

✓ IN-PERSON ✓ LIVE-ONLINE

AUGUST 5-9, 2024**Deborah Korn, PsyD*****EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect*****Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily | 15-Hour Course
Delivery Format: In-Person or Live-Online***** Please note, this workshop is designed for clinicians who have begun or completed an EMDR basic training course, as previous clinical experience with EMDR therapy is a prerequisite.**

EMDR therapy with survivors of childhood abuse and neglect can be extremely rewarding yet, at the same time, quite challenging. It demands a robust set of clinical skills and a solid conceptual framework to guide moment-to-moment decision-making. In recognition of clients' limited affect tolerance, rigid defenses, overdeveloped avoidance patterns, and extreme emotional dysregulation, it also requires strategies for modifying and supplementing standard EMDR protocols. "Staying out of the way" is typically not an option as these clients often need significant relational support, assistance with emotional and somatic regulation, and active interweaves to facilitate effective trauma processing.

In this workshop, we will begin by examining the impact of early neglect, abuse, and attachment disruption on the development, functioning, and identity of the individual. We will then introduce various clinical "maps" to guide assessment, case conceptualization, and treatment planning. We will review the range of dissociative presentations associated with complex and prolonged trauma and will highlight the kinds of phobias and ego state conflicts that require attention early in treatment.

We'll discuss the role of EMDR Resource Development and Installation (RDI), the importance of the therapeutic relationship, and the modulation of hyper- and hypo-arousal in EMDR trauma processing. We'll also review strategies for helping clients decrease dissociation and maladaptive defenses, allowing them to access and transform their core affects and beliefs. Significant time will be devoted to identifying common blocking beliefs and delineating different types of interweaves, each with their own functions and goals. Through watching numerous excerpts from videotapes of clinical sessions, participants will have the opportunity to see how the proposed treatment "maps" can be used to guide decision-making and how interweaves can be used with precision to deepen processing and accelerate developmental repair.

This workshop is designed for clinicians who have completed an EMDR basic training course, as previous clinical experience with EMDR therapy is a prerequisite. Very experienced EMDR therapists, as well as novices, will benefit.

Deborah Korn, PsyD, a licensed clinical psychologist, maintains a private practice in Cambridge, MA, and is an adjunct training faculty member at Bessel van der Kolk's Trauma Research Foundation in Boston. She has been on the faculty of the EMDR Institute for the past 30 years, is the former Clinical Director of the Women's Trauma Programs at Charter Brookside and Charles River Hospitals, and is a past board member of the New England Society for the Treatment of Trauma and Dissociation (NESTTD). Dr. Korn has authored or coauthored numerous articles and chapters focused on EMDR therapy, including comprehensive reviews of EMDR applications for Complex PTSD. She is an EMDR International Association-approved consultant and is also on the Editorial Board of the *Journal of EMDR Practice and Research*. She has been a keynote presenter at EMDRIA, EMDR Europe, and EMDR Iberoamerica conferences and was invited to present EMDRIA's very first "Masters Series" class in 2008. She recently served as the vice-chair of the Clinical Practice Group and on the Steering Committee of the Council of Scholars, an international group associated with the Future of EMDR Therapy Project. She is the recipient of the 2022 Francine Shapiro Award, "the most prestigious [EMDRIA] award, reserved for individual's whose service is exceptional and extraordinary." Dr. Korn also presents and consults internationally on the treatment of adult survivors of childhood abuse and neglect and, she is the co-author of *Every Memory Deserves Respect*—a 2021 book about trauma, recovery, and EMDR therapy written for the layperson. As a clinician, teacher, researcher, and consultant, Dr. Korn is known for her EMDR expertise as well as her creative integration of many different clinical models. When she's not hard at work, you'll likely find her biking, hiking, singing, or kicking up her heels with friends and family.

<https://www.everymemorydeservesrespect.com/>

Speaker Disclosures:

Financial: Deborah Korn receives a facilitation fee as a faculty member/facilitator from the EMDR Institute, she receives a fee as an author from Workman Publishing, she receives a speakers fee as a faculty/teacher/speaker from PESI/PESI UK, and she receives a speaker's fee as a faculty/teacher/speaker from the Trauma Research Foundation. She also receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute..

Non-financial: Deborah Korn has no relevant non-financial relationships with ineligible organizations.

Deborah Korn, PsyD | EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect | August 5-9, 2024

Course Agenda

Monday:

- Distinguishing complex trauma from other forms of trauma
- Recognizing both acts of commission and omission in a client's trauma history
- Complex PTSD (CPTSD) and other conditions associated with childhood abuse and neglect
- Cultural awareness and humility: An intersectional, anti-oppressive, anti-racist approach to EMDR therapy
- Screening for dissociation

Tuesday:

- Utilizing clinical "maps" to develop a solid EMDR case conceptualization
- Translating a case conceptualization into an AIP (Adaptive Information Processing Model)-informed treatment plan
- Target selection and sequencing; Specific considerations for each of the 8 phases of treatment; Adherence to the three-pronged protocol
- Expanding the EMDR concept of informational plateaus (responsibility, safety, and control)
- Recognizing and responding to different attachment styles, ego state conflicts, and defensive patterns

Wednesday:

- Managing dissociation
- Identifying and addressing trauma-related phobias (attachment/attachment loss, inner experience, parts, change)
- Applying specialized EMDR-related techniques (e.g., Flash technique, working memory taxation)
- EMDR Resource Development and Installation (RDI)

Thursday:

- Expanding Shapiro's original "cognitive interweave" concept to meet the needs of complex trauma survivors
- Understanding the different functions of interweaves in making moment-to-moment decisions during trauma processing
- Intervening to facilitate co-regulation, developmental repair, and integration
- Offering clients an opportunity to complete truncated actions and express unspoken words

Friday:

- Identifying and responding to blocking beliefs
- Specific challenges: Shame, moral injury, attachment to perpetrator
- Utilizing specialized EMDR protocols – e.g., addiction, early intervention, pain
- Comprehensive EMDR treatment: Past, present, and future targets

Course Objectives

Upon completion of this course participants will be able to:

1. Describe how complex trauma differs from other forms of trauma
2. List the range of symptoms associated with a diagnosis of Complex Posttraumatic Stress Disorder (CPTSD)
3. Discuss several major research findings related to the effects of childhood maltreatment and the use of EMDR therapy in treating adult survivors of childhood trauma
4. Describe how to identify, assess, and work with dissociative symptoms in CPTSD clients
5. Describe how to move from a solid case conceptualization to a comprehensive EMDR treatment plan
6. Describe the focus of each of the 8 Phases of EMDR Treatment and some special considerations related to Complex Posttraumatic Stress Disorder
7. Discuss how to recognize and respond to different attachment styles, ego state conflicts, and defensive patterns
8. List the trauma-related phobias commonly exhibited or expressed by CPTSD clients
9. Explain how various EMDR-related techniques (e.g., Flash Technique) can be helpful in treating complex trauma survivors
10. Discuss the role of Resource Development and Installation (RDI) in preparing CPTSD clients for EMDR trauma processing
11. Describe how different kinds of interweaves can be used to address potential blocks to processing during the Desensitization Phase of EMDR Treatment
12. Provide examples of how interweaves can be used to address developmental repair with CPTSD clients
13. Discuss the challenges of addressing shame and moral injury in CPTSD clients using EMDR
14. Identify several specialized EMDR protocols that can be particularly useful in treating childhood trauma survivors with CPTSD
15. Describe how EMDR therapy can be adapted to incorporate an anti-racist, anti-oppressive approach to psychotherapy

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.

Courses must be completed in one delivery format.

EMDRIA: The Cape Cod Institute-MAK Continuing Education, LLC is an EC Provider (#22011) and this program (#22011-06) is approved for 15 EMDRIA Credits. Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training

Please see the CE section on the **[individual course page](#)** for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

In-Person Course Format: Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30-minute break.

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

Tuition:

In-Person Course:

Early Tuition Rate: \$700 (through 04/01/2024)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

Live-Online Course:

Early Tuition Rate: \$575 (through 04/01/2024)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Refund Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

Within two weeks: If you give notice between fourteen and one day(s) before your course start date a credit for a 2024 Cape Cod Institute program is available. Credit may be applied to any 2024 or 2025 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

Once your course begins: No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at info@cape.org or by calling + 1 (203) 781-6492.

Please visit <https://www.cape.org/policies> for more information.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or info@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

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Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JULY 1-AUGUST 23, 2024

JULY 1-5, 2024

Janina Fisher, PhD

Transforming Trauma-Related Resistance and Stuckness

In-Person & Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach

In-Person & Live-Online

LaTonya Wilkins, PCC, MBA

Belonging: Fostering Psychological Safety and Below the Surface Leadership in Organizations, Clients, and Yourself

In-Person & Live-Online

JULY 8-12, 2024

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories

In-Person & Live-Online

Barry Prizant, PhD, CCC-SLP

Understanding and Supporting Autistic and Neurodivergent Individuals through the Uniquely Human Lens

In-Person & Live-Online

Licia Sky, BFA

Embodied Awareness: The Art of Presence and Attunement

In-Person Only

Bessel van der Kolk, MD

Frontiers of Trauma Treatment

In-Person & Live-Online

JULY 15-19, 2024

Sebastian Barr, PhD

Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults

In-Person & Live-Online

James Hawkins, PhD, LPC

Facilitating the Function of Attachment in Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework

In-Person & Live-Online

Stewart Levine

Building a Culture of High Performance Sustainable Collaboration: Mindset and Tools

In-Person Only

Richard Schwartz, PhD & Jeanne Catanzaro, PhD

Internal Family Systems Workshop

In-Person & Live-Online

JULY 22-26, 2024

Deb Dana, LCSW

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma

In-Person & Live-Online

John Forsyth, PhD & Jamie Forsyth, PhD

Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard

In-Person & Live-Online

Flint Sparks, PhD

Growing Up and Waking Up: Applied Mindfulness in Psychotherapy and Buddhist Practice

In-Person Only

Cece Sykes, LCSW, ACSW

Internal Family Systems and Compassion for Addictive Processes

In-Person & Live-Online

JULY 29-AUGUST 2, 2024

Margaret Blaustein, PsyD

Fostering Resilience in Trauma Impacted Youth through Attachment, Regulation, and Competency

In-Person & Live-Online

Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW

"HOT" Topics in AEDP™

In-Person & Live-Online

Franklin King, MD

The Promise of Psychedelics: A Critical Look at the Therapeutic Potential of Psychedelic-Assisted Treatments

In-Person & Live-Online

Juliet King, PhD(c), ATR-BC, LPC, LMHC

Arts & the Brain: Evidence-Based Therapeutic Arts Interventions for Optimal Health & Well-Being

In-Person Only

In-Person Only

In-Person Only

AUGUST 5-9, 2024

Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, Carol Kramer, LICSW, & Joanne Audyatis, LMHC

IMAGO: Proven Strategies for Helping Couples Move from Conflict to Connecting

In-Person & Live-Online

Deborah Korn, PsyD

EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect

In-Person & Live-Online

AUGUST 5-9, 2024

George McCloskey, PhD

Intervention for Child and Adolescent Executive Function Difficulties

In-Person Only

Maria Sirois, PsyD

Paradoxes in Resilience: Leveraging Moments of Grief, Illness, Hardship and Sudden Change to Accelerate Growth

In-Person & Live-Online

AUGUST 12-16, 2024

Bob Anderson

The Journey of Conscious Leadership

In-Person Only

Edward Hallowell, MD

Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span

In-Person & Live-Online

Donald Meichenbaum, PhD

Addressing Issues of Violence and Aggression in Individuals and Communities: Development, Prediction, and Intervention

In-Person & Live-Online

In-Person & Live-Online

In-Person & Live-Online

Ronald D. Siegel, PsyD

What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy

In-Person & Live-Online

In-Person & Live-Online

AUGUST 19-23, 2024

Amanda Blake, PhD

Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance

In-Person Only

Mary-Frances O'Connor, PhD

The Grieving Brain: The Surprising Science of How We Learn from Love and Loss

In-Person & Live-Online

Jonah Paquette, PsyD

Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection

In-Person & Live-Online

Eboni Webb, PsyD, HSP

Dialectical Behavior Therapy (DBT): Effective Tools for Navigating Trauma and Attachment in Complex Clients Across the Lifespan

In-Person & Live-Online

In-Person & Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: www.cape.org