

**“Reclaiming the Authentic Adult Self:
EMDR and Attachment Focused Trauma Therapy
for Adults (AFTTA)”**

**Presented by Ann Potter, Ph.D.
and Debra Wesselmann, MS, LIMHP.**

September 25-26, 2021 9:00 – 5:00 CST

This workshop will be presented online through Zoom. You must participate both full days to get CEU credit. The class will be recorded and available for 30 days ONLY FOR THOSE WHO HAVE TAKEN THE WORKSHOP LIVE. There is not an option to sign up for just the recorded version. Also, if you have to be absent during part of the class, making it up through the recording DOES NOT qualify you to get CEUs.

Attachment and developmental trauma negatively impact adults in the development of a strong sense of self, a balanced personality structure and functioning, the ability to form healthy attachments in present-day relationship—including the therapy relationship, and the capability to benefit from EMDR therapy.

This two-day training teaches participants the skills and strategies for incorporating EMDR therapy into internal restructuring and creation of safety and attachment for parts of self, creation of an effective resource team and integration of internalized parent and protector/controller into the resource team, time-orientation for parts of self, installation of a new bonding contract, and creation of a therapeutic story prior to reprocessing stages in order to maximize positive EMDR therapy outcomes.

Meet The Presenters



Ann E. Potter, Ph.D. has worked over 40 years in the mental health field as a psychiatric nurse, educator, therapist, psychologist, evaluator, researcher, writer, presenter, and consultant. She is a certified therapist and approved consultant in EMDR. She has piloted outcome research related to phase-based trauma treatment (DBT/EMDR) for adults. She has published articles on the roles adults played as children in alcoholic families, articles on EMDR therapy, and books on trauma treatment.



Debra Wesselmann, MS, LIMHP is a member of the faculty of the EMDR Institute and is on the editorial board for the Journal of EMDR Practice and Research. She conducts research and has authored and co-authored articles and book chapters, including two chapters co-authored with EMDR founder Francine Shapiro, Ph.D., as well as books related to attachment and trauma. Her latest books include a treatment manual for treating attachment trauma in children and an accompanying parent guide.

Objectives

Participants will leave the training prepared to:

- 1. Describe how attachment trauma is reflected in both the internal and external Attachment systems through the language of the AIP model.**
- 2. Install effective Safe Place for child and Adult parts of self.**
- 3. Develop supportive Inner Resource Team.**
- 4. Effectively time-orient younger/other parts of self.**
- 5. Facilitate inner dialogue/parts work to integrate Nurturing/Protective Parent and Emotional Regulator-Controller into the Resource Team.**
- 6. Create new attachment experiences for the child part of self.**
- 7. Develop a therapeutic story for adults in the format designed by Joan Lovett, M.D.**
- 8. Apply strategies to provide an emotionally corrective experience to improve clients' attachment patterns.**

Course Outline and Timeline

DAY ONE:

8:45: Participants admitted from the Zoom waiting room and attendance taken. Please leave your cameras on at all times except for breaks, lunch, and practicum.

9:00-10:30: Introduction to Strength-Based Philosophy, Use of Therapist Self, Internal Attachments/Structure, AIP Model-Parts/States, P-A-C Model, Velcro Kids, Demos, Video

10:30-10:45: Break

10:45-12:00: EMDR PREPARATION PHASE—Goals & Steps for Resource Development, Safe

Place/Higher Powers for Adult Self and Child Parts, Container, Videos & Practice

12:00-1:00: Lunch

1:00-2:45: Resource team (RT)—Brainstorming goals, characteristics & members, Demo/video; Resource team (RT) Installation, Video & Practice

2:45-3:00: Break

3:00-3:45: Parts Work—Negotiating with Critical Parent & Emotion Regulation-Controller, Video

3:45-4:30: Strengthening the Authentic Adult Self, Video, Demo, & Practice

4:30-5:00: Q & A

DAY TWO:

8:45: Participants admitted from the Zoom waiting room and attendance taken. Please leave your cameras on at all times except for breaks, lunch, and practicum.

9:00-9:45: Healthy External Attachment Patterns, Attachment Cry

9:45-10:30: CONTINUE EMDR PREPARATION PHASE—New Attachment Experiences for Child

Parts of Self

10:30-10:45: Break

10:45-12:00: Time Orientation, Getting Permission for Trauma Work, Early Bonding Contract, Video, Demo & Practice

12:00-1:00: Lunch on your own

1:00-1:45: Parts Work—Tucking in Child Parts, Video, Practice

1:45-3:00: Therapeutic Story, Video, Demo & Practice, Emotionally Corrective Relationship

3:00-3:15: Break

3:15-4:30: REPROCESSING PHASES—Transitioning from EMDR Preparation Phase to Reprocessing Phases, integration of work from Preparation Phase into contained Reprocessing & Standard Protocol, Videos, Demos & Practice.

4:30-5:00: Q & A

Who Should Attend?

This workshop is appropriate for anyone working in the field of psychotherapy who has completed at least half of an EMDRIA-Approved Basic EMDR training, which is required for attendance. EMDRIA CEUs can only be granted to those who have completed a full EMDRIA-Approved Basic EMDR training. Others will get a CEU certificate to submit to licensing boards, if requested.

Jill Strunk, Ed.D., L.P. maintains responsibility for this program in accordance with EMDRIA standards. The official definition of EMDR Therapy is available at www.emdria.org.

TECHNOLOGY REQUIREMENTS:

*It is necessary for attendees to participate in the training over a laptop or desktop computer with speakers. **YOU WILL NEED TO KEEP YOUR CAMERAS ON EXCEPT DURING BREAKS, LUNCH, AND PRACTICUM, AS THIS IS OUR ONLY WAY OF GUARANTEEING ATTENDANCE**

*It is also a requirement that attendees participate in a quiet, confidential space similar to where one would see clients. You need to be free from distractions so you can focus on the training fully both days to get credit for the workshop.

*If you happen to lose internet service during the training, please reset your modem and go back to the invitation on your Zoom account and rejoin. **A technical assistant will be available to advise you if you run into problems.**

***You will need the latest version of Zoom, a strong internet connection (broadband wired or wireless 3 or 4G/LTE), with minimum bandwidth of 600kbps (recommended is 1.5 Mbps. Recommended is: 1. An ethernet plug hardwired to the computer, 2. A desktop computer rather than an iPad or tablet, 3. Chrome or Firefox browser, 4. Limited, or no, other devices accessing WIFI at the same time, 5. All video and audio streaming turned off, and 6. Having cleared out the cache on the computer.**

*The workshop presenters are not responsible for the reliability of your internet connection. If you find that you are not able to participate because of technical difficulties, apply to Jill Strunk for a refund by the end of the day Saturday.

Continuing Education

The following CEUs have been approved:

EMDRIA: 13 CEUs (for those who have completed an EMDRIA Approved training in EMDR Therapy)

MN Social Work = 13; MN Psychology = 13; MN MFT = 13 and SD Counselors and MFTs = 13.

A Certificate of Completion will be awarded **for full participation in both days**, including the Board Log Numbers.

In order to earn CEUs, you will need to keep your camera on so we can take attendance during the entire workshop, except for breaks, lunch, and practicum. There is NO quiz needed to earn CEUs. As long as our records show that you participated fully both days, the sponsor will send you a CEU certificate as soon as you send her the Evaluation for the workshop. CEUs are not available if you are off-camera more than 30 minutes total, even if you “make up” the missed portion by watching the recording later.

Registration

Reclaiming the Authentic Adult Self: September 25-26, 2021
EMDR and Attachment Focused 9:00 a.m. – 5:00 p.m. CST
Trauma Treatment for Adults (AFTTA) (8:45 admitted from waiting room)

Online through Zoom

Presented by Ann Potter, Ph.D. & Debra Wesselmann, MS, LIMPH

Name (with initials of degrees and licenses)

License type, number, and state:

Year completed EMDR training

Work address, City, State and Zip Code

Work phone:

e-mail:

Tuition

\$275 if postmarked by Sept. 17, 2021

\$300 if postmarked AFTER Sept. 17, 2021

\$250 if postmarked by Sept. 17 & three or more people register together.

Registering with _____ and _____

\$225 if Student or working 30+ hours in a non-profit

Student at _____ or working at _____

(Tuition less a \$10 processing fee is refundable if you cancel before Sept. 17)

Amount of payment _____

Method of payment (check one):

Check (payable to Jill Strunk) money order Visa Master Card

To pay by credit card, hold down the control key and click on the link below, then fill out the secure form and submit it. <https://secure.affinipay.com/pages/jillmstrunkeddlp/payments>
(Please also fax or e-mail this registration and indicate that you paid online. Thank you.)

Signature of Card Holder (Payment made by clicking control key and link above)

Please return this form with payment to:

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