**A Multimodal Approach to  EMDR therapy  Across the lifespan with complex Trauma & Dissociation**

Clients with complex and developmental trauma present with layers of trauma, adversity, attachment injuries and unmet needs. They are mixed and combined with entrenched defenses, trauma related phobias and mechanisms of adaptations. These children, adolescents and adults self-organize internally to meet the demands of traumatizing and relationally impoverished environments. Due to their complex internal self-organization, parts work and a multimodal approach can aid EMDR clinicians and their clients throughout the eight phases of treatment. This presentation will provide a clear theoretical framework along with specific, practical and creative tools and strategies to explore and work with entrenched maladaptive forms of self-protection using parts work and a multimodal approach to EMDR therapy that includes expressive arts, polyvagal based and Sandtray strategies, movement and more. Clients with intricate inner systems present with significant conflict among polarized parts. This training will cover protocols and EMDR based strategies that deal with diverged and conflicted parts. Inner child interventions that can support the stabilization as well as the exploration and processing of traumatogenic material will be addressed. This training will present Sandtray, expressive arts and playful strategies that can be used with clients of all ages.

**Objectives:**

Clinicians will be able to:

1. Cite the theories that help us understand defenses and phobia formation in complexly traumatized individuals.
2. Utilize creative strategies to educate clients of all ages about self-states as well as to explore defenses and phobias.
3. Utilize practical and creative tools and strategies to explore, unblend and work with defensive and wounded self-states using parts work during preparation phase of EMDR therapy.
4. Cite strategies and techniques that can be used within the eight phases of treatment to work systemically with children and their parents to restore safety, mutual regulation and homeostasis.
5. Utilize a multimodal approach to EMDR therapy with children and their parents and adults that includes play, movement, expressive arts, polyvagal specific activities, movement and more.
6. Utilize Co-regulation vs self-regulation in EMDR therapy
7. Utilize parts work to explore and work with the internal conflict and trauma related phobias.
8. Utilize inner child interventions to meet unmet needs during initial phases of treatment as well as processing phases
9. Utilize EMDR interweaves that incorporate inner child work as well as parts work