

## Workshop Location & Information

### The Promenade Conference Room

6450 S Revere Parkway  
Centennial, CO 80111

For more information, call  
Sue Seiler, LPC  
303-726-8261

### Attendance Requirements

Attendees must have completed EMDRIA™ approved basic training, or Level 2 training.

### Continuing Education

#### SATISFACTORY COMPLETION

Participants must have paid tuition fee, signed in, attended the entire seminar, completed an evaluation and signed out in order to receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

#### EMDRIA

Barry Litt, MFT is an approved EMDRIA provider. (12) contact hours.

#### PSYCHOLOGISTS

The EMDR Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The EMDR Institute maintains responsibility for this program and its contents.

#### NBCC

The EMDR Institute is an approved provider through the National Board of Certified Counselors. NBCC Provider #5558. 12 Contact hours.

#### BBS

For California the course meets the qualifications for 12 hours of continuing education credit for MFTs and LCSWs as required by the CA Board of Behavioral Sciences. Approval #PCE270

#### NURSES

The EMDR Institute is a provider of continuing education by the California Board of Registered Nursing. Provider #97

#### DISABILITY ACCESS

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act.

For further information, contact the presenter: [barry@barrylittmft.com](mailto:barry@barrylittmft.com)  
or visit the website: [barrylittmft.com](http://barrylittmft.com)

*"Barry Litt is a gifted teacher, clinician and creative force. His theoretician's mind combines a deep knowledge of the subject matter with a razor sharp wit and an instinctive understanding of how people learn best. Clinicians leave his workshops exhilarated, empowered and hungry for more."*

—Victoria Britt,  
LCSW, LMFT

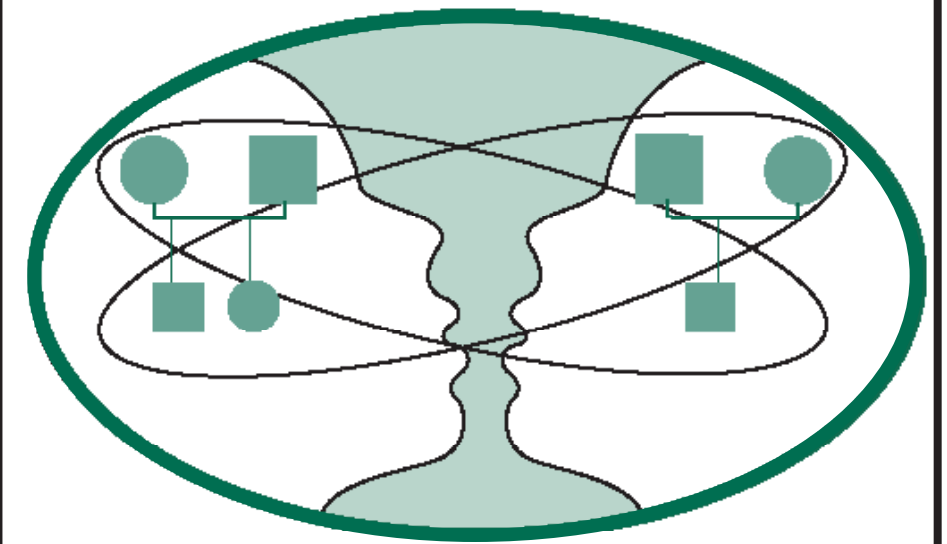
*This workshop, presented in a lively, often humorous way, brings ego state theory to life for those who work with couples. Barry's is one of a handful of essential voices out there for describing the power and importance of EMDR and ego state therapy.*

—Carol Forgash, LCSW

*"I have been a Marital and Family therapist for 35 years and an EMDR therapist for 12. Barry Litt's elegant and enjoyable integration of these complex theories and methods is, without question, worth the price of admission. I consider a workshop very successful if I can immediately apply the material on Monday morning, have my understanding of conceptual material stimulated and have a good time, as well. Barry's workshop was for me, very successful. I highly and without question, recommend it for any EMDR therapist working with or thinking of working with couples."*

—Bennet Wolper, LMSW,  
EMDRIA Approved  
Consultant

# The Interior Life of the Family: *Integrating EMDR* *and* *Contextual Family Therapy*



## TWO DAY TRAINING

Denver, Colorado

February 5 & 6, 2010

**14 CEs**  
for SWs, Psychologists and LPCs

Co-Sponsored by:

**Juvenile Diversion Counseling Program**  
18th Judicial District  
District Attorney's Office  
Carol Chambers, District Attorney  
and  
The EMDR Institute

The EMDR Institute maintains responsibility  
for this program and its contents

# The Interior Life of the Family: Integrating EMDR and Contextual Family Therapy

*Barry Litt is a thoughtful, innovative, and funny (enthusiastic, spirited, energetic) teacher and clinician who brings the dynamics and challenges of couples therapy to life for his workshop participants. He is solidly grounded in theory, yet very precise and practical in helping practitioners navigate the rocky waters of couples therapy. He skillfully integrates the concepts of ego state therapy with a sophisticated understanding of the EMDR Adaptive Information Processing model.*

—Deborah Korn, PhD.

Families that come to therapy often present with multiple co-morbidities, from individual symptoms to interpersonal dysfunction. Clients seen individually are often members of such families, and the option to convene relatives offers a rich opportunity to both expand the circle of care and to liberate individuals from a web of pathological interactions. Combining EMDR with family therapy offers a new and innovative pathway to transforming both psyche and system.

In Day One, participants will learn about the relationship between family dynamics and ego structure, reenactments from the family of origin, and the manifestations of ego state conflict in individual and conjoint therapy. In Day Two, participants will learn the trust-building family intake interview, a model for EMDR-based assessment and treatment planning using contextual family therapy, and learn a progression of techniques to control and focus desensitization within the optimal zone of arousal. This interactive workshop will include practicum, videotape and didactic material designed to facilitate a deeper understanding of this exciting new integrative model.

**Current research is limited to the application of EMDR to trauma-related disorders.**

## Workshop Schedule

### Day 1 (Registration at 8:00am)

9:00 am - 12:00 pm The Interior Life of the Family

- The Relational Self
- The Ethical Dimension of Relationship
- The Psychobiology of Attachment
- The Problem of Mourning
- Case Illustration
- When Two Become as One, and Other Bad Ideas
- Ego State Manifestations in Therapy

12:00 pm - 1:30 pm Lunch

1:30pm - 5:00 pm EMDR Treatment Planning

- Procedural Steps
- Video with Group Discussion
- Goals of EMDR Intervention
- Doing EMDR Conjointly
- Indications and Contraindications
- Structuring the Therapy

- Target Selection

### Day 2

9:00 am - 12:00pm

- Day One Recap; Case Presentation
- Genogram Practicum
- Relational Approach to Treatment Planning
- Couples Interview Practicum
- Goals of Relational Approach
- Kitchur's Genogram-Based Target Selection
- EMDR and the Domains of the Self

12:00pm - 1:30 pm Lunch

1:30 pm - 5:00 pm

- EMDR and the Ego State Conflict
- Advanced EMDR Techniques for Complex PTSD
- Ego State Informed Interweaves
- The Zone of Optimal Processing

*There will be a 15 minute break each morning and afternoon. Lunch is on your own each day.*

## About the Presenter



Barry K. Litt, MFT is a gifted presenter and theoretician who has over twenty-five years experience in treatment, instruction, and consultation in the mental health field. He studied contextual therapy with its founder, Ivan Boszormenyi-Nagy and went on to become an AAMFT Approved Supervisor, an EMDRIA Approved Consultant and a member of the International Society for the Study of Trauma and Dissociation. He has spent the last decade giving workshops for those organizations to in-

ternational audiences. Barry Litt authored the chapter **The Child as Identified Patient: Integrating Contextual Therapy and EMDR** in Shapiro, F.; Kaslow, F., & Maxfield, L. (Eds.) *Handbook of EMDR and Family Therapy Processes* by Wiley & Sons, 2007.

He is also author of **EMDR in Couples Therapy: An Ego State Approach** in C. Forgash, and M. Copeley (Eds.) *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy* by Springer, 2007. Also, **From Relational Problems to Psychological Solutions: EMDR in Couples Therapy** in Lubert, M. (Ed.) *Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols: Special Populations* (Springer, 2009). He maintains a private practice in Concord, New Hampshire. You can view his website at [barrylittmft.com](http://barrylittmft.com).

*"It is rare to find the combination of intellect, humor and accessibility that I experienced in Barry Litt's workshop on Couples, Ego States and EMDR. He demonstrated a keen understanding of all three areas and an ability to present that made difficult material extremely comprehensible and if I dare say so, fun."*

—Zona Scheiner, PhD

## Workshop Objectives

### EMDR therapists will:

- Identify intergenerational patterns that contribute to ego state conflict.
- Evaluate repetition compulsions or reenactments in clients' relationships.
- Deconstruct reenactments to identify negative cognitions preparatory to EMDR.
- Describe a typology of negative cognitions that structures treatment planning.
- Assess indications and contraindications for conducting conjoint EMDR sessions.
- Identify the zone of optimal EMDR processing for efficient and safe desensitization.
- Describe advanced techniques in the use of EMDR to treat complex PTSD.

## Registration Form

*Beyond Trauma Resolution:*

EMDR and the Growth of the Relational Self

PLEASE PRINT CLEARLY

Name: \_\_\_\_\_

License Type: \_\_\_\_\_ Lic#: \_\_\_\_\_

Street Address: \_\_\_\_\_ Suite: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Advanced seminar: Full completion of an EMDRIA-approved basic EMDR training is required to register. I completed my EMDR Training on:

Dates: \_\_\_\_\_

Early Registration (postmarked by January 18, 2010 ) \$325

Standard Registration \$375

HAP Trainees Registration Discount \$199

Same day registration, add \$25

Check enclosed, payable to: Human Dynamics Associates

Credit Card. All major credit cards accepted through PayPal\*

\*go to [barrylittmft.com/conference\\_registration](http://barrylittmft.com/conference_registration) and follow the prompts

*Refund (minus \$50 administrative fee) when canceling prior to 7 days before the workshop. No refund within 7 days of the seminar.*

## 3 Ways To Register

1. ONLINE: [www.barrylittmft.com](http://www.barrylittmft.com)

2. FAX: 603.774.6107

3. MAIL: Barry Litt

Human Dynamics Associates  
85 Warren Street  
Concord, NH 03301