

# **“What You Need to Know About Successful Treatment of Complex PTSD and Dissociative Disorders (including an adaptation using Internal Family Systems)”**

*Presented by Joanne H. Twombly, MSW, LCSW*

September 28-29, 2019, 9:00 – 5:30

**Minnetonka Community Center**

**14600 Minnetonka Boulevard, Minnetonka, MN 55345**

**CEUs approved: EMDRIA = 13, MN licensing boards: Psychology = 13;  
Social Work = 13.5; Marriage & Family = 13**

This workshop will provide an overview of diagnosis and treatment of clients with Complex PTSD and Dissociative Disorders. Through lecture and case examples, clarification will be given on how to work effectively and safely with this population and with clients who might not be making progress in traditional treatment.

Day 1 will cover diagnosis, the three phases of Trauma Treatment, and adaptations of resources from the preparation and closure phases of EMDR to facilitate stabilization, to orient DID to the present, and to decrease negative transferences. Participants will have the opportunity for practicums on stabilization and orienting exercises.

Day 2 will present a protective format for processing traumatic material that can be used with or without EMDR. Following that, material will be presented on the impact of sadistic abuse, non-verbal communication and the necessity of reenactments in the treatment process. An EMDR protocol for processing one's countertransference reactions will be taught, as well as an Internal Family Systems (IFS) process. Following a practicum on countertransference reactions will be time for discussion and case consultation.

## **Continuing Education**

**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; MN MFT = 13 and SD Counselors and MFTs = 13.5.**



# Meet the Presenter

Joanne H. Twombly, MSW, LICSW has extensive experience in working with complex PTSD and Dissociative Disorders and has adapted EMDR for use with people with these diagnoses. She was on the board of the International Society for the Treatment of Trauma and Dissociation (ISSTD) and is a coauthor of ISSTD's 2011 Treatment Guidelines for DID and is a past president of the New England Society for the Treatment of Trauma and Dissociation. In 2010 she received ISSTD's Distinguished Achievement Award.

Joanne has published articles in clinical journals and book chapters on Safe Place Imagery, Dissociative Disorders and EMDR, EMDR and Internal Family Systems, and on working with Perpetrator Introjects. She has a private practice in Waltham, MA where, in addition to her work with clients, she provides consultation and training.

## Workshop Objectives

**Attendees will be able to:**

- 1. Identify symptoms of dissociation and complex PTSD and be knowledgeable about diagnostic tests;**
- 2. Initiate ego state treatment and teach and install affect regulation strategies;**
- 3. Incorporate EMDR adaptations to facilitate stabilization, orient clients with Dissociative Disorders to the present, and decrease negative transferences;**
- 4. Prepare clients for trauma processing using a protective protocol that can Be used with or without EMDR; and**
- 5. Identify situations where reenactments and countertransference are occurring, and use EMDR or an Internal Family Systems process to deal with their countertransference reactions.**

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. **The official definition of EMDR Therapy is available at [www.emdria.org](http://www.emdria.org).**

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Jill Strunk ([jillstrunk1@gmail.com](mailto:jillstrunk1@gmail.com)) if special accommodations are required.

# **Workshop Contents and Timelines**

**Both Days: 8:00 – 8:30 = Registration and elaborate continental breakfast**

## **Day 1 Content:**

### **8:30 – 8:45: Overview**

- **Summary of Content**
- **Listening to this workshop**
- **Why learn to diagnose and treat?!**

### **8:45 – 9:45: Diagnosis**

- Positive and Negative symptoms, plus normal dissociation
- BASK symptoms, 5 Core Dissociative Symptoms
- Case examples about recognizing symptoms during History-taking
- DES and how to administer
- Role Play
- Other Diagnostic tests and instruments
- Differential Diagnosis

### **9:45-10:00: Overview of 3 Phases of Trauma Treatment and their integration into the 8 Phases of EMDR Treatment**

### **10:00 – 10:30: Introduction to Phase One of Treatment: Symptom Reduction and Stabilization**

- Initial setting up the therapy; responsibility, boundaries, saying “No!”
- Treatment goals: Past-Present-Future Considerations, Client choices
- Memory Dynamics

### **10:30 – 10:45: Break**

### **10:45 – 12:15: Initial Stabilization**

- Client self-care: physical, safety in life
- Working with parts/ego states through host/Self and/or directly
- Medication

### **12:15 – 12:30: Hypnotic Language to Maximize RDI and Coping Skills**

### **12:30 – 2:00: Lunch on your own**

### **2:00 – 2:15: Protocol for clients with no oriented parts. Video**

### **2:15 – 3:30: Coping skills, EMDR adaptations, including affect management skills and orienting parts to the present time. Demo or Video.**

### **3:30 – 3:45: Break**

### **3:45 – 4:15: Safe Space Imagery and Container Demo**

### **4:15 – 4:45: Practicum**

### **4:45 – 5:00 : Questions, Discussion, Sign-out**

## **Day 2 Content:**

**8:30 – 9:00: Questions about Day 1 and Introduction to Day 2**

**9:00 – 9:30: Difficult parts:**

- Suicidal
- Perpetrator parts
- Ritual Abuse, Mind Control

**9:30 – 10:00 : Sadistic Abuse**

**10:00 – 10:15: Nonverbal Communication, Projective Identification**

**10:15 – 10:30: Break**

**10:30 – 11:00: Reenactments, Rupture and Repair**

**11:00 – 12:30: Phase 2: Treatment of Traumatic Memory: Protocols for safe, controlled desensitization of traumatic material**

**12:30 – 2:00: Lunch on your own**

**2:00 – 3:15: Dealing with Countertransference**

- Using EMDR protocol
- Using Internal Family Systems (IFS)

**3:15 – 3:30: Break**

**3:30 – 4:15: Practicum, using EMDR or IFS with countertransference**

**4:15 – 4:30: Phase 3: Integration and Self Development**

**4:30-4:45: Self Care**

**4:45 – 5:00 Wrap Up**

- Resources and Further Training
- Questions
- Hand in evaluations and Sign-out

## **Who Should Attend?**

This workshop is appropriate for anyone working in the field of psychotherapy who has completed at least half of an EMDRIA-Approved Basic EMDR training is required for attendance. **EMDRIA CEUs can only be granted to those who have completed a full EMDRIA-Approved Basic EMDR training and who attend from 8:30 – 5:00 both days.** Others will get a CEU certificate to submit to licensing boards.

The workshop has been designed to meet continuing education requirements for psychologists, psychiatrists, social workers, marriage and family therapists, licensed professional counselors, psychiatric nurses, and others in the mental health field.

## **Workshop Location**

The workshop will be held at  
**The Minnetonka Community Center**  
**14600 Minnetonka Boulevard, Minnetonka, MN 55345**  
**Phone: 952-939-8390**

### **Directions:**

From I-494, take the Minnetonka Boulevard Exit (Exit 17). Go right (west) on Minnetonka Blvd. to the second right, which is Williston Road. Turn right onto Williston Road and the large building on your right is the Community Center.

**There is plenty of free parking.**

### **Where to Stay:**

**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 \$124 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 (but no complementary breakfast) 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 or look for Air B & B accommodations or other options.**

# Registration

What You Need to Know About  
Successful Treatment of Complex PTSD  
& Dissociative Disorders

*With Joanne Twombly MSW, LICSW*

September 28-29, 2019  
8:30 a.m. – 5:00 p.m.  
(8:00 Registration & breakfast)  
Minnetonka Community Center  
14600 Minnetonka Blvd.  
Minnetonka, MN 55345  
Phone: 952-939-8390

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Name (with initials of degrees and licenses)

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License type, number, and state:

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Year completed EMDR training

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Work address, City, State and Zip Code

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Work phone:

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e-mail:

## Tuition

\$275 if postmarked by September 20, 2019

\$300 if postmarked AFTER September 20, 2019

\$250 if postmarked by September 20 & three or more people register together.

Registering with \_\_\_\_\_ and \_\_\_\_\_

\$225 if postmarked by Sept. 20 and Student or working 30+ hours in a non-profit

Student at \_\_\_\_\_ or working at \_\_\_\_\_

(Tuition less a \$15 processing fee is refundable if you cancel before Sept. 20; Refunds for missing the workshop because of weather will not be granted, except in the unlikely event that it is cancelled)

## 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 this registration and indicate that you paid online. Thank you.)**

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

**Please return this form with payment to:**

Jill Strunk, Ed.D., L.P.  
12100 Marion Lane W., Apt. 6319  
Minnetonka, MN 55305

Phone: 952-936-7547  
Fax: 952-936-2260  
email: [jillstrunk1@gmail.com](mailto:jillstrunk1@gmail.com)