



One Corporate Place
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EMDR Specialty workshop:
EMDR and Play Therapy: A Playful Journey Towards
Healing
With Ana Gomez, MC LPC

Coming to Des Moines, IA!
Fri. and Sat., November 1-2, 2017

Sponsored by EMDR & Beyond LLC and Iowa Association for Play Therapy
This program is under review for 12 hours of EMDRIA credits

Children that have experienced trauma and adversity come with extensive deficits and deprivations. They also present with diminished positive and negative affect tolerance and unmet needs. Providing affective EMDR treatment may in fact be intricate and will require to incorporate elements from other approaches such as play therapy. This workshop will provide advanced strategies for case conceptualization utilizing the AIP model, affective neuroscience, the polyvagal theory and the structural dissociation theory with children with developmentally impaired regulatory systems. Play therapy strategies design to enhance the child's capacities to tolerate positive and negative affect will be demonstrated. How to enhance the child's ability to change state while at the same time expanding the child's capacity to "stay with the state" will be covered. Considering that play is the native language of children, this training includes strategies that utilize play therapy and Sandtray therapy within the eight phase of EMDR therapy. This includes games to promote cognitive, emotional and somatic literacy as well as interweaves that includes stories, analogies and metaphors. Strategies to "stage" and create the platform for processing and with it optimize the child's integrative capacities will be presented. In addition, this training will present a number of child friendly interweaves.

*****Must have completed EMDRIA Approved EMDR Basic Training Pts 1 & 2 to attend.***

About the Presenter:

Ana Gomez, MC LPC is a psychotherapist in private practice, author of several books, chapters and articles, and a lecturer internationally known for her innovative work with children and adolescents. She is an EMDRIA approved consultant; an EMDRIA advanced training provider, an EMDR Institute, EMDR-IBA and EMDR-HAP trainer. Also, Ana has received training in Sensorimotor Psychotherapy, Play Therapy, Sandtray Therapy, Theraplay, Interpersonal Neurobiology (IPNB), and the use of the Adult Attachment Interview (AAI).

She has worked with children, adolescents, adults and families affected by trauma for 20 years. Furthermore, Ana has developed seven Advanced Workshops with over 80 hours of content, and teaching materials. These workshops have been presented in person and virtually to large audiences in over 20 countries and 100 cities on four continents.

She is the author and creator of *Dark, Bad Day...Go Away, The Thoughts Kit for Kids*, and *EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment and Dissociation*. Her latest book published in the US is *All the Colors of Me* co-authored with Sandra Paulsen,

Location:

Holiday Inn Hotel & Suites Des Moines Northwest
4800 Merle Hay Road
Des Moines Iowa 50322

A group block will be reserved for this event and will be identified by Group Name: EMDR & Beyond Group Code: EMD Reservations Deadline: October 17, 2017

Individual Reservations can be made via the following: 1. Phone the Hotel directly at 515-278-4755 and ask for the group name. 2. Phone Holiday Inn Hotels worldwide reservations at 800-HOLIDAY (800-465-4329) and ask for the group name. 3. Click to www.holidayinn.com/desmoinesia and use the 3-letter code above to access the group block. 4. Group Reservations can also be made by emailing rooming lists to Troy Thompson at tthompson@kinseth.com. I can also be reached at 515-727-0405 to assist with any special needs.

EMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment and Dissociation

Holiday Inn Hotel & Suites Des Moines Northwest
4800 Merle Hay Road
Des Moines Iowa 50322

Course Objectives: Participants will be able to:

- Develop case conceptualization skills and treatment plans using Play Therapy based on the Adaptive Information Processing Model (AIP).
- Identify key factors when establishing the client's readiness for EMDR therapy integrated into Play Therapy sessions.
- Effectively prepare children and adolescents for integrating Play Therapy and EMDR therapy. This includes a wide and rich variety of resources for stabilization and affect regulation as well as the use of RDI (Resource Development and Installation).
- Identify targets using developmentally appropriate float-back, affect scan and mapping strategies in Play Therapy sessions.
- Use Play Therapy strategies to assist children in identifying past memories of trauma and adversity, triggers and the future desired outcome.
- Use a wide range and types of interweaves that are play Therapy focused, child-friendly and more suitable for children and teenagers.
- Use "The Skill Building Phase" and EMDR Games to facilitate and enhance the use EMDR and Play Therapy with children and adolescents.
- Use effective strategies with children in Play Therapy sessions to prepare the nervous system before reprocessing traumatogenic material to optimize the child's integrative capacity.
- Use a wide variety of strategies in play therapy sessions geared to modulate arousal during reprocessing with children that tend to move into hyper- or hypo-arousal states.

Agenda:

Friday:

8:00-8:30 Registration Check-in and Light Breakfast
8:30-12:00 Morning Workshop
12:00-1:00 Lunch (on your own)
1:00-4:00 Afternoon Workshop

Saturday:

8:00-8:30 Light Breakfast
8:30-12:00 Morning Workshop
12:00-1:00 Lunch (on your own)
1:00-4:00 Afternoon Workshop

Early Bird Registration: \$285.00 by October 1, 2017

Full Registration \$310.00 Oct. 2-31, 2017

****Must have completed Pts 1 & 2 of EMDRIA Approved Basic Training in order to attend****

Register at: <https://iowaa4pt.org/conferences-and-trainings/>

CEU's: Each full day presentation is approved for 6.0 contact hours (0.6 CEU's) for the following CEU types.

- APT Approved Provider 07-195 (Association for Play Therapy)
- Self-Evaluation/Self-Report Programs (Social Work, Psychology, Etc.)
- EMDRIA (under review)

Please reference your particular licensure requirements to determine if the program will meet your profession's guidelines for continuing education credits for both full day workshops. Play therapy credit will not be awarded to non-mental health professionals. Certificates of attendance will be provided for a record of CEU's at no charge.

Cancellation Policy: Refunds up to 3 weeks prior to workshop minus \$50 cancellation fee. No refunds will be given for cancellations made after that date.

Non-Discrimination Policy

Individuals with disabilities are encouraged to attend all Iowa Association for Play Therapy sponsored events. If you're a person with a disability who requires reasonable accommodations in order to participate in this program, please contact the IAPT Board of Directors directly (515-571-9423). **NON-DISCRIMINATION STATEMENT:** The Iowa Association of Play Therapy prohibits discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. IAPT also affirms its commitment to providing equal opportunities and equal access to facilities.

Brochure designed for EMDR & Beyond 2017 by WorkerSmarts LLC - workersmarts.com