



EMDR SINGAPORE PRESENTS

# Trauma-Informed Approach to Eating Disorders Utilising EMDR and Ego State/Parts Work

4-DAY EXPERIENTIAL WORKSHOP  
BY ANDREW SEUBERT, LMHC, NCC

Date: 1-4 April 2020

Time: 9:30am – 5:30pm


Venue: Cana, 55 Waterloo St, St Mary Room,  
Singapore 187954

Register by 15 March 2020 @  
**[bit.ly/2020SpTrainingAndrewSeubert](https://bit.ly/2020SpTrainingAndrewSeubert)**

Cost: SGD1400/1600 (Member/Non-Member)

Cancellation Policy: Cancellation fees of SGD100 apply before 23 March 2020. No refund for cancellations after 23 March 2020. Payment may not be used for credit for a later date training but current bookings are transferable to another person.

## Eligibility Criteria:

- Open to clinicians with & without EMDR training
  - Must have psychology-relevant qualifications
  - Minimum Bachelor degree with 2 years clinical practice or Masters with 1 year clinical practice.
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## ABOUT THE WORKSHOP

### Day 1: The Courage to Feel

- 4-step approach to working with feelings
- Body-based strategy to help clients tolerate affect and overcome emotional phobias
- Explore emotions in the cultural context
- Clinical application: Treating shame and anxiety
- Practice: Self Application

### Day 2: A Relational Model for Working with Ego States/Parts (Working with dissociation commonly present with EDs)

- Traditions of "parts" work; practice recognitions of and contact with parts
- Develop resources with parts
- Achieve internal collaboration; resolve internal blaming
- Work with negative introjects; achieve attachment repair via parts work
- Problem solve internal blocks

### Day 3-4: Trauma Informed EMDR Approach to Eating Disorders

- Devoted to history taking (Phase 1), preparation (Phase 2), trauma processing (Phase 3) and re-evaluation & integration (Phase 4)
- Basic understanding of the connection between gut and brain, the body's relationship to food as well as the medical tests required
- Review history taking for clients with ED; learn template for developing case formulation and how to deliver to client
- Learn preparation skills and resources pertained to EDs
- Identify triggers before processing memories
- Learn to integrate ego state with EMDR, before, during and after processing
- Learn specific resources for support of ego states
- Recognise and address identity loss and re-definition of Self after reducing the power of the ED

\*Training is experiential and interactive. Includes videos and practicum. Day 1-2 are preparatory to Day 3-4. Participants need to know material from Day 1-2 to get the most out of Day 3-4.

### Recommended Readings

Seubert, A. (2018, in press). Becoming Known: A relational model utilizing Gestalt and Ego State assisted EMDR in treating eating disorders. *Journal of EMDR Practice and Research*. NY: Springer Publishing.

Seubert, A. & Viridi, P. (Eds). 2018. *Trauma-informed Approaches to Eating Disorders*. N.Y.: Springer Publishers.

Seubert, A. (2008). *The Courage to Feel: The power and freedom of emotional honesty*.



## ABOUT THE TRAINER



Andrew Seubert, LMHC , NCC, is the co-founder of ClearPath Healing Arts Center in Corning and Burdett, N.Y. A licensed psychotherapist for 35 years, he has an extensive background in Existential-Gestalt Therapy and in music therapy, and provides EMDR consultation and training for clinicians. Andrew specializes in working with trauma, posttraumatic stress, eating disorders and the integration of spirituality and psychotherapy. A passionate and engaging international presenter and workshop facilitator, Andrew and his wife, Barbara, have co-parented a blended family of five and live presently on Seneca Lake, N.Y.

His first book, *The Courage to Feel: A practical guide to the power and freedom of emotional honesty*, was published by Infinity Publishers in 2008. He has authored a chapter in *EMDR Solutions* on the use of EMDR with clients with intellectual disability and co-authored an article on the same topic in 2011 for the *Journal of EMDR Practice and Research*. He has written two chapters on eating disorders for *EMDR Solutions II* and has completed *How Simon Left His Shell*, a fable and User's Guide based on *The Courage to Feel*, to teach children and adolescents emotional honesty. Most recently, Andrew has authored an article, *Becoming Known: A relational model utilizing Gestalt and Ego State assisted EMDR in treating eating disorders*, in the *Journal of EMDR Practice and Research*, and is the senior editor of *Trauma-informed Approaches to Eating Disorders* (2018).

ENQUIRIES: [SECRETARY.EMDR.SG@GMAIL.COM](mailto:SECRETARY.EMDR.SG@GMAIL.COM)