

# Krentzel-Tattersall Trainings

## March 31 and April 1, 2023

### The Distancing Technique – with a Practicum!

- **The Distancing Technique – An Enhancement to the treatment of OCD and Anxiety Disorders with EMDR**
- **Ego State and the Distancing Technique**

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*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*

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**Day 1: An Enhancement to the Treatment of OCD and Anxiety Disorders within EMDR Therapy (9:00am – 5:00 pm EST)**  
**DAY 2 (9:00am – 1:15 pm) – Applications for Ego States**

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12 EMDRIA credits; applications for APA and NASW CEU's are pending



## 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 and a member of the Boston Trauma Response Network. Dr. Krentzel was trained at Massachusetts General Hospital and Children's Hospital, Boston, MA.

Dr Krentzel has developed the Distancing Technique for the treatment of OCD and anxiety disorders. 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.

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**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 \$ 25 for processing fees. After that date, the participant will be able to apply the cost of the seminar for future presentations and trainings. 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.

TO REGISTER: [Krentzel-Tattersall.com](http://Krentzel-Tattersall.com) or click the registration button below



**Day 1 (9am – 4:30 pm EST) The Distancing Technique-An enhancement to the treatment of OCD and Anxiety with EMDR therapy**

The Distancing Technique 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 this 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.

The anxiety disorders that the Distancing Technique can be applied to include OCD, panic disorders, binge eating and phobias. Interweaves, which come from the client's own words as expressed in the Preparation Phase, are used, when necessary, in the EMDR 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 Technique.

**DAY 2**

**(9:00am – 1:15am EST) – The Distancing Technique: Applications for Ego States**

**Program Description:**

The Distancing Technique was developed to enhance the treatment of OCD and anxiety disorders with EMDR. Clinicians can also incorporate Ego State Theory and use the Distancing Technique to address parts of the personality and inner conflicts which 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: Knowledge of Ego State Theory and the Distancing Technique initial training is a prerequisite for attending this presentation.***

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**Day 1 Distancing \$175; \$25 for CEU's**

**Day 2 Ego State and Distancing \$125; \$25 for CEU's**

**Both Day 1 and Day 2 \$300; \$25 for CEU's**

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