

## **EMDR Toolbox: Using the EMDR AIP Model for Treating Adult Clients with Complex PTSD and Dissociative Personality Structure**

**Presented by Jim Knipe, Ph.D.**

### **Day One: An Adaptive Information Processing model of treating psychological defenses occurring within the context of complex PTSD**

8:00-8:30	REGISTRATION AND CONTINENTAL BREAKFAST
8:30-10:00	Overview of an Adaptive Information Processing (AIP) model of Complex PTSD and Dissociation.
10:00-10:15	BREAK
10:15-12:15	Video example of targeting avoidance defense in a non-dissociative client; Video example of targeting avoidance in a client with a dissociative personality structure.
12:15-1:30	LUNCH
1:30-3:00	Targeting idealization defenses, including dysfunctional attachment to another person. An AIP model of treating dissociative symptoms and dissociative personality structure. The origins of dissociation in disrupted attachment.
3:00-3:15	BREAK
3:15-5:00	Video example of a method of reorienting a client who is experiencing dissociative abreaction. The “Loving Eyes” alternative to EMDR Phase 3.
5:00-5:30	Jim Knipe Book Signing

### **Day Two: Targeting and safely resolving internally-phobic separation between dissociative personality parts**

8:00-8:30	SIGN-IN AND CONTINENTAL BREAKFAST
8:30-9:15	The “Back-of the Head Scale/Constant Installation of Present Orientation and Safety (BHS/CIPOS) method
9:15-10:00	Two videos demonstrating variations of the BHS/CIPOS method: 1) Client with a fear of dissociated physical sensations; 2) A combat veteran with dissociative disorder with a 15-year follow-up after initial EMDR sessions.
10:00-10:15	BREAK
10:15-12:15	The use of CIPOS with defense. EMDR-related treatment of “The problem of attachment to the perpetrator
12:15-1:30	LUNCH
1:30-2:45	First video example of targeting the defense of shame/idealization of the perpetrator in the treatment of a highly dissociative client.
2:45-3:00	BREAK
3:00-4:00	Second video example of targeting the defense of shame/idealization of the perpetrator in the treatment of a highly dissociative client.
4:00-4:15	EVALUATIONS AND SIGN-OUT