

A Guide to Trainings by Dolores Mosquera, MS, and Her Colleagues

Over the past few years, EMDR Advanced Trainings and Distance Learning (EMDR ATDL) has hosted many trainings led or co-led by Dolores Mosquera, MS, on a wide range of topics. Mosquera is a highly respected and popular speaker and trainer, recognized throughout the world for her many contributions to the advancement of EMDR therapy. First and foremost, she is a deeply experienced and innovative clinician. Her ever-curious mind and compassionate clinical style demonstrate client-centered treatment at its best. She has established and oversees three mental health clinics where she routinely consults on the most difficult clinical cases. Her vast clinical experience is reflected in her teachings. Secondly, Mosquera has written numerous books and articles expanding the frontiers of EMDR therapy approaches, particularly in the areas of complex trauma, dissociation, and personality disorders. Combining her clinical discoveries and writing process, she has developed systematic approaches to the toughest clinical challenges. For example, as the co-developer of the *progressive approach*, Mosquera teaches how this approach can successfully find the balance between sufficient stabilization and strategic memory reprocessing. Finally, participants appreciate Dolores Mosquera's accessible and inspiring teaching style, which is structured and focused but also relaxed and well-paced.

Whether you are new to her trainings or are a regular follower of her teachings, this guide is designed to help you determine which of Dolores might be the best fit for you. This guide also includes trainings in which Mosquera has partnered with other renowned trainers and colleagues to produce unique programs.

EMDR trainings by Dolores Mosquera and colleagues An annotated guide with hyperlinks to full training details and registration

[Parts Work in EMDR Therapy: A Practical Guide for Working with Dissociated Parts of the Memory System](#) - (6 CE credits) This training offers practical methods to help clients understand and treat clients with complex trauma and dissociative parts of the memory system, with an eye toward gradual integration.

[Treating Dissociative Disorders with EMDR: The Progressive Approach](#) - (6 CE credits) (English) or Spanish) This is a signature training developed by Dolores Mosquera to treat complex trauma and dissociation. Offered in either English or Spanish, it features her ground-breaking method of building sufficient enough stabilization to then move gradually into memory reprocessing by using an array of specific techniques.

[Abordaje de los trastornos disociativos con EMDR: El abordaje progresivo](#) (Spanish Versions) - (6 CE credits) En este taller se utilizarán ejemplos de casos clínicos para ilustrar cómo los clínicos EMDR pueden utilizar con seguridad una amplia gama de intervenciones EMDR desde el inicio de la fase de preparación del tratamiento para pacientes con trastornos disociativos y trauma complejo.

[Essential Skills for Treating Complex Trauma and Dissociation in EMDR therapy: Theory, Clinical Assessment and Treatment Approaches](#) – (12 CE credits) Dolores Mosquera and Kathy Steele combine to offer a 2-day training that covers the basics and more of working with complex trauma. This is suitable for those that have just completed EMDR training but will also refocus experienced EMDR clinicians on best-practice methods

[New Developments in the Treatment of Dissociative Disorders: Wisdom from Leading Experts](#) -- (12 CE credits) Six distinguished scholars and trainers combine for a brilliant and cohesive review of best practices in treating dissociative disorders - Suzette Boon, Ph.D., Kathy Steele, MN, CS, Dolores Mosquera, MS, Bethany Brand, Ph.D., Ruth Lanius, Ph.D., Natalia Seijo

3-day special discounted bundle (choose one or more days from this training):

- [Treating Dissociative Disorders with EMDR: The Progressive Approach](#) – (6 CE credits) This is a signature training developed by Dolores Mosquera to treat complex trauma and dissociation. It features her ground-breaking method of building sufficient enough stabilization to then move gradually into memory reprocessing by using an array of specific techniques.
- [EMDR Therapy for Suicidal Clients and Self-Harming Behaviors](#) – (6 CE credits) This training directly addresses identifying and treating suicidal ideation and behavior and other types of self-harming behavior
- [Working with Hostile Voices & Parts of the Personality in Complex Trauma & Dissociative Disorders](#) – (6 CE credits) This training addresses the needs of clients that struggle with dissociation parts that appear as critical and hostile “voices” with or without client awareness.

2-Day special discounted bundle (choose one or both trainings):

- [EMDR Therapy for Borderline Personality Disorder](#) – (6 CE credits) This 2-day in depth training covers assessment, case conceptualization and an array of treatment approaches to treating BPD within EMDR therapy
- [Understanding and Treating Narcissism with EMDR](#) – (6 CE credits) This one-day training covers assessment, case conceptualization and an array of treatment approaches to understanding and treating narcissism within EMDR therapy

[EMDR Therapy for Victims/Survivors of Domestic Violence](#) – (4 CE credits) This training addresses assessment, building adaptive capacity, and reprocessing the impact of domestic violence.

[EMDR Therapy for Personality Disorders](#) - (12 CE credits) This in-depth two-day training provides insight into the formulation of personality disorders guided by the adaptive information processing model and treatment approaches within EMDR therapy.