

Outline

Interpersonal Trauma: Neurobiological, Physiological, and Psychological Perspectives

Exploring physical, emotional, and sexual abuse

Neurobiological, physiological, and psychological processes involved

Long-term consequences of interpersonal trauma

Recognizing risk factors

Prevalence rates and barriers to disclosure of interpersonal trauma

Impacts on relationships with others and oneself

Assess for Interpersonal Trauma in the Clinical Setting

Recognizing warning signs, symptoms, and comorbidities

Differentiating physical, emotional, and sexual abuse in the clinical context

Screening and assessment measures for identifying trauma in clients

- Trauma Symptom Inventory
- CAPS
- Dissociative Experiences Scale

Developing a trauma-informed approach

DBT Skills for Trauma-Related Symptoms, Triggers, and More

Research on DBT and survivors of interpersonal violence

DBT components and how the biosocial theory relates to trauma

Goal and targets of treatment

DBT tools for managing crises and creating safety plans

DBT validation strategies and creating a safe therapeutic environment

How DBT helps clients set healthy boundaries

- Objectives
1. Gain a comprehensive understanding of the fundamental concepts and principles of Eye Movement Desensitization and Reprocessing (EMDR) and Dialectical Behavior Therapy (DBT) and explore how these approaches can be effectively integrated to support individuals who have experienced interpersonal trauma.
 2. Acquire an in-depth understanding of how DBT and EMDR can be utilized to help clients regulate their emotions, reduce trauma triggers, and enhance stability in the face of trauma-related symptoms.
 3. Review the existing evidence-based research on the efficacy of EMDR and DBT in managing trauma symptomology, and critically analyze their applicability in clinical practice.
 4. Develop strategies for seamlessly incorporating DBT principles and techniques into the various phases of EMDR therapy, to enhance treatment outcomes for trauma survivors.
 5. Utilize the biosocial theory of DBT and the Adaptive Information Processing (AIP) model of EMDR to effectively conceptualize and understand the complex needs of clients with interpersonal trauma and create comprehensive treatment plans.
 6. Identify specific treatment goals and targets that align with the unique needs and challenges of survivors of interpersonal trauma, and tailor therapeutic interventions accordingly to promote healing and recovery.

EMDR for Traumatic Memories Related to Interpersonal Violence

How the AIP model relates to trauma processing

Characteristics and phases of EMDR

Goal and targets of EMDR therapy

Challenges and complexities of working with survivors of IPV

Managing dissociation and other challenges

Resourcing and grounding techniques to enhance stabilization and containment

Integrating EMDR and DBT in Trauma Work: Enhancing Resilience and Coping During Stabilization and Trauma Processing

How EMDR and DBT complement each other

Assessing clients' needs and treatment priorities

Common goals for survivors of interpersonal violence

DBT treatment planning strategies to identify specific targets for EMDR

Enhancing EMDR readiness with DBT emotional regulation skills

DBT coping skills for calm and focus in EMDR sessions

5 practical ways to fuse DBT skills directly into EMDR sessions

Case studies

Research, risks and limitations

Live Webinar Schedule
(Times listed in Eastern)

8:00 Program begins

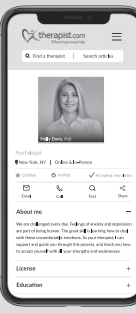
11:50-1:00 Lunch Break

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.

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An Integrated Toolkit to Treat Survivors of Physical, Emotional and Sexual Abuse

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EMDR and DBT for Interpersonal Trauma

An Integrated Toolkit to Treat Survivors of Physical, Emotional and Sexual Abuse


Unleash the therapeutic potential of EMDR with DBT skills to enhance stabilization and trauma processing

- Boost clients' readiness for trauma processing
- Strategies to manage the emotional intensity that can arise during sessions
- Interpersonal skills to promote more comprehensive trauma recovery
- Tailor EMDR and DBT interventions to meet the unique needs of your clients

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EMDR and DBT for Interpersonal Trauma

Clients who’ve suffered physical, emotional and sexual abuse carry a heavy burden; traumatic memories leaving deep emotional wounds they can struggle to move past.

EMDR can be a lifesaver for these clients, allowing them to process these memories and reclaim their lives.

But even with the best tools, your road to successful treatment isn’t easy. The material is tough. Sessions can get intense. And when sessions end, clients still need to navigate relationships with others (and themselves) that have been complicated by their traumatic pasts.

That’s why if you use EMDR, integrating DBT can be a game-changer – giving you a powerful toolkit for addressing the emotional and relational aspects of interpersonal trauma as you process the traumatic memories they just can’t forget.


Join us in this one-day training led by Katelyn Baxter-Musser. Certified in both EMDR and DBT, Katelyn has helped thousands of clinicians get the most out of EMDR and DBT. She’ll provide you **a step-by-step guide on how to use DBT skills to enhance the effectiveness of EMDR**, resulting in more comprehensive trauma recovery for your clients.

Under Katelyn’s expert guidance you’ll learn how to **seamlessly integrate two of today’s most proven approaches**, so you can:

- **Enhance client readiness** for EMDR
- Help clients better manage emotional intensity during EMDR sessions
- **Address complex relational issues** associated with interpersonal trauma
- **Boost distress tolerance skills** to support trauma processing
- Improve interpersonal functioning in clients through DBT-informed interventions
- Tailor EMDR and DBT interventions to **meet the unique needs of your clients**
- Skillfully work with a wide range of clinically challenging trauma clients

Don’t miss this opportunity to take your EMDR therapy to the next level with the DBT skills to make sessions more effective than ever before.

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Meet Your Speaker

Katelyn Baxter-Musser, LCSW, CDBT, is a licensed clinical social worker and is certified in Dialectical Behavior Therapy (CDBT) through Evergreen Certifications Institute and is certified in EMDR. She works in private practice where her areas of expertise include the treatment of trauma, PTSD, depression, anxiety, grief, and relationship issues.

Her DBT training is one of PESI’s most in-demand programs attended by tens of thousands of clinicians worldwide. Ms. Baxter-Musser incorporates DBT into her practice in working with adolescents and adults presenting with a variety of concerns. Her years of experience using DBT principles in her practice have helped her clients to develop healthier coping skills, better process their past traumas, and increase their ability to identify and cope with destructive emotions.

Ms. Baxter-Musser is also an EMDRIA approved consultant who previously sat on the EMDRIA Standards and Training Committee and was the co-regional coordinator for the EMDRIA Southern Maine Regional Network. She is also a member of the National Association of Social Workers, the American Academy of Experts in Traumatic Stress and the National Center for Crisis Management.

Speaker Disclosure:
Financial: Katelyn Baxter-Musser is the owner, operator, trainer of Inner Awakening Counseling & Consulting. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Katelyn Baxter-Musser is a member of EMDRIA, the National Association of Social Workers, the American Academy of Experts in Traumatic Stress, the National Center for Crisis Management, and the International Society for the Study of Trauma and Dissociation.

Target Audience:

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


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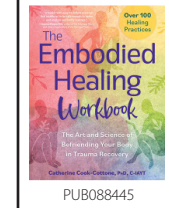
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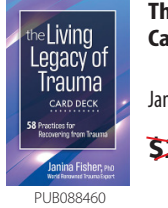
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