

## **Integrating Creative Art Therapies and EMDR with Complex Clients**

### **Course Description:**

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.

### **Presenter Bio:**

For information on your instructor, please visit: <https://www.childtrauma.com/about/faculty>

**Target Audience:** This workshop is intended for social workers, counselors, psychologists, art therapists, expressive therapists and all licensed mental health counselors. EMDR basic training course is required for EMDRIA CE's. No previous art classes necessary.

**Course Content Level:** Intermediate

### **Objectives:**

Participants will be able to:

- Explain why integrating art experience within the AIP model and eight phases can help increase client readiness for phase 4 processing.
- 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
- Practice how to use art materials with scripts to help client's kinesthetically and visually learn psychoeducation about trauma and behavior change techniques
- Practice using art materials to enhance resource development
- Identify how creative approaches can address mentalization skills to increase connection with adaptive information when processing attachment wounds
- Practice an art-based version of Fraser's table to learn about different parts of self
- Explain three approaches for integrating art experience in Phase 4 to help process trauma, grief and loss
- Differentiate dissociative symptoms, dissociative disorders and ego states
- Practice an art-based approach to learning window of tolerance
- Identify how art has been used to identify attachment styles

**Cancellations:**

Please visit: <https://www.childtrauma.com/policies/cancellations>

**Grievances:**

Please visit: <http://trauma.info/about/grievances>

Certificates will be available after training completion and be sent via provided email in PDF form. If you have questions or concerns, please contact [mperkalis@ticti.org](mailto:mperkalis@ticti.org) or [trainings@ticti.org](mailto:trainings@ticti.org).

There is no conflict of interest or commercial support for this program