Integrating Art Therapy and EMDR with Complex Clients

***Intended for social workers, counselors, psychologists, art therapists, and all licensed mental health counselors. EMDR basic training course is required for EMDRIA CE's.**

June 5th and 6th, 2020
9:00am-4:30pm
Location: Holiday Inn Express & Suites
300 E. Harrell Drive, Russellville, AR 72802, USA
Cost: $250 (early bird rate)

Course Description

Skill level – Beginner, Intermediate, Advanced

This workshop is for therapists who have completed an EMDRIA approved EMDR basic-training. When therapists complete training in the 8 phase EMDR protocol, they sometimes find it challenging to integrate EMDR therapy into their current work with challenging and complex trauma clients. By the same token, clinicians with a primary focus in EMDR are often looking for ways to deliver the EMDR protocol in more developmentally sensitive ways which feel safer to the traumatized client. We will review the therapeutic power of the arts and identify techniques and tools that will maximize the healing of clients through integration of the two approaches.

Why Art Therapy?

This workshop will offer a foundation of knowledge on how the power of the arts and EMDR can be effectively integrated with children, adolescents, and adults. EMDR Therapists are looking for ways to deliver EMDR therapy in a developmentally sensitive way that feels safer to the client with complex symptoms. Expressive arts can be used to support client resources and skills through the 8 phases of EMDR to increase success treating complex trauma.

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Objectives:

1. Explain why integrating art experience within the AIP model and eight phases can help increase client readiness for phase 4 processing.
2. Identify how to help clients increase affect tolerance and a state of calm for processing using art materials such as clay, pastels, drawing, and sand
3. Practice how to use art materials with scripts to help client's kinesthetically and visually learn psycho education about trauma and behavior change techniques
4. Practice using art materials to enhance resource development using resource reminder script
5. Identify how art therapy can improve the client's mentalization skills, which are necessary for complex clients to connect with adaptive information when processing attachment wounds
6. Practice an art-based version of Fraser's table to learn about different parts of self
7. Explain three approaches for integrating art experience in Phase 4 to help process trauma, grief and loss

Elizabeth Davis, MFA, MS, ATR-BC, LCAT is a board certified, state licensed art therapist with over 20 years' experience working in the field of creative arts therapy and trauma therapy. She has conducted dozens of workshops and presentations that offer practical and creative approaches to engaging and treating clients of all ages who present with complex issues. Her approach integrates the modalities of Art Therapy, EMDR Therapy, Sensorimotor Psychotherapy, Progressive Counting, mindfulness practices and Play Therapy. She currently serve as Director of the Trauma Institute & Child Trauma Institute satellite in Buffalo New York. As Director of Buffalo's satellite location, Elizabeth is involved in training, research, consultation, and intensive therapy. Elizabeth is EMDR certified and a consultant/ trainer through EMDRIA, level one certified in Sensorimotor Psychotherapy, and trained in MBSR, play therapy, sand tray, and "part work" utilizing Structural Dissociation Theory.

Email: **ed@childtrauma.com**

Annie Monaco, LCSW-R, RPT. Annie Monaco is a Licensed Clinical Social Worker, Registered Play Therapist and a faculty member of the Child Trauma Institute & Trauma Institute and of University at Buffalo School of Social Work. Annie travels throughout the US and internationally providing a multitude of trauma-informed trainings and agency and therapist consultation. Annie is a trainer of EMDR, Progressive Counting and STAR (Strategies for Trauma Awareness and Resiliency), Attachment and Dissociation, and EMDR with children. Annie is the Chair of the EMDRIA Child Special Interest Group.

Annie has extensive training in complex trauma, family therapy, and play therapy, restorative justice and over 25 years as a trauma therapist serving children, teens, families and adults. Her private practice includes a multitude of behaviors and issues including foster care, out of country adoptions, juvenile justice and dissociation.

Email: **monaco.training.center@gmail.com**

Website: **www.anniemonaco.com**

Course Outline Day 1- Defining the Landscape:

What is Art Therapy? 9:00 - 10:15 PM
What is complex trauma? 10:30 - 12:00 PM
Attachment trauma and assessment
Lunch- 1 hour 12:00 - 1:00 PM
Neurobiological perspective, and art-based 1:00 - 2:30 PM
assessments
Understanding Dissociation and art-based 2:45 - 5:00 PM
assessments

Course Outline Day 2- The Integrative Approach:

Therapeutic relationship 9:00 - 10:15 PM
Psychoeducation 10:30 - 12:00 PM
Lunch- 1 hour 12:00 - 1:00 PM
Goal setting, motivation, resourcing and skill building 1:00 - 2:30 PM
Trauma processing 2:45 - 4:00 PM
Integrating treatment 4:00 - 5:00 PM

Continuing Education Hours

Ce-Classes.com is the provider of Continuing Education Credits (CEs).
Certificates are awarded online after the completion.
Participants print their own certificate after registering at ce-classes.com, entering a keycode, and completing an evaluation form.
Annie Monaco is an EMDRIA CE provider (#18007) and this workshop is approved for 12 EMDRIA CE's to those that have completed a basic EMDRIA-A pproved EMDR workshop training.
12 Continuing Education credits is approved by Ce-Classes.com .

- The American Psychological Association (APA) Ce-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. Ce-Classes.com maintains responsibility for this program and its content.
- This course is NOT available for NBCC credit.
- This training does not offer ASWB ACE credit to social workers
- Florida Certification Board
- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAPExpires 3/31/2021
- The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-147-0221 Expires 02-2021
- The Texas Board of Social Work Examiners, Continuing Education Provider – 5674 expires 4/30/2020
- The Texas Board of Professional Counselors, Continuing Education Provider
- Massachusetts Authorization Number: 2212
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Provider # RCST031201 Expires 5/31/2021
- New York Social Work Board – Ce-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2020 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2020.

Registration

Dates: June 5th and 6th, 9 - 4:30pm
Location: Holiday Inn Express & Suites: special room rates $90
300 E. Harrell Drive, Russell Ville, Ar 72802, Usa
Telephone: 479-219-515

Cost: $250 Early Bird (on or before May 22nd): $265 Regular (after May 22nd).
(Cost includes all art supplies).
Register online:
www.anniemonaco.com/trainings/training-categories
and pay by credit card online.

*If paying by check or an agency is paying by check, please make check payable to Annie Monaco and contact Annie Monaco at monaco.training.center@gmail.com to obtain an address to mail the payment.

*This workshop is for therapists who have completed an EMDRIA approved Basic EMDR training.

Cancellation Policy: An automatic $20 processing fee is applied to all refunds. Up to 14 days before the training, a full refund is available. A 50% refund is available thereafter. Please note that no refunds will be issued after the start of the training.

ADA Accommodations: If you require any support for your ADA needs, please contact Annie Monaco at least 3 weeks prior to the event at monaco.training.center@gmail.com or 716-289-2037.

Customer Service: We are happy to respond to any concerns or questions you may have. Please contact Annie Monaco at: monaco.training.center@gmail.com or 716-289-2037.

Format: This training involves lecture, demonstration video, experiential exercises, and personal exploration.

This training does not offer ASWB ACE credit to social workers.

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There is no known commercial support for this program
There are no known conflicts of interests for this workshop