



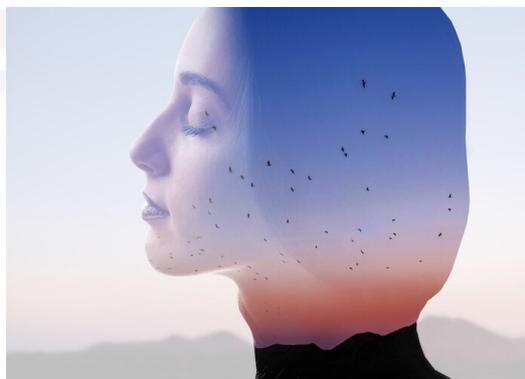
## Combining Trauma Therapies for Maximum Effectiveness: *Sensorimotor Psychotherapy, EMDR, IFS and DBT*

An online workshop with  
Dr Janina Fisher

Zoom Webinar

23 February 2023, Thursday, 5:00pm to 8:00pm, London, UK time on each day  
CPD hours: 3 /CE credits: N/A

Limited number of early bird tickets at £56 only  
Regular price: £65



Location: Online streaming only

(all our webinar tickets now include complimentary access to a video recorded version for 1 year)

As psychotherapists, psychologists and counsellors today we have a choice of a wide range of high efficacy trauma therapies including EMDR, Sensorimotor Psychotherapy, DBT, IFS, plus techniques drawn from Somatic Experiencing. Most models advocate using their single method in its precise form – but practically, any method will often show positive results for some clients but may not be as successful with other clients. Or a given model may be successful at some times but not at others. We may find that with any given therapy approach, some clients may:

- start becoming disconnected and numb
- experience flooding of memory rather than resolution
- become overwhelmed or more dysregulated, impulsive or self-destructive

Because trauma symptoms are complex and involve physiological responses, not just emotional, clinicians often have to combine aspects of different treatments in order to meet their clients' complex needs. We can actually increase our effectiveness in treating complex PTSD when we integrate elements of different models to enhance the effects of each approach. **EMDR treatments can become even more effective when integrated with somatic techniques, as can Internal Family Systems or Dialectical Behavior Therapy.** The IFS model and its focus on symptoms as parts can relieve shame, and it too can be integrated with DBT/CBT techniques or EMDR.

At this practical and highly relevant programme, Dr Janina Fisher draws on her extensive clinical experience to present the idea **that we could potentially enhance the effectiveness of our therapeutic endeavours by combining the best aspects of multiple therapeutic models.** Through lecture, case examples and discussion she explains:



- How do we, as therapists decide which model to use when?
- How do we comprehend which models complement and strengthen each other?

This workshop will discuss practical strategies for enhancing the effectiveness of well-accepted treatments by combining elements of each that can **help clients manage the stress of trauma work, stay present, tolerate the memories and emotions, and regulate autonomic arousal to avoid overwhelming or numbing.** When progress stalls in therapy, the addition of another method can often help us move forward in our therapeutic endeavours.

Participants will be able to:

- List the **neurobiological effects of traumatic experiences**
- Discuss the therapeutic benefits of Sensorimotor Psychotherapy, EMDR, DBT, and IFS
- Describe the *Window of Tolerance* model of autonomic arousal
- Identify the **common complications of trauma therapy**
- Discuss the use of each therapeutic model to enhance effectiveness of the others
- Explore the overlaps and specific strengths of top-down & bottom-up therapeutic approaches
- Build a **therapeutic plan that incorporates steps from multiple trauma therapies**

#### Learning Objectives:

- List the **neurobiological effects of traumatic experiences**
- Discuss the therapeutic benefits of Sensorimotor Psychotherapy, EMDR, DBT, and IFS
- Build a **therapeutic plan that incorporates steps from multiple trauma therapies**

#### About the speaker

**Janina Fisher, Ph.D.** is a licensed clinical psychologist in private practice; Assistant Educational Director of the Sensorimotor Psychotherapy Institute; an EMDRIA Approved Consultant and Credit Provider; former president of the New England Society for the Treatment of Trauma and Dissociation; and a former instructor, Harvard Medical School. An international writer and lecturer on the treatment of trauma, she is the co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Self-Alienation* and *Transforming the Living Legacy of Trauma*. Dr Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities. For more information, go to [www.janinafisher.com](http://www.janinafisher.com).

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