

IETSP

Dear Colleagues,

[Bernard MAYER](#), psychotherapist, and [Francoise PASQUALIN](#), clinical psychologist and psychotherapist, part of the **IETSP**, are organizing :

« TREATING COMPLEX STRESS DISORDERS WITH MINDFULNESS AND MIND-BODY HEALING »

Presented by [Maggie Phillips, Ph.D.](#)

SEPTEMBER, 27th and 28th 2008 in PARIS

Le Meditel 28 Boulevard Pasteur, 75015 Paris France
Subway : Pasteur – Line 6 and line 12

[Click here for a detailed map](#)

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This training of 14h is recognized within the framework of continuous training of the association EMDR France, a member EMDR Europe. It entitles you to 14 credits theoretical and practical therefore 14 CT&P.

This two day workshop explores a multi-modal treatment approach to complex stress disorders. These include the eating disorders (bulimia, anorexia, bingeing, and obesity) and other addictions, complex post-traumatic stress disorder (with accompanying anxiety, panic, and depression), atypical and persistent pain conditions, the personality disorders (including borderline, narcissistic, and bipolar), and various health conditions such as lupus, chronic fatigue, and sleep disorders.

Day One will focus on how to teach self-regulation of symptoms in order to create new pathways for healing. The emphasis will be on teaching mindful awareness through work with oscillation patterns, body energy fields including the heart and brain, and other basic rhythms governed by the triune brain and the Polyvagal Nervous System. Methods are drawn from EMDR, including "tapping in" and "tapping through" and rapid alternating stimulation; Interactive Guided Imagery, and Radical Acceptance will be presented, demonstrated, and practiced.

Day Two will highlight applications of mind-body healing to treat the "root cause" of various syndromes. Techniques will include hypnotic self-regulation, uses of ECEM (Eyes Closed Eye Movement, an extension of EMDR), Somatic Experiencing and Energy Psychology reversal methods. The format includes live and DVD demonstrations, brief practicum, and clinical case consultation.

www.maggiephillipsphd.com

COURSE OUTLINE : DAY ONE

I. Introductions

- A. Brief review of participant interests and needs
- B. Overview of workshop

II. The Importance of Self-Regulation

- A. The triune brain and its normal regulatory functions
- B. The "blueprint" of complex stress disorders
- C. How to teach clients the importance of self-regulation
- D. How to build self-regulation protocols for specific kinds of clients and problems
- E. Demonstrations, practice, case discussion

III. Mindfulness and Psychotherapy

- A. Empirical evidence for mindfulness in psychotherapy
- B. Developing the "compassionate witness"
- C. Mindfulness practice as an antidote to suffering: Loneliness, loss, alienation
- D. Specific mindfulness techniques to develop "radical acceptance"
- E. Demonstrations, practice, case discussion

IV. Clinical Applications of Mindfulness

- A. Eating disorders and the addictions
- B. Complex PTSD
- C. Healing the Heart of Complex Stress with EMDR
 - 1. Tapping in and tapping through
 - 2. Rapid alternating stimulation (RAS)
 - 3. Resource Development & Installation (RDI)
- D. Creating new healing pathways with interactive guided imagery
- E. Demonstrations, practice, clinical case consultation

V. Closure : Questions and Answers

COURSE OUTLINE : DAY TWO

I. The Biology of Belief

- A. How the mind influences the body: Latest research
- B. New ways of harnessing the power of energy fields: Brain, heart, and biofield
- C. The science of positive intentions, placebo, and nocebo
- D. Happiness, positive psychology, and self-empowerment
- E. Demonstrations, practice, case discussion

II. Hypnotic Self-Regulation

- A. The language of powerful suggestion: Beyond ideodynamics
- B. EMDR & Hypnosis: Eyes Closed Eye Movement techniques
- C. Hypnotic focusing techniques
 - 1. Atypical and persistent emotional and physical pain conditions
 - 2. Personality disorders (borderline, narcissistic)
 - 3. Demonstrations and clinical discussion

III. How Psychology Becomes Physiology

- A. Working with somatic intelligence through the rhythms of natural oscillation
- B. Learning what the body knows: Resourcing through resiliency
- C. Re-engineering your cells: Creating positive self-healing experiences
- D. Strengthening the somatic self
- E. Demonstrations, brief practice, clinical discussion

IV. New Technology for Removing Barriers to Healing

- A. Energy Psychology reversal protocols
- B. Completing trauma-maintaining body movements and sensori-motor patterns
- C. Belief therapy techniques
- D. Demonstrations, brief practice, clinical discussion

V. Closing

- A. Case consultation and discussion
- B. Future learning
- C. Course evaluation

= > This seminar is in English, it will be translated by a professional French translator < =

For more information about the training, please contact : [M.MAYER Bernard](mailto:M.MAYER@ietsp.fr)

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