

Dr Joany Spierings returns to the North East by popular demand following her recent visit to deliver a one-day Masterclass on Troubleshooting in EMDR in Newcastle Upon Tyne in April 2017.

These two new one day workshops for EMDR Practitioners and Consultants promise to deliver a high degree of theoretically founded information delivered in an insightful and engaging way.

Cognitive Interweaves in EMDR

Saturday 10th March 2018

Full Fee - £140.00

Working with severely damaged clients, we can hardly expect EMDR-processing to go smoothly by itself. 'Just staying out of the way' is not enough to help these clients process their traumatic material.

A more active approach is called for to bring trauma resolution. In EMDR this type of intervening is called '**(cognitive) interweaving**'.

The therapist may need to intervene on the process level with process interweaves, in order to keep the client within his window of (affect) tolerance. Or the therapist has to intervene on the content level with content interweaves, when the client gets stuck in a specific problem or is unable to solve with the information he has available.

Learning objectives:

Participants will learn:

1. To understand why and when to use interweaves in the EMDR process, and how to recognize and evaluate blocking and looping.
2. To identify the essential information the client needs to have access to, in order to resume adaptive information processing.
3. The difference between 'Process Interweaves' (to keep the adaptive information process going / to keep the client within the window of tolerance) and

- 'Content Interweaves' (to help the client solve a specific problem / to access essential information).
4. A range of process interweaves, to modulate client arousal, e.g. hyperarousal, dissociative reactions.
5. A range of content interweaves e.g. to help resolve problems of guilt, shame, self-worth.

EMDR and Complicated Mourning

Saturday 19th May 2018

Full Fee - £140.00

Book by 19th March 2018 to receive Early Bird Discount of 15% - Pay only £119.00

Working with mourning clients can be difficult. To face the irrevocability of loss and to stand helpless and emptyhanded as a therapist is a heavy burden. Sometimes it seems there is nothing we can do to help our clients. Yet there are many ways in which EMDR therapy can contribute to helping our clients live a valuable life after a serious loss.

This workshop will briefly discuss the psychodynamics of uncomplicated grief/mourning including criteria to decide when to more actively intervene. Following this, six different patterns of complicated grief/mourning will be presented:

- denied mourning
- postponed mourning
- chronic mourning
- distorted mourning
- traumatized mourning, and
- somatized mourning.

Case conceptualization and treatment plans for each of the six patterns of complicated mourning will be offered.

A toolbox of effective treatment techniques will be taught. An array of "non- EMDR" techniques (rituals, Gestalt dialogue, inner dialogue with the deceased, writing assignments, image-ination techniques) will be described and integrated into EMDR-combined techniques to address specific patterns of complicated

mourning. Practical interventions to address resistance and affect regulation problems will be discussed, as well as specific interweaves.

Learning objectives

Participants will learn:

1. Advanced techniques for interweaves
2. To identify psychodynamics of the mourning process
3. To differentiate between uncomplicated and complicated mourning;
4. To identify six patterns of complicated mourning;
5. To identify treatment techniques to work with mourning problems;
6. To identify integrated techniques (EMDR and non EMDR);
7. To develop treatment plans and apply advanced techniques for six patterns of complicated mourning.

The Venue

The recently opened **Crowne Plaza Hotel** in Newcastle upon Tyne is modern and stylish, with excellent conference facilities and many other amenities including a lovely outdoor seating area and beautifully decorated lounge and bar areas.



Situated near Newcastle Central Station, the **Crowne Plaza** is in close proximity to the City Centre and all major transport links.

Our courses at the **Crowne Plaza** include refreshments and snacks throughout the day together with a buffet

lunch. Special diets can be accommodated. There is full accessibility for those with limited mobility.

A local NCP car park is available at £6.00 for the full day (24 hrs). The closest metro link is at Newcastle Central Station.

Preferential Bed and Breakfast rates are available for course delegates. Rates are fully flexible and can be cancelled up to 4 pm on day of arrival. Please contact Jesmond Therapy Centre directly for a link to secure your discounted room reservation.

The Presenter

Dr Joany Spierings is a Psychologist and a Psychotherapist, who has worked in Mental Health Services for 40 years, specializing in complex trauma and complicated grief.

She works with severely traumatised clients, developing stabilization techniques and adaptations of EMDR to fit the specific needs of these clients. Joany is a highly respected master clinician and is also the team coordinator of the Trauma team of GGZ Oostbrabant.

She is a teacher in post-academic training, and a presenter at many national and European EMDR-Conferences. She has taught in over 25 countries worldwide. She has been involved in EMDR since 1994, she is a senior supervisor (Consultant) and EMDR supervisor trainer.

She is a founding member of EMDR Europe and the Dutch EMDR Association (one of Europe's largest EMDR member nations), and vice-President of the Humanitarian Assistance Program, HAP-Europe. Dr. Joany Spierings is well respected for both the content of her material (theoretically-founded and down to earth practical) and for her presentation style which combines wisdom, knowledge and fun.

Course Information

Venue: The Crowne Plaza Hotel
Hawthorn House
Forth Banks
Newcastle Upon Tyne
NE1 3SA

Timings: 9 am - 9.20 am - Registration
9.30 am - 5.00 pm - Workshop

Fee: £140.00 per course (includes refreshments and buffet lunch)

Early Bird: Book 2 months in advance and pay only **£119 for EMDR & Complicated Mourning (Saving £21)**

CPD: 6 EMDR UK and Ireland CPD Points per course

To Book:

These one-day workshops have been organised by Jesmond Therapy Centre. To make a booking please visit the training calendar section of their website www.jesmondtherapycentre.co.uk where you can book and pay on-line.

Or email, at info@jesmondtherapycentre.co.uk or telephone 0191 2812167 for a booking form.

Jesmond
TherapyCentre



EMDR Training

Presented by
Dr Joany Spierings

Cognitive Interweaves in EMDR Therapy

Saturday 10th March 2018
9.30 am - 5 pm

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Crowne Plaza Hotel
Newcastle Upon Tyne

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