

**“The EMDR Toolbox: AIP Methods
for Treating Complex PTSD
& Dissociative Personality Structure”**

*Presented by Jim Knipe,
Ph.D.*

September 29-30, 2018 9:00 – 5:30

Minnetonka Community Center, 14600 Minnetonka Blvd., Minnetonka, MN 55345

NOTE: Jim is publishing an updated version of *EMDR Toolbox: Theory and Treatment of Complex PTSD and Dissociation* in Oct., 2018 and he will be covering the material that is in two additional chapters in this workshop. BE THE FIRST TO KNOW!

This workshop describes a theoretical framework, and specific therapy “tools,” which may be useful in providing effective therapy, within the EMDR Adaptive Information Processing model, to individuals suffering with Complex PTSD. Important concepts and particular interventions will be illustrated through video examples and transcripts from therapy sessions. Dr. Knipe will present methods for identifying and treating specific dissociative symptoms with accompanying evidence from available research or case studies.

Specific interventions that are useful in the treatment of Complex Trauma and dissociative symptoms will be presented. Participants will learn how EMDR-related methods may be useful in assisting those clients through all phases of therapy—phases of stabilization, emotionally safe trauma processing, and personality

defenses (including addictive disorders), idealization defenses, and shame-based depression will be taught.

Participants will also learn how non-AIP models of dissociation, such as the Theory of Structural Dissociation of the Personality (van der Hart, et. al, 2007) and the Internal Family Systems model (Schwartz, 1995) may be complementary to the EMDR/AIP model, and some guidelines on how to blend these different approaches to benefit the individual client.

Objectives:

Participants will be able to recognize, identify, or describe:

- 1.** an AIP theory of how dissociative personality structure and Complex PTSD originate;
- 2.** three conceptually different types of damage to personality development that can occur from a difficult childhood;
- 3.** three ways of targeting and resolving avoidance defenses, and how these targeting methods are modified for clients with dissociative personality structure;
- 4.** elements of EMDR-related treatment of addictive disorders: preparation, target selection (urges and triggers, dysfunctional positive affect, unresolved conflict between dissociated personality parts), and treatment follow-up;
- 5.** ways of identifying and targeting idealization defenses;
- 6.** the origins of dissociative personality structure in trauma and in early dysfunctional attachment to caretakers;
- 7.** the “Loving Eyes” method: an alternative Phase 3 Assessment.
- 8.** the “Back-of-the-Head Scale,” a means of assessing, moment to moment in the session, the degree to which a client is oriented to present safety;
- 9.** the “Constant Installation of Present Orientation and Safety” (CIPOS) method to safely facilitate processing with clients who are highly vulnerable to dissociative abreaction;
- 10.** approaches to use with combat veterans who are also exhibiting a dissociative personality structure; and

which often occurs in the clinical picture of a dissociative client, can be treated.

The official definition of EMDR Therapy is available at www.emdria.org



MEET THE PRESENTER

Jim Knipe, PhD. Is a licensed psychologist in private practice in Colorado since 1976 and has used EMDR since 1992.

He is the author of the 2014 text ***EMDR Toolbox: Theory and Treatment of Complex PTSD and Dissociation.***

He has also written chapters for EMDR Casebook (P. Manfield, 2002); EMDR Solutions 1 and 11 (R. Shapiro, 2005, 2009); Healing the Heart of Trauma and Dissociation (C. Forgash & M. Copeley, 2007); EMDR Scripted Protocols: Special Populations (M. Luber, 2009) and Dissociation: The Progressive Approach (A. Gonzales & D. Mosquera, 2012).

In addition to presenting this two-day workshop regularly and broadly, Dr. Knipe is an EMDR-HAP trainer, an EMDRIA Approved Consultant, and was designated a “Master Clinician” by EMDRIA in 2007. He was a Keynote Speaker at the 2010 EMDRIA Annual Conference and has been an invited speaker at several international conferences...EMDRIA, EMDR Canada, EMDR Europe, and EMDR Asia, the 2013 ISSTD Conference, and the 2014 European Society for Trauma and Dissociation Conference.

His writings and workshops describe specific procedures that can be utilized to extend EMDR to clients who present with self-defeating psychological defenses and/or dissociative symptoms.

Content and Time Line:

Day 1 – An Adaptive Information Processing model of treating psychological defenses occurring within the context of Complex PTSD

8:30 – 9:00 registration

9:00 – 10:00 Overview of an Adaptive Information Processing model of Complex PTSD and dissociation

10:00 – 10:30 Video example of targeting avoidance defense

10:30 – 10:45 Break

10:45 – 12:15 The “Loving Eyes” alternative to EMDR Phase 3. Video example of targeting avoidance in a client with a dissociative personality structure

12:15 – 1:30 Lunch

1:30 – 2:45 Targeting idealization defenses. Targeting addictions. Video example of targeting a smoking addiction

2:45 –3:00 Break

3:00 – 5:30 An Adaptive Information Processing model of treating dissociative symptoms and dissociative personality structure. The origins of dissociation in disrupted attachment.

Day 2 –Targeting and safely resolving internally-phobic separation between dissociative personality parts

9:00 -9:45 Video example of a method of reorienting a client who is experiencing dissociative abreaction.

9:45 – 10:30 The Back-of-the-Head Scale/Constant Installation of Present Orientation and Safety (BHS/CIPOS) method

10:30 – 10:45 Break

10:45 – 12:45 Two videos demonstrating variations of the BHS/CIPOS method: 1) a client with fear of dissociated physical sensations, and 2) a combat veteran with a dissociative disorder, with a 15-year follow-up after the initial EMDR sessions.

12:45 – 2:00 Lunch

2:00 – 3:45 The use of CIPOS with defense. EMDR-related treatment of “The problem of attachment to the perpetrator.” Video example of targeting the defense of shame/idealization of the perpetrator, in the treatment of a highly dissociative client.

3:45 – 4:00 Break

4:00 – 5:30 Additional variations on how EMDR- related procedures may be used to help dissociative clients who present with chronic shame-based depression and problematic attachment to the perpetrator. Two video examples.

Who Should Attend?

Psychologists, Social Workers, Marriage and Family Therapists, Licensed Professional Counselors, Psychiatrists, Psychiatric Nurses, and anyone else who works in the Mental Health Field. **Prior completion of an EMDRIA approved EMDR training is required to attend.**

Continuing Education

MN LMFT = 13.5

The following CEUs have been approved:

EMDRIA: 13 CEUs (for those who have completed an EMDRIA Approved training in EMDR Therapy); MN Social Work = 13.5; MN Psychology = 13.5; and SD Counselors and MFTs = 13.5. A Certificate of Completion will be awarded for full participation in both days, including the Board Log Numbers.

Jill Strunk, Ed.D., L.P. maintains responsibility for this program in accordance with EMDRIA standards.

Where to Stay (within 4 miles)

A special room rate has been arranged at the Crowne Plaza Hotel Minneapolis West, 3131 Campus Drive, Plymouth, MN 55441, phone: 763-559-6600. The special rate is \$119 per night.

Mention EMDR Institute to get this rate.

They have a free shuttle that will take you to and from the workshop. (It only goes within a 10 mile radius, so you would need to take the Super Shuttle to and from the airport.) There is an onsite restaurant and access to a full fitness facility.

LaQuinta Inn & Suites, Minneapolis-Minnetonka, at 10420 Wayzata Blvd., Minnetonka, MN 55427. Their phone number is 952-541-1094. They quoted me \$79 for a standard room (however, the price may go up if the hotel gets close to fully booked, so reserve soon). They **do not have a shuttle to the workshop venue.**

They don't have an onsite restaurant; however, they serve a free hot breakfast and they have a menu in your room from Gael's Grill, which will deliver if you want to order in. They have a fitness room but no pool.

You can also Google other hotels within 5 miles of the workshop venue.

Registration

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Name (with initials of degrees and licenses)

License type(s), number(s), and state(s) Year completed EMDR training (optional)
(Completion of EMDR Basic Training necessary only if you want EMDRIA CEUs)

Work Address, City, State and Zip Code

Work Phone:

e-mail:

\$275 if postmarked by Sept. 21, 2018

\$300 if postmarked AFTER Sept. 21, 2018

\$250 if postmarked by Sept. 21, 2018 & three or more people register together

I am registering with _____ & _____

\$225 if postmarked by Sept. 21, 2018 and working 30+ hours in the following
nonprofit organization: _____

\$225 if full time student at _____ and postmarked by May 11, 2018

Amount of payment _____

Method of payment (check one):

Check (payable to Jill Strunk) money order Visa Master Card

To pay by credit card, Hold down the control key and click on the link below, then fill out the
secure form and submit it. <https://secure.affinipay.com/pages/jillmstrunkeddlp/payments>

(Please also fax or e-mail your registration and indicate that you paid online. Thank you.)

Signature of Card Holder (Payment made by clicking control key and link above)

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