDRIA CE's approved, applying for  
NASW and APA CE's**

**Three separate training courses over two days.**

- **The Distancing Approach – A comprehensive EMDR approach for the treatment of OCD (\$200)**
- **Ego State and the Distancing Approach (\$150)**
- **The Distancing with children and teens (\$50)**

---

*Paula Krentzel has done a superb job in developing a specialized EMDR protocol for treating individuals diagnosed with OCD, generalized anxiety, and phobias. She has carefully field tested this protocol and refined it over time, increasing its effectiveness and making it more and more user-friendly. She is a masterful teacher, offering incredibly compelling videotapes that demonstrate how to apply her protocol with challenging clients. Participants in her workshops leave with a clear understanding of how to successfully integrate her Distancing Protocol with EMDR's Standard Protocol.*

*I recommend adding this easy-to-learn protocol to your EMDR toolbox and trust that you will find it to be an invaluable addition to your clinical repertoire.*

*- Deborah L. Korn, Psy.D., Cambridge, MA*

**Day 1: The Distancing Approach - (9:00am – 4:30 pm EST)**  
**DAY 2 (9:00am – 2:15pm) – Applications for Ego States**  
**DAY 2 (2:30pm – 4:30pm) – Applications for Children and Adolescents**



## **Presenters**

### **C. Paula Krentzel, PhD**

Paula, a practicing psychologist for three decades, is a certified EMDR clinician and an Approved EMDR Consultant. She is an EMDRIA Facilitator. Dr. Krentzel trained at Massachusetts General Hospital and Children's Hospital, Boston, MA. She is trained in Sensorimotor Psychotherapy, Structural Dissociation, AEDP and completed the 200-hour requirements for Yoga teacher training.



Dr Krentzel has developed the Distancing Technique for the treatment of OCD. She presented at EMDR Canada and EMDR International Association in 2021.



### **Jennifer Tattersall, LCSW, CBIS, CCDP**


Jennifer has worked in a variety of settings and has worked with adults for over 20 years and has been EMDR trained for 9 years. She is currently pursuing AEDP certification. She is trained in Sensorimotor Psychotherapy, Hypnotherapy, Structural Dissociation, and completed the 200-hour requirements for Yoga teacher training.

Jennifer has co-presented the Distancing Technique for the treatment of OCD and anxiety disorders. She presented at EMDR International Association in 2021.



---

CANCELLATION AND REFUND POLICY Krentzel and Tattersall Psychotherapy Trainings will accept cancellations up to two weeks prior to the beginning of the seminar. At that time, the participant will be refunded the cost of the course minus \$ 50 for processing fees. After that date, the participant will be able to apply the cost of the seminar for future presentations and training. The Massachusetts Psychological Association is approved by the American Psychological Association to sponsor Continuing Education for Psychologists. MPA maintains responsibility for this program and content.



**Day 1 (9am – 4:30 pm EST) The Distancing Approach - A comprehensive EMDR approach to the treatment of OCD.**

The Distancing Approach was initially developed using EMDR targets that had an over-importance of thoughts, the need to control thoughts and the thought-action fusion. It also targeted the misinterpretation of sensation as predictive of future catastrophe.

The goal of the distancing technique is for the client to become a detached observer to his/her thoughts/sensations/images/urges. For example, to understand that the obsession is a thought and not real, to gain distance from the thought, and put it aside.

Interweaves, which come from the client's own words as expressed in the Preparation Phase, are used, when necessary, in the EMDR Phobia protocol to process the initial, worst, most recent and current triggers.

Future Rehearsal applies what was learned during the Distancing Technique to a feared future event, such that the feared future event no longer carries high anxiety.

The presentation goes through all phases of EMDR treatment and uses videos to demonstrate the technique as well as a **practicum** for participants to practice the Distancing Approach .

**DAY 2 (9:00am – 2:15pm) – The Distancing Approach: Applications for Ego States – Program Description:**

The Distancing Approach was developed to enhance the treatment of OCD with EMDR therapy. Clinicians can also incorporate Ego State Theory and use the Distancing Approach to address parts of the personality and inner conflicts which can interfere with treatment.

This training reviews Ego State Theory and highlights how to identify and strengthen a client's resources, as well as how to develop new resources. Participants will learn how to use the Distancing Technique to decrease internal conflict and the need for protective and survival strategies, such that the therapy can proceed more smoothly. The training uses video to demonstrate the resolution conflicting ego states in a client with Complex Developmental Trauma and Relational OCD. Another video demonstrates the use of Ego State Theory and Distancing with a client diagnosed with dissociative identity disorder (DID) engaging in Future Rehearsal.

***Note: Attending Day 1 is a prerequisite for attending Day 2 of the training.***

---

**DAY 2 (2:30pm – 4:30pm) – The Distancing Approach: applications for children and adolescents – Program Description:**

The Distancing Approach was developed to enhance the treatment of OCD as part of the preparation phase of the Standard EMDR protocol. The implementation of the Distancing Technique is different with children and teens than with adult patients in meaningful ways.

This presentation reviews the key components of the Distancing Approach and addresses the modifications made for the treatment of children and teens. The presentation demonstrates how clinicians may use art, therapeutic play, and Sandtray during Distancing to create the Adaptive Coping Statement. In addition, the use of the Distancing strategies for the simple, challenging, and the "not yet" hierarchy of problems is demonstrated for the treatment of compulsive rituals. Additionally, participants learn ways to coach parents as an integral part of the treatment team for their child or teen.

Case examples and pictures of children's sessions illuminate adaptations which can be made currently in treatment or after completed treatment for OCD.

***Note: Attending Day 1 is a prerequisite for attending Day 2 of the training.***

## Venue

The in-person portion of the training is to be held at the Conference Center of the Thoreau Club, Concord, MA. This is a standalone building with no additional conferences occurring at the same time as this training!

With the increase in COVID cases we chose a large venue where a plethora of people are not present at other events and where social distancing is easily accommodated. Masks and hand sanitizer will be provided for those who require them.

The Thoreau conference center has easy parking, beautiful walking trails to peruse during lunch, and easy access to nearby restaurants.

There are several historic sites to explore in Concord, MA such as, Walden Pond, the Louise May Alcott house, The Raph Waldo Emerson house (The Old Manse), and the Old North Bridge, to name a few.

---

To Register click this link <https://krentzel-tattersall.com/>