

Title: Parts Work, EMDR, and the Phase (1 CE)

Description/Abstract:

Parts work has been a part of therapeutic processes for decades with several different applications in therapy. Technique, theory and therapeutic lens vary with each application and the outcomes can be both exploratory and reparative. Historically, dissociative features and complex trauma indicate where these therapeutic techniques can be used to strengthening the client's ability to reprocess information and are employed during Phase 2 work. However, parts work may be done in many of the phases of EMDR, using some key conceptual approaches. In this 1-hour workshop we will discuss various theories, examine recent research in dissociation, and explore techniques in parts work that may be used throughout the phases of EMDR.

Goals/Objectives:

- Review therapeutic applications of parts work
- Explore recent research on dissociation
- Discuss the integration of parts work within, application and techniques of parts work in multiple phases of EMDR

Timed Outline/Agenda:

11:45am – 12:00pm	Sign in/log on
12:00pm-12:05pm	Greeting, Introduction and Objectives
12:05pm – 12:20pm	Discuss various theories of dissociation
12:20pm – 12:30pm	Examine recent research on dissociation
12:30pm – 12:50pm	Explore techniques in parts work that may be used throughout the phases of EMDR
12:50pm-1:00pm	Q&A, Wrap Up