

Workshop Location & Information

Colorado Christian University
8787 W. Alameda Avenue

Lakewood, CO 80226
303-963-3220

Attendance Requirements

Attendees must have completed EMDRIA™ approved basic training, or Level 2 training.

Continuing Education

SATISFACTORY COMPLETION

Participants must have paid tuition fee, signed in, attended the entire seminar, completed an evaluation and signed out in order to receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

EMDRIA

Barry Litt, MFT is an approved EMDRIA provider. (12) contact hours.

PSYCHOLOGISTS

The EMDR Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The EMDR Institute maintains responsibility for this program and its contents.

NBCC

The EMDR Institute is an approved provider through the National Board of Certified Counselors. NBCC Provider #5558. 12 Contact hours.

BBS

For California the course meets the qualifications for 12 hours of continuing education credit for MFTs and LCSWs as required by the CA Board of Behavioral Sciences. Approval #PCE270

NURSES

The EMDR Institute is a provider of continuing education by the California Board of Registered Nursing. Provider #97

DISABILITY ACCESS

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please notify Kathryn Kelley (406-461-5412) and the hotel if special accommodations are required.

For further information, contact the presenter: barry@barrylittmft.com or visit the website: barrylittmft.com

"Barry Litt is a gifted teacher, clinician and creative force. His theoretician's mind combines a deep knowledge of the subject matter with a razor sharp wit and an instinctive understanding of how people learn best. Clinicians leave his workshops exhilarated, empowered and hungry for more."

—Victoria Britt,
LCSW, LMFT

This workshop, presented in a lively, often humorous way, brings ego state theory to life for those who work with couples. Barry's is one of a handful of essential voices out there for describing the power and importance of EMDR and ego state therapy.

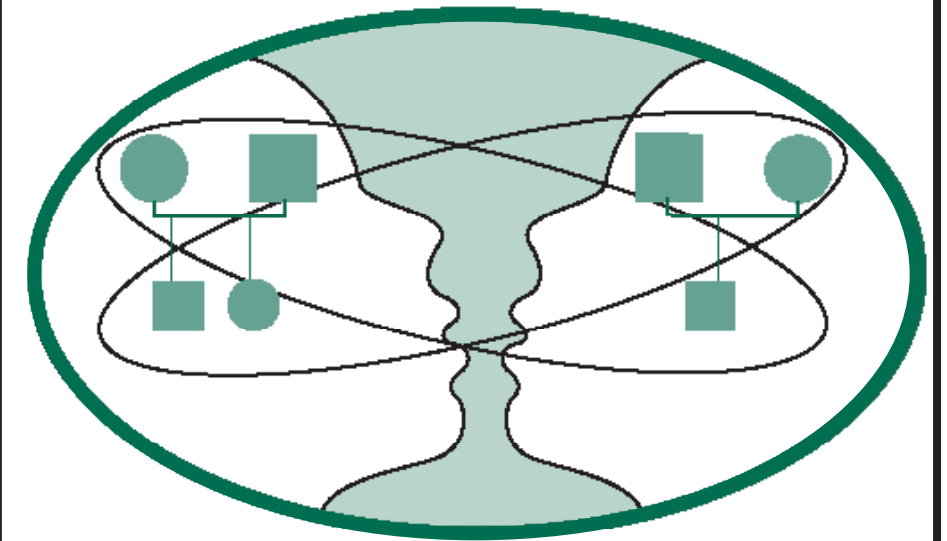
—Carol Forgash, LCSW

"I have been a Marital and Family therapist for 35 years and an EMDR therapist for 12. Barry Litt's elegant and enjoyable integration of these complex theories and methods is, without question, worth the price of admission. I consider a workshop very successful if I can immediately apply the material on Monday morning, have my understanding of conceptual material stimulated and have a good time, as well. Barry's workshop was for me, very successful. I highly and without question, recommend it for any EMDR therapist working with or thinking of working with couples."

—Bennet Wolper, LMSW,
EMDRIA Approved
Consultant

Beyond Trauma Resolution: EMDR and the Growth of the Relational Self

Barry Litt, MFT



TWO DAY TRAINING

Colorado Christian University
Lakewood, CO 80226

July 24 - 25, 2009

12 CEs
for SWs, Psychologists and LPCs

Co-Sponsored by:
Laura L. Knutson, LCSW
and
The EMDR Institute

The EMDR Institute maintains responsibility
for this program and its contents

Beyond Trauma Resolution: EMDR and the Growth of the Relational Self

Barry Litt is a thoughtful, innovative, and funny (enthusiastic, spirited, energetic) teacher and clinician who brings the dynamics and challenges of couples therapy to life for his workshop participants. He is solidly grounded in theory, yet very precise and practical in helping practitioners navigate the rocky waters of couples therapy. He skillfully integrates the concepts of ego state therapy with a sophisticated understanding of the EMDR Adaptive Information Processing model.

—Deborah Korn, PhD.

We need each other. This basic truth goes beyond our biological imperative and speaks to the very nature of being human. As our personalities are shaped by our early family experience, we continue to perceive and interact with the world in ways that were adaptive to our original context. Such *loyalty* to our families is often invisible, yet the rules and obligations of the family system structures the motivation of its members. A valid sense of self is inextricable from responsible relational behavior. By learning to assess the loyalty system in which each client is embedded, therapists can better surface unconscious motivation and create a therapy predicated on helping clients not only think and feel better, but *do* better.

In Day One, participants will learn about the relationship between family dynamics and ego structure, reenactments from the family of origin, and the manifestations of ego state conflict in individual and conjoint therapy. In Day Two, participants will learn a model for EMDR-based assessment and treatment planning using contextual family therapy, and learn a progression of techniques to control and focus desensitization within the optimal zone of arousal. This interactive work-

shop will include practicum, videotape and didactic material designed to facilitate a deeper understanding of this exciting new integrative model.

Workshop Schedule

Day 1

9:00 am - 12:00 pm The Interior Life of the Family

- The Relational Self
- The Ethical Dimension of Relationship
- The Psychobiology of Attachment
- The Problem of Mourning
- Case Illustration
- When Two Become as One, and Other Bad Ideas
- Ego State Manifestations in Therapy

12:00 pm - 1:30 pm Lunch

1:30pm - 5:00 pm EMDR Treatment Planning

- Procedural Steps
- Video with Group Discussion
- Goals of EMDR Intervention
- Doing EMDR Conjointly
- Indications and Contraindications
- Structuring the Therapy

- Target Selection

Day 2

9:00 am - 12:00pm

- Day One Recap; Case Presentation
- Genogram Practicum
- Relational Approach to Treatment Planning
- Couples Interview Practicum
- Goals of Relational Approach
- Kitchur's Genogram-Based Target Selection
- EMDR and the Domains of the Self

12:00pm - 1:30 pm Lunch

1:30 pm - 5:00 pm

- EMDR and the Ego State Conflict
- Advanced EMDR Techniques for Complex PTSD
- Ego State Informed Interweaves
- The Zone of Optimal Processing

There will be a 15 minute break each morning and afternoon. Lunch is on your own each day.

About the Presenter



Barry K. Litt, MFT is a gifted presenter and theoretician who has over twenty-five years experience in treatment, instruction, and consultation in the mental health field. He studied contextual therapy with its founder, Ivan Boszormenyi-Nagy and went on to become an AAMFT Approved Supervisor, an EMDRIA Approved Consultant and a member of the International Society for the Study of Trauma and Dissociation. He has spent the last decade giving workshops for those organizations to in-

ternational audiences. Barry Litt authored the chapter **The Child as Identified Patient: Integrating Contextual Therapy and EMDR** in Shapiro, F.; Kaslow, F., & Maxfield, L. (Eds.)

Handbook of EMDR and Family Therapy Processes by Wiley & Sons, 2007. He is also author of **EMDR in Couples Therapy: An Ego State Approach** in C. Forgash, and M. Copeley (Eds.) *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy* by Springer, 2007. He maintains a private practice in Concord, New Hampshire. You can view his website at barrylittmft.com.

"It is rare to find the combination of intellect, humor and accessibility that I experienced in Barry Litt's workshop on Couples, Ego States and EMDR. He demonstrated a keen understanding of all three areas and an ability to present that made difficult material extremely comprehensible and if I dare say so, fun."

—Zona Scheiner, PhD

Current research is limited to the application of EMDR to trauma-related disorders.

Workshop Objectives

EMDR therapists will:

- Identify intergenerational patterns that contribute to ego state conflict.
- Evaluate repetition compulsions or reenactments in clients' relationships.
- Deconstruct reenactments to identify negative cognitions preparatory to EMDR.
- Learn a typology of negative cognitions that structures treatment planning.
- Recognize indications and contraindications for conducting conjoint EMDR sessions.
- Identify the zone of optimal EMDR processing for efficient and safe desensitization.
- Learn advanced techniques in the use of EMDR to treat complex PTSD.

Registration Form

*Beyond Trauma Resolution:
EMDR and the Growth of the Relational Self*

PLEASE PRINT CLEARLY

Name: _____

License Type: _____ Lic#: _____

Street Address: _____ Suite: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Advanced seminar: Full completion of an EMDRIA-approved basic EMDR training is required to register. EMDR Training Dates: _____

Early Registration (postmarked by June 28) \$325

Standard Registration (postmarked after June 28) \$375

HAP Trainees Registration Discount \$199

Same day registration, add \$25

Check enclosed, payable to: Human Dynamics Associates

Credit Card. All major credit cards accepted through PayPal*

*go to barrylittmft.com/conference_registration and follow the prompts

Refund (minus \$50 administrative fee) when canceling prior to 7 days before the workshop. No refund within 7 days of the seminar.

3 Ways To Register

1. ONLINE: www.barrylittmft.com

2. FAX: 603.774.6107

3. MAIL: Barry Litt
Human Dynamics Associates
85 Warren Street
Concord, NH 03301