

Healing Complex Trauma and Dissociation with Ego State Therapy and EMDR

PRESENTED BY

Dr Michael C. Paterson OBE

Learning objectives

- Understand how complex trauma and dissociative disorders impact on processing
- Understand the concept of working with part-selves as a way of preparing clients for the standard EMDR protocol.
- Learn how to access ego states in a controlled way and effect therapeutic change and stability.
- Learn techniques to deal with difficult ego states.

Rationale

We all display particular patterns of thinking, feeling and acting, depending on the situation. The transition is usually seamless in well-adjusted people, but where there has been disrupted attachment or sustained early life trauma the result is often the formation of particular ego states, also known as alters, parts, or schema modes. These states perform roles usually geared towards survival, but in adulthood they can be dysfunctional. Depending upon a client's early life experiences some ego states can be malevolent, wanting bad things for the client such as willing them to suffer in some way. These clients present us with the greatest challenges through what we know as complex trauma and dissociative disorders. It is necessary for clients to remain stable during EMDR sessions and contained between sessions, particularly with complex trauma and dissociative disorders. There is a need, therefore, to learn techniques to work in the Preparation Phase with more difficult clients so they too can benefit from the full EMDR protocol. It is also helpful to know how to deal with blocked processing in the Desensitization Phase due to the interference of an ego-state.

The Presenter

Dr Michael Paterson is a Clinical Psychologist based in Belfast specialising in the treatment of multiply traumatised people. It was largely based on his clinical work with EMDR Therapy that he was awarded the OBE in 2008 for Services to Healthcare in Northern Ireland. Always an advocate for EMDR, Michael sat on CREST in 2003 (Northern Ireland) and played a key role in ensuring the recommendation of EMDR Therapy as an effective treatment for PTSD in adults; the guidance from CREST subsequently fed into the NICE deliberations and their recommendation in 2005. He was invited by Dr Shapiro to train with her as an EMDR Institute Trainer, joining the Institute's Faculty in 2006. Michael is a past President of the EMDR Association of UK & Ireland. Michael has authored a

chapter in the landmark book, *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy*. He has also published articles on stress, and on trauma in the emergency services. He has presented at conferences on treating complex PTSD, and also conferences specialising in dissociation. Awarded 6 EMDR Europe CPD points.