



From Stabilization to Trauma Processing: Organizing Treatment in Dissociative Disorders for EMDR Therapists

Presented by: Dolores Mosquera

About the Trainer: Dolores Mosquera is a psychologist specializing in complex trauma, personality disorders, and dissociation. She is the director of the Institute for the Study of Trauma and Personality Disorders in Spain. Dolores has extensive teaching internationally. She has published several books, book chapters and articles on trauma-related disorders. Dolores received the David Servan-Schreiber award for outstanding contributions to the EMDR (Eye Movement Desensitization and Reprocessing) field in 2017, was made Fellow of the International Society for the Study of Trauma and Dissociation in 2018, for her contributions to the trauma and dissociation field. She received the MAM10 Prix David Servan-Schreiber award in 2021 to a foreign researcher who has made a notable international contribution, having advanced research in the field of EMDR. In 2022 Dolores received the award Professional of the Year in the category of Psychology for the trajectory and significant contributions in dignifying the profession (psychology).

TRAINING DETAILS

✓ **Criteria:**
Completed EMDR Basic Training

✓ **Dates :** 20-21 Nov 2026
Time: 9 a.m. – 4:00 p.m.

✓ **Fees:**
*Member: \$670
Non Member : \$750*

Included: 2 tea breaks and lunch

✓ **Venue:**
*Holiday Inn Singapore Atrium
317 Outram Road,
Singapore 169075*

The training aims to build on prior foundational workshops and offer additional depth in clinical application, particularly for therapists seeking more nuanced and specialized EMDR interventions, including:

1. Applying Progressive Approach to guide pacing and EMDR processing
2. Working with highly titrated or fractionated units of traumatic experience rather than full memory activation
3. Adapting EMDR processing when full activation exceeds the client's capacity for regulation
4. Maintaining dual attention and internal system stability during processing, including when protective or vulnerable parts are activated

Clinical case examples will illustrate how EMDR can be combined with parts-informed interventions in a flexible and responsive way. These cases will demonstrate:

- How to introduce EMDR in highly dissociative clients without destabilization
- How to work with avoidant, fearful, or hostile parts during EMDR processing
- How to use EMDR to strengthen internal cooperation rather than bypass it
- How to adapt the standard protocol when parts are activated or opposed to processing (How to flexibly adapt EMDR procedures, including pacing, targeting, and bilateral stimulation, when parts are activated, opposed, or unable to tolerate standard processing)
- How progressive and highly titrated processing (e.g. "tip of the finger" or "freckle" level work) can be used to safely process trauma in highly dissociative systems

Particular emphasis will be placed on advanced adaptations developed for highly complex cases, including progressive approaches to trauma processing, highly titrated processing such as working with very small units of material (e.g. "tip of the finger" or "freckle" level processing). These approaches allow therapists to maintain stability while facilitating meaningful processing in clients with significant dissociation.

Register here:
<https://tinyurl.com/OTDD1819Nov26DM>

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