

REGISTER NOW!
www.IBH.com/EMDR

REGISTRATION FORM

- Oct 19-20, 2018** Denver, CO
 Nov 30-Dec 1, 2018 Seattle, WA
 Dec 3-4, 2018 Live Webcast
 Dec 3-4, 2018 Portland, OR

Name _____ Degree _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Fax (_____) _____

Email Address (required) _____

Profession(s): Please provide your profession and license number(s).

Profession _____ License(s) # _____

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact IBH at 650-851-8411 if special accommodations are required. All meeting rooms are wheelchair accessible.

REGISTRATION FEES Register online and save \$10 (www.IBH.com)

- \$347 Early Registration (Must be postmarked at least 14 days prior to workshop)
- \$377 Regular Registration (Must be received by noon the day prior to workshop)
- \$397 On-Site registration (If space is still available)
- \$200 Workshop aide (Please e-mail for approval. No other discounts apply.)

LIVE WEBCAST REGISTRATION FEE

- \$337 Webcast Registration: Dec 3-4 (Must be received by noon the day prior to workshop)

DISCOUNTS

- Groups: Deduct \$50.00 per person (Three or more registrations received together)
- Full-time Students: Deduct \$60.00 (Proof of student status must accompany registration)
- Alumni: Deduct \$75.00 (Must have attended an IBH workshop during the past 12 months)

_____ TOTAL PAYMENT ENCLOSED (U.S. funds)
Payment must accompany registration.

METHOD OF PAYMENT

- Check enclosed made payable to IBH

Card # _____ Exp.date ____/____/____ CVV# _____

Cardholder name _____

Signature _____

ELIGIBILITY: This program is open to professionals and advanced students in health-related fields, and is not suitable for the general public. Learners may have a beginner-advanced knowledge base in this topic.

GUARANTEE: If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IBH requesting a refund. Your money will be refunded upon receipt of your written request.

NOTE: Speaker/planner conflict-of-interest disclosures and complete course details are available on our website. Please check prior to registering.

Recording of this workshop is not permitted.



Mail Completed Form To:
IBH | P.O. Box 5527 | Santa Rosa, CA 95402
Register by Phone, Fax or Online:
PHONE (800) 258-8411 | FAX (707) 755-3133 | www.IBH.com



I'm looking forward to seeing you there!
- Laurel Parnell, Ph.D.

LIVE VIDEO WEBCAST!

Announcing an Exciting New Workshop with Laurel Parnell, Ph.D.

Dr. Parnell is an internationally-recognized expert in trauma treatment, and her workshops consistently receive rave reviews. Highlights of this program include:

- The latest EMDR protocols for treating your most challenging trauma patients
- Four videos of "live" therapy sessions conducted by Dr. Parnell herself
- Extensive material from Dr. Parnell's newest book, *Attachment-Focused EMDR: Healing Relational Trauma*, recently published in fall 2013
- Instruction, demonstrations, and feedback from one of the world's acknowledged experts in EMDR

"Dr. Parnell is an exceptional teacher and EMDR therapist/trainer. Her workshops are outstanding - I highly recommend them to colleagues looking for expert guidance in EMDR and related therapies."

- BESSEL VAN DER KOLK, MD
FOUNDER OF THE BOSTON TRAUMA CENTER

REGISTER NOW! www.IBH.com/EMDR

Attachment - Focused EMDR
Healing Developmental Deficits and Adults Abused As Children

Laurel Parnell, Ph.D.

Institute for the Advancement of Human Behavior

Institute for Better Health

P.O. Box 5527
Santa Rosa, CA 95402

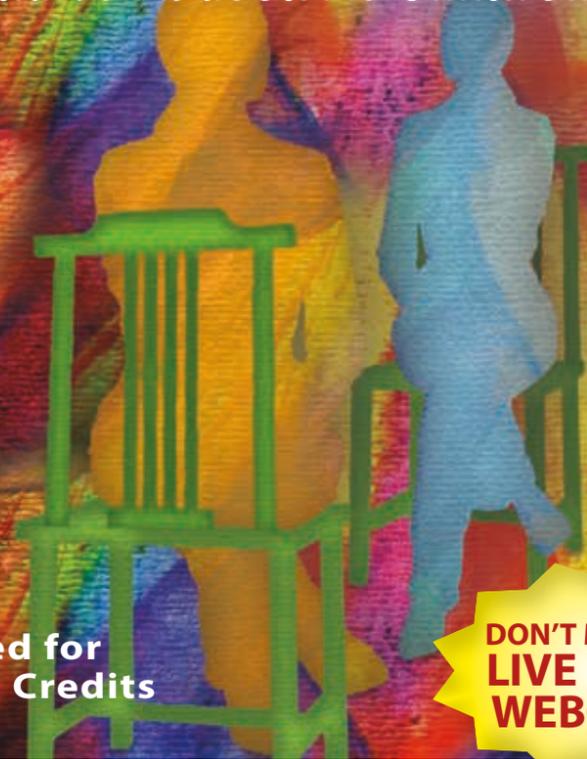
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INSTITUTE FOR BETTER HEALTH
Formerly IAHB

Attachment - Focused EMDR

Healing Developmental Deficits and Adults Abused As Children



Approved for 12 EMDRIA Credits

DON'T MISS THE LIVE VIDEO WEBCAST!

Laurel Parnell, Ph.D.

October 19-20, 2018 | Denver, CO

Nov 30-Dec 1, 2018 | Seattle, WA

December 3-4, 2018 | Portland, OR

12 CE/CME Credit Hours

ABOUT THE WORKSHOP

Over the last two decades, EMDR has emerged as one of the most powerful clinical tools available to trauma therapists. In this workshop, Dr. Laurel Parnell will teach you how to integrate an attachment-focus into EMDR and to use EMDR in combination with a variety of complementary techniques.

Much of this workshop is built around videos of actual clinical sessions conducted by Dr. Parnell. These videos bring the training to life: participants can see, not just hear about, how the ideas and procedures they're learning are used with real patients in the real world. Dr. Parnell is an EMDRIA Approved Basic Training Provider as well as an experienced and highly skilled therapist. Her workshops are as enjoyable as they are instructive, and consistently receive rave reviews.

DAY ONE

Attachment-Focused EMDR

Today, you will learn to use the five basic principles of attachment-focused EMDR. For many traumatized patients, attachment repair is a critically important component of successful treatment - a component that can be accomplished effectively and efficiently by using EMDR within a positive therapeutic alliance. Videotaped demonstrations, discussion, and practice will help you define the differences between attachment-focused EMDR and a more traditional approach.

In addition, Dr. Parnell will emphasize how the technique called "Resource Tapping" can be used to repair developmental deficits as well as to help prepare clients for trauma processing work. You will watch Dr. Parnell use Resource Tapping, will have a chance to practice the technique yourself, and will learn how to integrate it with EMDR.

This course is approved for 12 EMDRIA Credits.

"This was an amazing training. (Dr. Parnell's) knowledge, experience, and examples were crucial to learning the material."

—WORKSHOP PARTICIPANT

Please Note: This workshop contains disturbing material involving childhood abuse and other forms of victimization. Please attend only with this understanding. If during the workshop you feel you need assistance, please let the coordinator or speaker know immediately.

WORKSHOP LEADER

Dr. Laurel Parnell, clinical psychologist, is the founder and executive director of the Parnell Institute™ and is a leading expert on eye-movement desensitization and reprocessing (EMDR) an evidence-based trauma therapy. An EMDR pioneer and innovator, Dr. Parnell has immersed herself in the practice and development of EMDR since 1991 and is the developer of Attachment-Focused EMDR™ (AF-EMDR™) and Resource Tapping.™

Dr. Parnell has written five books on EMDR, including her most recent book, *Attachment*

Focused EMDR: Healing Relational Trauma, as well as articles, and a book chapter. Dr. Parnell is one of the most respected instructors of EMDR trainings and EMDR workshops, which she teaches nationally and internationally.



Dr. Laurel Parnell

—WORKSHOP PARTICIPANT

WORKSHOP AGENDA

DAY ONE

Attachment-Focused EMDR

- 8:00 AM Registration and CE Sign-In
9:00 AM Introduction
Laying the Groundwork
The Five Basic Principles of Attachment-Focused EMDR
10:45 AM What is Needed From the EMDR Therapist for Attachment Repair
- Empathy and attunement
 - The ability to separate "what is yours" from "what is the client's"
 - A "right-brain to right-brain" connection
 - Therapist intuition and presence
 - Body-sensing and mindfulness
- 12:30 PM Lunch (on your own)
2:00 PM Creating New Parents
- Repairing Developmental Deficits
- 3:45 PM Utilizing Love Resources
- Those you love and those who love you
 - Circle of love
 - Loving Kindness meditation
- 5:00 PM Adjour

Tapping In: The Four Most Important Resources

- Peaceful place
 - Nurturing figures
 - Inner wisdom figures
- Video 1: Tapping In Resources

Lunch (on your own)

Creating New Parents

- Repairing Developmental Deficits
- Video 2: Repairing Birth Trauma with EMDR

Utilizing Love Resources

- Those you love and those who love you
- Circle of love
- Loving Kindness meditation

Other Attachment Repair Resources

- Therapist as resource: What to do and what to avoid
- Moments of connection and healthy attachment
- Accessing positives

DAY TWO

Working with Adults Abused as Children

- 8:00 AM Registration and CE Sign-In
9:00 AM The Tragic Consequences of Abuse and Neglect
Preparing Clients for EMDR
- Ego-strengthening techniques
 - Resource Installation
- 10:45 AM Successful Target Development
- Developing targets from distressing scenes, flashbacks, other sources
 - The Bridging Technique: Its use in target development
- Video 3: Healing the Scars of Childhood Abuse
12:30 PM Lunch (on your own)
2:00 PM Modifying the Standard EMDR Procedural Steps
Helping Clients with processing difficulties
- Working with abreactions
 - Helping clients who dissociate during EMDR
 - Working with numbness, sleepiness and memory chaining
- 3:45 PM Recognizing and Finding the Cause of Blocked Processing
- Techniques and suggestions for unblocking blocked processes
- Interweave Strategies
- At least 4 different interweave strategies will be covered during this segment
- Video 4: Using Interweaves
Closing Incomplete Sessions
5:00 PM Adjour

There will be two fifteen minute breaks around 10AM & 3PM

WORKSHOP OBJECTIVES

Upon completion of this workshop, attendees will be better able to:

- Describe the five basic principles of Attachment-Focused EMDR and how they can be integrated into the treatment of relational trauma
- Discuss how an Attachment-Focus can be integrated into the history taking and preparation phases of EMDR
- List the four most commonly used resources to install as well as other useful resources and how they can be integrated into EMDR with an Attachment-Focus
- Repair early developmental stages using imagination and bilateral stimulation
- Describe how and why to adapt the standard EMDR protocol for clients with attachment wounds
- Describe four ways to integrate an Attachment-Focus into the desensitization, installation, closure and reevaluation phases of EMDR
- Utilize at least four interweave strategies
- Name three techniques for working with dissociation

DISCOUNTS

Must be noted on original registration (one discount per person on two-day registration only)

- **Groups:** Organize a group of three or more and save! Mail your registrations together and deduct \$50 from each.
- **Full-time students:** Deduct \$60 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units) must accompany your registration.
- **Alumni:** If you have attended an IBH workshop in the last 12 months, you may deduct \$75 from your tuition.

CANCELLATIONS

Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No refund will be issued within 7 days of the workshop. If IBH cancels a workshop, tuition will be refunded in full.

WORKSHOP AIDES

Save over 40% on your tuition by working as an aide at the beginning and end of each day and at the breaks. Register as an aide by emailing staff@ibh.com to see if spots are still available. In the subject line, please write: Workshop Aide & the city you will be attending. Act now; positions fill quickly.

PAR8B

WORKSHOP INFORMATION

October 19-20, 2018
Doubletree by Hilton Denver - Westminster
8773 Yates Drive
Westminster, CO 80031
(303) 427-4000

Nov 30-Dec 1, 2018
Renaissance Seattle Hotel
515 Madison Street
Seattle, WA 98104
(206) 583-0300

December 3-4, 2018

DoubleTree by Hilton Portland

1000 NE Multnomah
Portland, OR 97232
(503) 281-6111

"This is the best class I have ever taken. I learned so much! The videos and practice will help me face the fear of doing EMDR."

—WORKSHOP PARTICIPANT

LIVE VIDEO WEBCAST! DEC 3-4

CAN'T MAKE IT TO THE WORKSHOP?

Don't miss out, sign up for the live webcast.

- Ask questions to the speaker in real time
- Access all workshop handouts and materials
- Interact with other webcast participants

All from the comfort of your own home — **Sign up now!**

All webcast times listed are Pacific Time

To register and for complete details, visit www.IBH.com.

CONTINUING EDUCATION

The Institute for Better Health (IBH), formerly IAHB, has been approved to offer 12 hours of continuing education and continuing medical education (except where otherwise noted) by the following:

ALCOHOLISM & DRUG ABUSE COUNSELORS: Alcoholism & Drug Abuse Counselors: IAHB is approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Provider #92713) for 12 CEHs. Provider approved by CCAPP-EI, Provider #4N-86-074-0119 for 12 CEH'S.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EAPA/EACC) in Domain III. EACC Approval Pending.

COUNSELORS AND MFTS: IAHB is approved by the Illinois Department of Professional Regulation (Provider #168-000119). IBH has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. Institute for Better Health, Inc is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 12 contact hours. Counselors in OR, WA, and CO state may earn CE hours through reciprocity with other national CE approvals listed here.

EDUCATORS: The Institute for Better Health has been approved by the Washington State Professional Educator Standards Board (WESPSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

EMDRIA: This course is approved for 12 EMDRIA Credits. IBH maintains responsibility for this program and its content in accordance with EMDRIA Standards. This workshop is not considered an EMDR Basic Training course. Completion of EMDR basic training is recommended and important to the comprehension of this workshop's content. Those attendees with only partial training are not eligible to receive EMDRIA credits. If you are not already EMDR trained, it is recommended that you complete the full EMDR basic training and have training and experience in working with EMDR and this population before using this material.

NURSES: The Institute for Better Health accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP #2672) for 12.0 contact hours.

PHYSICIANS: The Institute for Better Health (IBH) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. IBH designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: The Institute for Better Health (IBH) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. IBH maintains responsibility for the program and its content.

SOCIAL WORKERS: The Institute for Better Health (IBH), #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. The Institute for Better Health maintains responsibility for the program. ASWB Approval Period: 3/16/2017 – 3/16/2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this live, onsite event will receive 12 clinical continuing education clock hours. An application for webcast participants has been submitted to ASWB. Application is under review.

As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IBH offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714; (512) 719-3521. Institute for Better Health, Inc. SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. Social workers may earn 12 contact hours.

NOTE: You must attend in full to earn CE credit. No partial credit will be awarded. Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.