

Outline

EMDR and IFS: Shared Principles and Why Memory Consolidation is Key

EMDR & IFS: Shared Principles & the Differing Lenses of Trauma

Why the Memory Reconsolidation Process is Important to Both Models

Risks & Limitations of EMDR and IFS as Single-Model Approaches

Determining Factors to Integrate EMDR & IFS

Appropriate Client Candidates for Integrating EMDR & IFS

Setting Up Effective IFS-Informed EMDR

Benefits & Risk of Integrating IFS into EMDR's 8 Phase Protocol

Applying an IFS Paradigm Shift into EMDR

Phase 1: History Taking, Treatment Planning, & Consent for Treatment Plan

Phase 2: Preparation & Resource Development

Introducing Self Tapping for Attachment Readiness and Repair

Inviting Self Presence into EMDR: Enhanced Assessment and More Comprehensive Trauma Processing

Finding Targets for Trauma Processing: EMDR vs IFS methods

Internal Relational Repair for Healthier Relationships with Themselves and Others

Phase 3: Assessment – Using IFS to Help Identify Targets

Phase 4: Desensitization – IFS Techniques for More Comprehensive Traumatic Material Processing

Practical IFS-Informed Interventions to Support Integration

Phase 5: Installing Positive Qualities – Using IFS to Counterbalance Negative Beliefs or Emotions

Phase 6: Body Scan & Future Template – IFS for Enhancing Sense of Safety and Trust in their Bodies

Phase 7: Closure – How Understanding Parts Helps Clients Reflect on Progress

Phase 8: Reevaluation

Integrating EMDR into the IFS Steps

Benefits & Risk of Integrating EMDR into the IFS Steps

How to Integrate Bilateral Stimulation into Steps of the IFS Model.

The 2 Choice Points Within the IFS Steps to Integrate EMDR

Live Webinar Schedule (Times listed in Central)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

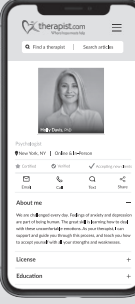
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

1. Identify the key concepts and intersecting theoretical principles of both the EMDR and IFS models.
2. Explain the role of EMDR and IFS in processing and resolving traumatic memories.
3. Assess and identify appropriate clients for an integrated EMDR and IFS approach.
4. Use EMDR and IFS techniques to help clients identify and resolve inner conflicts that may be hindering their healing process.
5. Develop a treatment plan that incorporates trauma targets identified by the client and/or therapist and utilize EMDR and IFS techniques to effectively process these targets.
6. Guide clients through the EMDR and IFS process to promote a greater understanding of how their past experiences have influenced their current beliefs and behaviors
7. Demonstrate how to teach and guide clients in using self-tapping as a form of self-regulation and coping skill both during and outside of therapy sessions.

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EMDR & INTERNAL FAMILY SYSTEMS (IFS)

Integration Techniques to Resolve Inner Conflicts for Enhanced Trauma Processing

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EMDR & INTERNAL FAMILY SYSTEMS (IFS)

Integration Techniques to Resolve Inner Conflicts for Enhanced Trauma Processing



Featuring
Daphne Fatter, PhD, Certified IFS therapist and Certified EMDR therapist

- Identify and resolve inner conflicts that may be hindering your clients' healing processes
- Provide a foundation for internal relational repair within the client
- Decrease the risk of client decompensation
- Use self-tapping to promote emotional regulation

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EMDR & Internal Family Systems (IFS)

Integration Techniques to Resolve Inner Conflicts for Enhanced Trauma Processing

EMDR is one of today's go-to trauma therapies for clinicians across the globe.

But when you work with complex trauma, you so often see clients getting stuck as their internal conflicts, (like feeling partly responsible, but partly helpless) get in the way of their ability to fully process the trauma.

Fortunately, **IFS is the perfect complement to EMDR, giving you tools to work with these conflicting parts** and giving your clients an accessible framework to develop a deeper understanding of themselves and their experiences.

Now in this one-day training you'll join trauma expert Daphne Fatter, PhD, certified in both EMDR and IFS, as she shares a how-to guide on integrating EMDR and IFS in treatment so you can more effectively work with the emotional, cognitive and physical aspects of trauma to reduce your clients' symptoms, individualize their treatment, and create the sense of coherence and wholeness they need to heal and grow.

Dr. Fatter will give you a **step-by-step guide to using non-pathologizing relational interventions from IFS at each phase of EMDR**, so you can provide trauma treatment that meets clients where they're at and skillfully attends to the unique needs of each client's internal parts.

Join Dr. Fatter so you can:

- Identify and resolve inner conflicts hindering your clients' healing processes
- Understand how EMDR and IFS facilitate the process of memory reconsolidation
- Explore clients' internal parts that may be contributing to their current challenges
- Develop a greater sense of self-awareness and self-compassion in clients
- Provide a foundation for internal relational repair within the client
- Decrease the risk of client decompensation
- Use self-tapping to promote emotional regulation
- And much more

Don't miss this chance to learn how you can combine these powerful treatments so you can more skillfully work with a wide range of clinically challenging clients including clients with complex trauma.

Register now!

Target Audience:

Counselors • Social Workers • Psychologists • Addiction Counselors • Marriage and Family Therapists
Physicians • Other Professionals Who Work within the Mental Health Fields



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Meet Your Speaker



Daphne Fatter, PhD, is a licensed psychologist, certified Internal Family Systems (IFS) therapist, and clinical IFS consultant. Dr. Fatter is certified in EMDR and has been providing EMDR for trauma treatment for almost 20 years. She created STARR (Self Tapping for Attachment Readiness and Repair), a hands-on practical therapeutic intervention, to help integrate EMDR and IFS at specific places in each model. She is the author of "IFS and EMDR: Transforming Traumatic Memories and Providing Relational Repair with Self" in *Altogether Us: Integrating the IFS Model with Key Modalities, Communities, and Trends* (in press). Dr. Fatter was awarded her doctorate in counseling psychology from the Pennsylvania State University. She completed a postdoctoral fellowship in clinical psychology at the Trauma Center, under the direct supervision of international pioneer on traumatic stress research Dr. Bessel van der Kolk, MD. She is the former military sexual trauma coordinator at the Fort Worth Veteran Affairs Outpatient Clinic. She speaks to mental health clinicians internationally providing engaging continuing education on nuances on trauma treatment from her seasoned clinical experience treating PTSD and complex trauma. She is in private practice in Dallas, Texas.

Speaker Disclosure:

Financial: Dr. Daphne Fatter maintains a private practice. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Daphne Fatter is a member of the American Psychological Association, the EMDR International Association, and the Texas Psychological Association.

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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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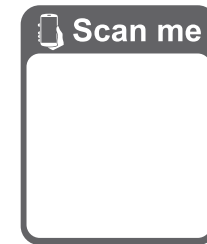
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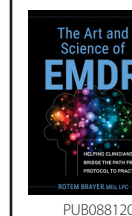
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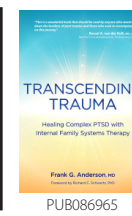


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