

Navigating choice points in EMDR Therapy – An advance EMDR therapy workshop

Presenters: Roger Solomon, PhD & Dolores Mosquera, MA

Time: 15.-16.4.2025

Price: 520€ + VAT 25,5%

Registrations by March 30, 2025.

A Zoom link to join the training will be sent to participants via email shortly before the session.

EMDR therapy is much more than “down the channel, back to target”. Each set of bilateral stimulation (bls) results in a client response. This response guides the therapist in what to do next. Routinely, if there is a shift between sets, the therapist says, “go with that”. But if the client goes outside their window of tolerance (e.g., hyper or hypo arousal) or reprocessing becomes blocked, then there are other choices for the therapist to consider. These include slower and fewer bls sets, going back to target more often (e.g., EMD), grounding, and a vast range of cognitive interweaves which can include working with “parts” of the personality”).

In this workshop, two master therapists will review video of clinical sessions, primarily involving clients with complex trauma and dissociative symptoms. Roger Solomon and Dolores Mosquera will discuss subtleties of moment-to-moment decision making and offer insight into their thinking at key choice points in clinical sessions. Participants will have opportunities to ask questions of the presenters.

Participants will learn to recognize factors that go into choice points including:

- a) When to “interweave” and when to “stay out of the way”
- b) How to respond when an “Emotional Part” of the personality emerges.
- c) When to work Emotional Parts prior to reprocessing a memory
- d) Working with a Meeting Place (or Dissociative Table Technique) versus working with one part at a time.
- e) Considerations when dealing with an intense emotional experience during memory reprocessing

Schedule:**(Full Schedule coming later)**

10:30 am: Choice points in EMDR therapy - Balancing EMDR principles and Video demonstrations and discussion

12:00: *Break (15 minutes)*

12:15: Video demonstrations and discussion

1:30 pm: *Break (15 minutes)*

1:45: Video demonstrations and discussion

3:00: *Close*

Key Features:

This workshop will help you:

- Introduce EMDR interventions with clients that have difficulties trusting others and self.
- Identify the factors that hinder and block EMDR reprocessing with complex cases and learn strategies to work around them.
- Identify different strategies to continue reprocessing in the window of tolerance
- Identify lack of adaptive information and learn psychoeducation to prepare for trauma work in complex cases

Program Description:**Learning Objectives:****Participants will be able to**

1. Describe the role of integrative capacity in determining appropriate EMDR related interventions.
2. Describe adaptations of EMDR therapy interventions based on specific client criteria for memory reprocessing.
3. Describe examples of when to “stay out of the way” and when to provide a cognitive interweave.
4. Describe clinical choices based on the specific client responses within EMDR therapy.
5. Describe several EMDR implementation strategies based on where the client is on the separation continuum.
6. Describe criteria when stabilization is needed and when EMDR memory reprocessing can proceed.

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Presenters:

Roger Solomon, Ph.D., is a psychologist specializing in trauma and grief. He is the Program Director and Senior Faculty with the EMDR Institute, an EMDR Europe approved trainer, and teaches EMDR therapy internationally. He is a consultant with the US Senate and has provided services to numerous first responder agencies following traumatic incidents, including the FBI, Secret Service, NASA, and US military. In Italy he consults with Polizia di Stato and University of Rome (La Sapienza) and is a visiting professor at Salesiana University in Rome. Dr. Solomon presents workshops on the utilization of EMDR therapy with grief and mourning, complex trauma, and dissociative symptoms, treating attachment issues, and the “art” of EMDR therapy. Dr. Solomon has authored or coauthored 47 articles and book chapters and has authored a book published in 2022 in Italian, *Lutto e EMDR, dalla Diagnosi all’ intervento clinico* (Grief and EMDR, from Diagnosis to clinical intervention)



Dolores Mosquera is a psychologist and psychotherapist. She is the director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP), a private institution where she has worked with EMDR for many years on cases related to severe traumatization. She is an EMDR Europe Consultant and Facilitator. She has extensive teaching experience, leading seminars, workshops, and lectures internationally. She has published many books and articles on personality disorders, complex trauma and dissociation and is a recognized expert in this field.

