

## Learning Objectives:

### Session 1-Date Sep 2.

1. To identify the difference between primary, secondary, and tertiary dissociation.
2. Discuss affect tolerance and how it related to Self-States

### Session 2 Oct 7. 9 – 11/am EST

1. To be able to distinguish between Ego States and Dissociative States
2. Understanding how to identify parts

### Session 3 Nov 4

1. Illustrate the use of resources for each self-states in Phase 2 work
2. To understand the key aspects in the development of the Adult Self and working through the Adult Self.

### Session 4 Dec. 2

1. Learn to identify the purpose of different parts of the personality.
2. To expand knowledge and skills to work with different self-states.
3. To understand how to recognize and work with internal conflict

### Session 5 Jan 6, 2023

1. Learn to recognize phobia of parts, phobia of affect, and phobia of experience
2. Learn to develop present time orientation and co-consciousness in dissociative disorders.
3. Develop the skills with Ego State Therapy and Structural Dissociation in order to blend these approaches with in Standard EMDR reprocessing.

## Session 6 Feb 3

### Learning Objectives

The tools that work with post-traumatic stress disorder often do not work or can be traumatizing or destabilizing to those clients who are dissociative, such as calm place.

1. Understand how to install resources with complex cases; phase 2 work.
2. Learn to develop present time orientation and co-consciousness in dissociative disorders.

## Session 7 March 3

### Learning Objectives

1. Identify triggers or targets that need to be reprocessed.
2. Case conceptualization and goal setting are reviewed, as well as, how to implement the Standard EMDR Protocol or a Fractionated protocol with dissociative clients.

## Session 8 April 7

### Learning Objectives

1. To gain knowledge of how to work with challenging parts, particularly hostile parts.
2. To gain knowledge of how to work with suicidal parts, perpetrator imitating parts and child parts.

## Session 9 May 5

### Learning Objectives

1. Learn how to work with phases 5 – 7 of the Standard EMDR protocol with Dissociative Clients and complex cases
2. Knowledge of alteration in Flash for Dissociative Disorders
3. Learn advanced re-evaluation techniques to ensure thorough processing

## Session 10 June 2

### Learning Objectives

1. To understand how to work with internal systems that may have opposing ideas or perceptions of past events and individual needs.
2. To understand how to work with clients who have parts they do not yet know or who are in conflict.
3. Interweaves with Parts