**EMDR Therapy with Grief and Mourning. Mt Maunganui**

**Dates : 15 & 16 February 2020**

Roger M. Solomon, Ph.D.

This workshop will focus on integrating EMDR therapy into the treatment of grief and mourning. The death of a loved one can be a time of unparalleled distress and adaptation to the loss can be very challenging. Even when uncomplicated, bereavement can result in significant psychological, behavioral, social, physical, and economic consequences (Osterweis, Solomon, & Green, 1984; Solomon & Rando, 2007, 2012, 2015). EMDR therapy can be integrated into treatment of grief and mourning to process the distressing memories and present trigger that complicate the bereavement, and enable the mourner to assimilate and accommodate the loss.

Attachment theory increases our understanding of complicated grief and mourning and explains individual differences in grief reactions. Research has shown that attachment style is an important determinant of how one grieves. The loss of a significant person in adulthood can evoke many of the same feelings and responses that accompanied separation from an attachment figure during childhood (Kosminsky & Jordan, 2016). Consequently, understanding attachment theory can guide the EMDR clinician in identification and treatment of the maladaptively stored information complicating the grief. Other frameworks important for understanding grief and mourning and guiding treatment will also be presented. including Continuing Bonds (Marwit and Klass, 1996), Dual Process Model (Stroebe and Schut, 2010), and the “R” processes (Rando, 1993) which outlines the processes that are necessry for adaptive assimilation and accommodation of the loss.

This presentation will discuss grief and mourning, case conceptualization and target (memory) selection and sequencing), factors that can complicate bereavement, and how EMDR therapy can be integrated into an overall treatment plan. The eight phases of EMDR therapy, and three prongs (past, present, future) with grief and mourning, with video tape illustrations, will be discussed.

An emphasis of this workshop is an analysis of clinical material through presentation of video tapes of EMDR therapy sessions. Video tapes not only show the content of clinical dynamics of grief and mourning, but also the “art” of EMDR, including the pacing, timing, mechanics, cognitive interweaves, and relational aspects of EMDR.

**Learning Objectives**

* Understand grief and mourning, and factors that complicate the grief
* Identify the processes necessary for assimilation and accommodation of loss
* Understand attachment theory and its relation to grief and mourning
* Understand how to integrate EMDR therapy into a treatment framework for grief and loss.

**Teaching Methods**

Lecture, video tapes of sessions, demonstrations

**Presentation of Trainer (biography and bibliography)**

Dr. Roger Solomon is a psychologist specializing in the areas of trauma and grief. He has been Senior Faculty with the EMDR Institute since 1993 and teaches EMDR internationally. He is a consultant with the US Senate, providing direct services (including EMDR) through the in-house Senate Employee Assistance Program. Dr. Solomon has provided consultation and direct services to law enforcement agencies, including the FBI, Secret Service, and Polizia di Stato in Italy, and has worked extensively with families of police officers killed in the line of duty. Dr. Solomon has extensively collaborated with Onno van der Hart (Senior author of “The Haunted Self), and is part of an international team that has written articles on utilization of EMDR therapy with complex trauma. He is a visiting professor with Salesiana University in Rome, Italy and is a consultant with psychology programs for La Sapienza (University of Rome) in Rome. He has authored or coauthored 46 articles and book chapters pertaining to EMDR therapy, grief, complex trauma, acute trauma and law enforcement

* **Fees (AUD):**
  + $660
  + $400 for attendees also attending the Master Class
  + $200 for attendees who have attended three or more Master Class trainings

**Venue :** Hillier Centre **Registration via Website :**

31 Gloucester Rd EMDR Training Australia and New Zealand

Mt Maunganui emdr.com.au

Tauranga. 3116

**Program**

Day 1

0900-1100 Introduction to grief and mourning

1100-1115 Break

1115-1300 Frameworks important to understanding grief and mourning.

1300 – 415 Lunch

14:15 – 1600 Utilization of EMDR therapy with grief and mourning, video tape of EMDR sessions.

1600 – 1615 Break

1615-18:00 The Utilization of EMDR Therapy with grief and mourning, continued

Day 2

0900-1030 Eight phases of EMDR therapy

History and Preparation (Phases 1 and 2)

1100-1115 Break

1115-1300 Eight phases continued (Phases 3-8)

1300 – 1415 Lunch

1415 – 1545 Eight phases, continued ({Phases 3-8), video tape of sessions)

1545 – 1600 Break

1600 - 1700 Video tape of sessions , continued

Case discussion

Summary and wrap up