



EMDR

ADVANCED TRAINING & DISTANCE LEARNING

Distance Learning Book Course



Borderline Personality Disorder and EMDR Therapy

Dolores Mosquera & Anabel Gonzalez

Written in a very practical and clinically -oriented style, BPD and EMDR covers different situations such as defensive strategies, unhealthy self-care patterns, rigid core beliefs, emotional dysregulation, self-harming behaviors, and relational problems.

Borderline Personality Disorder and EMDR offers a comprehensive and structured framework for working with the complex challenges of clients struggling with BPD. The theoretical foundation of these interventions integrates attachment theory, structural dissociation, and the adaptive information processing model. Written in a very practical and clinically oriented style, BPD and EMDR covers a range of clinical components including defensive strategies, unhealthy self-care patterns, rigid

core beliefs, emotional dysregulation, self-harming behaviors, and relational problems. Typically, therapists must address these issues to prepare clients for the effective processing of traumatic memories. This book will help you know when and how to integrate these additional treatment components effectively. Additionally, the book describes key considerations throughout the EMDR Eight Phase Model with clients with BPD.

Key Features:

- Wide ranging treatment considerations to EMDR Therapy with BPD
- Adaptations of EMDR Therapy for BPD in each of the 8 Phases
- Practical tools to deal with self-harm and suicidal ideation from EMDR Therapy
- Recommendations for working with client defenses
- Keys to facilitating adaptive reprocessing
- Numerous case vignettes and transcripts of sessions
- Written in straightforward and accessible clinical language

ABOUT THE AUTHORS:



Dolores Mosquera is a psychologist and psychotherapist. She is the director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP), a private institution where she has worked with EMDR for many years on cases related to severe traumatization. She is an EMDR Europe Consultant and Facilitator.

She has extensive teaching experience, leading seminars, workshops and lectures internationally. She has published many books and articles on personality disorders, complex trauma and dissociation and is a recognized expert in this field.



Anabel Gonzalez, MD, PhD, works as a Psychiatrist and Psychotherapist in the Public Mental Health System and in private practice. She heads the Trauma and Dissociation Program included in the Severe Mental Disorders Unit at the University Hospital of A Coruña, Spain. She has broad clinical experience with dissociative and psychotic disorders. Trained in different psychotherapeutic approaches, she is an EMDR Trainer and

Consultant. She offers regular advanced trainings with the Spanish EMDR Association, and has presented several workshops on EMDR interventions in dissociative disorders, personality disorders, and psychosis. She is a board member of the ESTD and Vice-President of the Spanish EMDR Association. She is the author of several articles, presentations, and books about EMDR, complex trauma, and dissociation.

Online Program: \$99.00
(book needs to be purchased separately via our site)

Purchase of this online program includes:

1. Home CEU Course – Downloadable PDF
2. 12 NBCC approved masters level professional CEUs (including LCSW, LMHC, LMFT, LPC, and more) and 12 EMDRIA CEUs



CREATING GLOBAL HEALING, HEALTH & HOPE

“This book is chock full of important ideas and considerations when working with this population. The authors have drawn together their own empirical experiences together with the technical literature generated over the years. From this, they have synthesized an approach that makes a lot of sense and is backed up by the research. Although it is geared towards EMDR trained therapists, I believe that anyone working with borderline people will find it useful.”

- Amazon reviewer and EMDR Certified Therapist

Available at www.EMDRadvancedtrainings.com