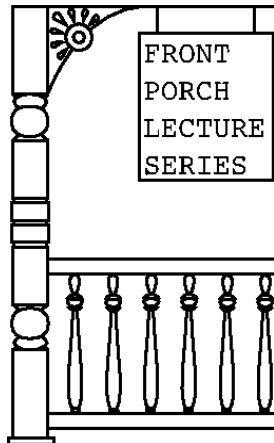


# **Boulder Institute for Psychotherapy & Research**

is pleased to announce a full-day presentation



## **EMDR Toolbox: EMDR Related Methods of Safely Targeting Psychological Defenses in Clients with Complex PTSD**

by

**Jim Knipe, Ph.D.**

EMDR Trainer and Consultant

**Friday – September 25, 2009**

**8:30 AM - 4:30 PM**

EMDR has had a profound positive impact on the lives of many clients and has been shown in more than seventeen randomized, peer-reviewed trials to be effective in the treatment of PTSD (Maxfield & Hyer, 2002). However, the *DSM IV* definition of PTSD is focused on the single traumatic incident, and many clients seeking relief in therapy have a damaging traumatic history that extended over repeated events or over long periods of time. The term, Complex PTSD (Herman, 1992, van der Kolk, 2005) has been proposed to describe a pattern of negative effects of prolonged and extreme stress, particularly during childhood.

Individuals who come to therapy for Complex PTSD often have psychological defenses as part of their clinical picture. For clients who have significant psychological defenses, the achievement of simultaneous dual attention - present and traumatic past - can be impaired, i.e. reflexive defense may prevent direct connection with the post-traumatic disturbance. When this occurs, the healing effect of EMDR may be blocked or impaired.

The focus of this workshop will be on the use of specific EMDR-based interventions which enable the targeting of psychological defenses, including defenses of denial and avoidance, addictive patterns, and patterns of idealization/shame. These interventions can make the therapeutic benefits of EMDR more accessible to many clients with Complex PTSD. Video examples will be shown, and there will be time for discussion of issues arising with difficult cases.

**Location: NITA Education Center, 363 Centennial Pkwy, Louisville**

Near Colony 12 Theaters, just northwest of McCaslin Blvd. at Hwy 36 (directions: on BIPR website & pg.2)

**Registration Form: *EMDR Toolbox: EMDR Related Methods of Safely Targeting Psychological Defenses in Clients with Complex PTSD***

Jim Knipe, Ph.D

Friday, September 25, 2009

8:30 AM - 4:30 PM

NAME: \_\_\_\_\_ PROFESSION: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE: (W) \_\_\_\_\_  
EMAIL: \_\_\_\_\_

**Advance Registration: Non-BIPR member \$115; BIPR member \$95**  
**Registration at the door: Non-BIPR Member \$125; BIPR member \$ 105**  
**Full-time student: \$55 in advance; \$60 at the door**

\*Registration fee includes continental breakfast and lunch\*

Members receive a 20% discount on this event & all other BIPR lectures and seminars. Those becoming members with this event will be registered members for all of 2010. (Please enclose Membership Form and \$50 Membership Fee with Registration; Download Membership Form at [www.bipr.org](http://www.bipr.org))

**AMOUNT ENCLOSED** \_\_\_\_\_

**Mail to:** Front Porch Lectures, Boulder Institute for Psychotherapy & Research (B.I.P.R.)  
1240 Pine Street, Boulder, CO 80302-4809

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**Additional information:** Phone 303-442-4562; website: [www.bipr.org](http://www.bipr.org)  
E-mail to <[FrontPorch@bipr.org](mailto:FrontPorch@bipr.org)>

**Directions: NITA Education Center, 363 Centennial Parkway, Louisville, 80027**

Located just NW of McCaslin Blvd. & Hwy 36, off Dillon Rd. (site phone # 303-953-6800)

**FROM I -25 and US 36 “the Boulder Turnpike”**

Go North on I-25 and head west on US 36 to the Louisville/Superior exit. This exit is McCaslin Boulevard.

Turn right on McCaslin as you exit US 36. Going north on McCaslin you want to get into the far left lane. **At Dillon Road** (the first stop light north of the exit) **you will turn left (west)**. Next, on your right there will be a Lowe’s Home Improvement. Immediately behind Lowe’s is Century Place. Turn right on this road – the NITA Education Center will be immediately on your left. A sign marked NITA is at the entrance to the parking lot. Turn left into the parking lot.

**FROM BOULDER**

Take South Boulder Road to McCaslin Boulevard. Turn right (south). Continue down McCaslin until you come to Dillon Road. (Last light before Hwy 36). You will see a Chili’s Restaurant on your right. Turn Right (west). On your right there will be a Lowe’s Home Improvement. Immediately behind Lowe’s is Century Place. Turn right on this road – the National Education Center will be immediately on your left. A sign marked NITA is at the entrance to the parking lot. Turn left into the parking lot.