

Biography / CV

Eva Zimmermann

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Profile	Clinical Psychologist specialized in psychotherapy FSP and psychotraumatology
Qualifications	Senior Trainer EMDR Europe and EMDR Institute Since 2003 Trainings in Dissociative Disorders with the Theory of Structural Dissociation of the Personality Co-director of IRPT (Institut Romand de Psychotraumatologie (www.irpt.ch)) Board member of ESTD (European Society of Trauma and Dissociation www.estd.org) from 2010 to 2018 and president 2015-2016, actual past president
Experience	Since 2012 private practice specialized in psychotherapy and psychotraumatology Since 2011 EMDR Trainings in Switzerland and abroad (Haïti, Algeria, Hungary, Turkey, Nepal) 1996-2013 : certified psychologist at a clinic for gynecology and obstetrics
Training	Certificate in the person-centered psychotherapy approach (Rogers)

Abstract

«Was Chopin dissociated? How to recognize dissociative disorders and how to treat with EMDR therapy»

Fryderyk Franciszek Chopin (1810-1849, composer and piano player) is probably the best known Polish artist. Let's discover some aspects about his life to illustrate the manifestation (or not) of dissociative disorders!

In EMDR Therapy basic training one learns how to treat PTSD and complex PTSD with the EMDR 8-phases protocol, based on the AIP-Model (Shapiro 2001). When questions rise about how to treat dissociative disorders, there still is quite few theoretical framework nor a «guide» of how to proceed. The recommended guidelines of the EMDR task-force on dissociative disorders gives some cues, still, it remains difficult and complex to know how to proceed when sitting in front of our client with a dissociative disorder during a therapy session. Most of the cases addressed in clinical supervision address patients suffering from complex PTSD and dissociative disorders. So these procedures still seem lacking for quite a number of colleagues.

Of course, treating dissociative disorders needs a profound training and education in the assessment and the treatment of dissociative disorders. Still, it may remain challenging to know how to proceed in detail.

It is important to recognize dissociative symptoms in an early stage of the therapy to be able to adapt the protocols and procedures. Even though a screening has been done, some patients do not reveal easily as having dissociative disorders. DID patients may be more easily recognizable than other Specified Dissociative Disorder (DSM-5 code 300.16) or Unspecified Dissociative Disorder (DSM-5 code 300.15). Still, working with DID patients may be of a big challenge, as well as patients showing more slight manifestations of dissociative disorder. Quite often, patients with no manifestation of dissociative disorder show slight symptoms during the desensitization phase (phase 4 of EMDR therapy). When dissociative symptoms occur, usually the therapist has two ways of handling them: 1) stop what is going on and stabilize the patient to come back into a non-dissociative state, or 2) search for the underlying message of the symptom, which often is a manifestation of a dissociative part. Trying the second option gives a new view to the symptom and the underlying «logic». There is quite some evidence that this way of processing is bringing the therapy into a more dynamic state of progression to overcome dissociative symptoms.

Having other cues of how to address the manifestations of dissociative symptoms during EMDR sessions of desensitization helps to a) know «where to go» when «choice-points» occur and b) go further ahead instead of stopping the process by calming down.

This workshop wants to provide a theoretical framework based on the Theory of Structural Dissociation of the Personality (TSDP, van der Hart, Nijenhuis and Steele, 2006) and other guidelines for having a concept of how to proceed going beyond the stabilization phase. EMDR sessions of desensitization though become possible.

This workshop combines the 8 phases-protocol of EMDR therapy with its recommendations of the EMDR task force on dissociative disorders, the guidelines of the International Society for the Study of Trauma and Dissociation (www.isst-d.org) and the Theory of Structural Dissociation of the Personality. The different recommendations are blended and used together as basis for the treatment of patients with a wide range of dissociative disorders. The workshop focusses on the difficulties encountered with patients with dissociative disorders in every of the 8 phases of the EMDR standard protocol and proposes a «guide» and some solutions of how to address them.

Precondition for participating at the workshop:

Basic knowledge in dissociative disorder is required. A short synthesis of the Theory of the Structural Dissociation of the Personality (van der Hart, Nijenhuis & Steele, 2006) is given as an overview to let people be able to participate to the workshop.

Learning objectives:

1. Get a brief overview of the core points of the Theory of Structural Dissociation of the Personality (TSDP) and its application to the 8 phases EMDR standard protocol
2. Refining of differential identification of dissociative symptoms during Phases 1-8 of the EMDR standard protocol
3. Learn theoretical cues for guidance through «choice-points» in EMDR phases 1-8