

Utilization of EMDR Therapy with Grief and Mourning 18-19 November 2024, webinar

Date:	18.–19.11.2024
Trainer:	Roger M. Solomon, Ph.D.
Price:	420 € + VAT 24%
Language:	English (no interpretation)

Registrations by 18 October 2024

This workshop will focus on integrating EMDR therapy into the treatment of grief and mourning. The death of a loved one can be a time of unparalleled distress and adaptation to the loss can be very challenging. Even when uncomplicated, bereavement can result in significant psychological, behavioral, social, physical, and economic consequences (Osterweis, Solomon, & Green, 1984; Solomon & Rando, 2007, 2012, 2015). EMDR therapy can be integrated into treatment of grief and mourning to process the distressing memories and present triggers that complicate the bereavement, and enable the mourner to assimilate and accommodate the loss.

Attachment theory increases our understanding of complicated grief and mourning and explains individual differences. Research has shown that attachment style is an important determinant of how one grieves. The loss of a significant person in adulthood can evoke many of the same feelings and responses that accompanied separation from an attachment figure during childhood (Kosminsky & Jordan, 2016). Consequently, understanding attachment theory can guide the EMDR clinician in identification and treatment of the maladaptively stored information complicating the grief.

This presentation will discuss grief and mourning, the processes the mourner has to go through for adaptive assimilation and accommodation of the loss, factors that can complicate bereavement, and how EMDR can be integrated into an overall treatment plan. Attachment theory and other models of grief will be presented that can inform EMDR therapy. Heavy emphasis is placed throughout the workshop on analysis of clinical material. Case presentations and videotapes of EMDR sessions will be used to illustrate the application of EMDR to the grief and mourning of traumatic bereavement as well as to demonstrate the “art” of EMDR.

Learning Objectives:

- Understand grief and mourning, and factors that complicate the grief
- Identify the processes necessary for assimilation and accommodation of loss
- Understand attachment theory and its relation to grief and mourning
- Understand how to integrate EMDR therapy into a treatment framework for grief and loss

Teaching Methods:

- Lecture
- Video demonstrations

Duration of the Training:

- 2 days = 7 x 7h = 14 hours

PhD Roger Solomon

Dr. Roger Solomon is a psychologist specializing in the areas of trauma and grief. He has been Senior Faculty with the EMDR Institute since 1993 and teaches EMDR internationally. He is a consultant with the US Senate, providing direct services (including EMDR) through the in-house Senate Employee Assistance Program. Dr. Solomon has provided consultation and direct services to law enforcement agencies, including the FBI, Secret Service, and Polizia di Stato in Italy, and has worked extensively with families of police officers killed in the line of duty. Dr. Solomon has extensively collaborated with Onno van der Hart (Senior author of "The Haunted Self"), and is part of an international team that has written articles on utilization of EMDR therapy with complex trauma. He is a visiting professor with Salesiana University in Rome, Italy and is a consultant with psychology programs for La Sapienza (University of Rome) in Rome. He has

authored or coauthored 45 articles and book chapters pertaining to EMDR therapy, grief, complex trauma, acute trauma and law enforcement stress.



Program:

Mon 18 Nov.	Day 1
09.00–10.30	Introduction to grief and mourning / Attachment and loss
10.30–10.45	Break
10.45–12.00	A framework for understanding the clinical processes / necessary for the assimilation and accommodation of loss
12.00–13.15	Lunch break
13.15–14.45	Utilization of EMDR with grief and mourning
14.45–15.00	Break
15.00–17.00	Video tape of sessions / Case discussion / Summary and wrap up
Tue 19 Nov.	Day 2
09.00–10.30	Utilization of EMDR with grief and mourning: trauma and grief
10.30–10.45	Break
10.45–12.00	Trauma and grief, continued / video demonstration
12.00–13.15	Lunch break
13.15–14.45	Utilization of EMDR with grief and mourning, continued
14.45–15.00	Break
15.00–17.00	Video tape of sessions / Case discussion / Summary and wrap up