

Ana Gomez

Healing the Wounds of Trauma for Children, Adolescents and families: Using EMDR and adjunct therapies

Melbourne 10,11,12 May 2018

Sydney 17, 18 May 2018

Auckland, New Zealand: 24th & 25th May 2018

Creative, Innovative, Confidence-building

Ana Gomez is internationally acclaimed as a child and family therapist, author and presenter. Her unique and comprehensive model of EMDR therapy draws on the latest research from neuroscience and child development.

- Anna attends to the mind, the heart and the body as she integrates approaches such as play therapy, sensorimotor psychotherapy, Theraplay, and Internal Family Systems.
- In this series of workshops Ana provides ideas and strategies that will enhance therapists' skills, confidence and creativity as they assist their clients to heal the wounds of trauma. Her approach provides innovative, practical strategies for therapists working with children, adolescents, parents and carers. Those working with adults traumatised as children can also benefit.
- This is Ana's first trip to Australia and New Zealand after highly regarded workshops in Europe, Japan, USA, South America and Canada. An opportunity not to be missed.

Each workshop can be taken alone or as a series:

Melbourne 10,11,12 May:

1. *Assessing and intervening in dissociation with children and adolescents**
2. *An attachment-focussed model for children and parents after family violence**
3. *EMDR-Sandtray protocol with children and adults*

Sydney 17,18 May

4. *Comprehensive treatment of complex trauma in children and adolescents*
5. *The Unexplored Magic of the EMDR Interweave – for mind, heart and body*

New Zealand: Auckland 24,25th May

6. *An EMDR attachment-focussed model for children and parents after family violence – 2-day intensive*

REGISTRATIONS NOW OPEN FOR MELBOURNE AND SYDNEY

Auckland details to be announced. Registration opens Early January

General Registration: AUSTRALIAN WORKSHOPS

- **Extra-Early bird** (register before 31/12/17) \$200 per day
 - Early bird (register before 10/3/18) \$220
 - Late registration (after 10/3/18) \$260 per day

***Not for Profit Registration**

Due to the generous support of the Rotary Club of Melbourne, workshops 1 & 2 are subsidised for those working in **Not-for-Profit organisations (see conditions)**

- Early bird (register before 10/3/18) \$160
- late registration (register after 10/3/18) \$210

All fees in Australian currency. New Zealand fees to be announced

For registration and details: www.jennydwyer.m.au

For queries email events@jennydwyer.com.au

WORKSHOP DETAILS

Melbourne

WORKSHOP 1

THE HIDDEN PROBLEM OF DISSOCIATION IN CHILDREN AND ADOLESCENTS: USING EMDR AND OTHER STRATEGIES

MELBOURNE: Thursday 10th May 2018

9:30-5:00

Suitable for EMDR and non-EMDR practitioners

REDUCED REGISTRATION FOR NOT FOR PROFIT ORGANISATIONS (see conditions and registration form below)

Childhood dissociation is often misunderstood or missed with children and adolescents who have a history of complex trauma. This is particularly true for those in the out-of-home care system and residential care who present with overlapping symptoms and challenging behaviours that can mask dissociation. Common misunderstandings about how dissociation presents in children and young people add to the difficulty in helping traumatised young people. Accurate assessment is imperative, since dissociative symptoms can seriously impair the success of treatment, unwittingly cause further trauma, and often lead to placement breakdown. This workshop explains the mechanisms underlying dissociation in children and young people, identifies core symptoms and uses multiple case examples to illustrate concepts. The workshop will cover:

- Common presentations and differential diagnoses of overlapping symptoms, such as ADHD, psychosis, bipolar disorder
- A thorough assessment process that includes posttraumatic and dissociative checklists, interviewing process and questions, and gathering pertinent collateral information
- Working with mild, moderate and severe dissociation.
- Underlying principles that guide treatment
- Strategies for talking to the child and parents/caretakers about dissociation, overcoming the phobia of trauma, and for measuring present awareness
- Ana will present “the dissociation kit for kids”, with very practical and hands on strategies to help children be fully prepared for trauma processing.

Who should attend? The workshop will benefit those working therapeutically with children and adolescents after complex trauma, including EMDR and non-EMDR therapists. GP’s, psychiatrists, practitioners from child protection, mental health, education, out-of-home-care, and therapeutic residential care will also benefit through a greater understanding of dissociation and its presentations. It is recommended that prior to the workshop, non-EMDR therapists read the basic summary of EMDR therapy on the following link http://emdria.site-ym.com/?page=emdr_therapy

LOCATION: ABBOTSFORD CONVENT, 1 St Heliers Street, Abbotsford, 3067

WORKSHOP 2

RECOVERING FROM THE TRAUMA OF FAMILY VIOLENCE: AN EMDR ATTACHMENT-FOCUSSED MODEL FOR PARENTS AND CHILDREN

MELBOURNE: Friday 11th May 2018

9:30-5:00

REDUCED REGISTRATION FOR NOT FOR PROFIT ORGANISATIONS (see conditions and registration form below)

In Australia, one in four children are exposed to family violence, and its effects are well documented. The ground-breaking report of the Victorian Royal Commission into Family Violence reaffirmed the urgent need for effective models of therapeutic intervention to help children and their parent, usually mother, to recover from the trauma of family violence. This workshop incorporates an attachment and trauma framework that assists in understanding complex issues after family violence, including attachment to the perpetrator. It introduces a model of EMDR therapy that heals the trauma of family violence for parents and children, and strengthens their attachment bond. The role of EMDR with perpetrators of violence will also be discussed.

Who should attend? The workshop is suitable for all EMDR practitioners who encounter family violence and its aftermath, whether you are very experienced or newly trained. It will also assist those who are family violence specialists, to effectively use EMDR therapy after family violence.

LOCATION: ABBOTSFORD CONVENT, 1 St Heliers Street, Abbotsford, 3067

WORKSHOP 3**THE WORLD OF STORIES AND SYMBOLS: EMDR- SANDTRAY THERAPY WITH CHILDREN AND ADULTS**MELBOURNE: Saturday 12th May 2018

9:30 – 5:00

For EMDR therapists who have completed level 2 training (limited places)

This innovative training presents the EMDR- Sandtray protocol developed by Ana Gomez, and demonstrates how it is applied in the eight phases of EMDR therapy. Ana's innovative model assists children and adults who use mechanisms of adaptation such as avoidance, and whom require greater distance from the traumatic material. One of the wonderful assets of the EMDR-Sandtray Protocol is its capacity to access implicit and right hemisphere material through the use of stories, symbols and archetypes. The EMDR-Sandtray protocol is suitable for children or adults. Feedback from experienced EMDR therapists and clients have lauded Ana's EMDR-Sandtray protocol, and its transformative powers.

Who should attend? All EMDR therapists will benefit from this training. It will open new and creative opportunities for those working with children or adults. It is not necessary to have the formal training in sandtray therapy as this protocol has its own procedures and principles rooted within the AIP model.

LOCATION: Dyason House, 124 Jolimont Rd., East Melbourne, 3002

Sydney**WORKSHOP 4****EMDR AND THE COMPREHENSIVE TREATMENT OF COMPLEX TRAUMA IN CHILDREN AND ADOLESCENTS**

SYDNEY: Thursday 17 May 2018

9:30-5:00

EMDR therapy provides many creative and transformative possibilities for children and young people suffering the impacts of trauma. However, children with early, chronic relational trauma and wounded attachment systems often miss out on effective therapy. The defenses they develop, and their negative internal representations of themselves, can make it difficult for therapists to engage them in treatment and attend to their trauma wounds. In this workshop Ana provides hope and confidence in assisting these children through EMDR therapy. She will:

- Highlight the latest research and literature on complex, early attachment trauma; its effect on the body, biological and emotional systems and brain circuitry; and the implications of these for treatment.
- Present creative strategies designed to modulate arousal, maintain dual awareness and a mindful presence, challenge procedural memory, challenge the window of tolerance, meet unmet attachment needs, nurture the younger self and the inner family, complete truncated defenses, and reconnect to the mind, the heart and the body in fresh and novel ways.

Who should attend? All EMDR therapists who work with children and adolescents will benefit from this workshop. In particular, the creative strategies developed to assist children with complex trauma will add confidence and flexibility in helping these most vulnerable children.

LOCATION: Northside Conference Centre, cnr Oxley St and Pole Lane, Crows Nest

WORKSHOP 5**THE UNEXPLORED MAGIC OF THE INTERWEAVE: RECONNECTING TO THE MIND, HEART AND BODY IN EMDR THERAPY**

SYDNEY: Friday 18 May 2018

9:30-5:00

EMDR MASTERCLASS For EMDR therapists who have completed level 2 training

Basic training in EMDR introduces the cognitive interweave as part of the therapist's tool box. But the rich possibilities of the Interweave often remain unexplored. When used creatively and skilfully, the interweave can transform EMDR therapy and assist clients as they reconnect to the mind, the heart and the body in fresh and novel ways. In this masterful workshop, Ana will:

- Identify the many ways Interweaves can transform EMDR therapy
- Explore the history and development of the EMDR interweave and overview some of the models, categories and typologies developed by a number of authors

- Introduce interweaves to modulate arousal, challenge procedural memory, recalibrate the nervous system, challenge the window of tolerance, meet unmet attachment needs, nurture the younger self and the inner family, and complete truncated defences, to name a few
- Provide clear guidelines on how to select interweaves for a variety of purposes
- The masterclass will cover interweaves for children and adults

Who should attend? The workshop will benefit all EMDR therapists wanting to extend their understanding and use of interweaves. It will be particularly helpful for those working with clients who present with complex trauma, attachment injury, avoidance of the traumatic material and difficulties staying within the window of tolerance during processing.

Conference Centre, cnr Oxley St and Pole Lane, Crows Nest **Catering: A light morning tea Same as**

New Zealand

WORKSHOP 6: Registration opening early January

RECOVERING FROM THE TRAUMA OF FAMILY VIOLENCE: AN EMDR ATTACHMENT-FOCUSSED MODEL FOR PARENTS AND CHILDREN

AUCKLAND: Thursday 24th & Friday 25th May 2018

9:30-5:00

The effects of family violence are well documented, including the impacts on a child's development. There is also strong evidence that secure attachment to a parent is a protective factor for children and aids recovery from the effects of violence. Parents who have been victims of violence are more able to offer attuned and responsive care when their own trauma is processed. There is an urgent need for effective models of therapeutic intervention to help children and their non-violent parent, usually their mother, recover from the trauma of family violence and prevent trauma across generations.

This workshop incorporates an attachment and trauma framework that assists in understanding complex issues after family violence, including attachment to the perpetrator. It introduces a model of EMDR therapy that heals the trauma of family violence for parents and children, and strengthens their attachment bond. The role of EMDR with perpetrators of violence will also be discussed.

WHO SHOULD ATTEND?

The workshop is suitable for all EMDR practitioners who encounter family violence and its aftermath, whether you are very experienced or newly trained. It will also assist those who are family violence specialists, to effectively use EMDR therapy after family violence.

Details to be Announced