



# WORKSHOP ON ACE (ADVERSE CHILDHOOD EXPERIENCES)

BY CAROL FORGASH



**14-15 February, 2019**

**Mumbai, Maharashtra**

*EMDR Association India, EMDR Association Asia, Trauma Recovery/Humanitarian Assistance Programs (HAP), USA Presents a Workshop by CAROL FORGASH on ACE (ADVERSE CHILDHOOD EXPERIENCES)*



**14-15 February, 2019**



**Venue:** Marine Plaza at Marine Drive,  
Mumbai, Maharashtra, India

**Trainer:** Carol Forgash

## Day 1

### **Breaking the Cycle of Poor Health with EMDR Therapy**

#### **Day long Workshop on ACE**

#### **(ADVERSE CHILDHOOD EXPERIENCES)**

**Date:** 14th February, 2019. Full day

**Open to:** EMDR therapists only

**Workshop Fee:** For Life members Rs.7000/- , for non- members 8000/-, for international Participants USD 150 (Early bird rate Till 31<sup>st</sup> Dec.2018)

From 1<sup>st</sup> January 2019: \*\*14th February ACE Workshop, full day \*INR8000/- for life- members.

\*INR 9,000/- for non- members, for international participants, US\$165

**Mode of Workshop:** Lecture and slides

**What the Workshop covers:** Development of an EMDR Treatment plan including a focus on the disorders so prevalent in ACE (Adverse Childhood Experiences) survivor/ patients. The ACE questionnaire will be shown to be a focus of history taking and target development. The importance of the therapeutic relationship, which offers positive reinforcement, validation, and attunement to these clients, will be stressed.

Specialized techniques will be utilized in phases 1-2 to help the patient experience self-soothing, pain reduction, develop emotional regulation, manage dissociative symptoms, and avoid re-traumatization in the health care setting. Phases 3-7 will emphasize specific work on clearing past ACEs as well as working with specific health issues such as stroke, diabetes and cancer.

Skills development such as rehearsal, use of imagery and screen work, and pertinent negative cognitions and core beliefs will also be presented. Successful management of chronic, painful and terminal illness will also be a focus of the workshop.

## Day 2

### **Healing the Heart of Complex Trauma and Dissociation with EMDR and Ego State Therapy**

**Date:** 15th February 2019. Half Day

**Open to:** EMDR & Non-EMDR therapists

**Workshop fee:** For Life members Rs.3000/- For Non-members 4000/-, for international participants USD 75 (Early bird rate Till 31<sup>st</sup> Dec.2018)

From 1<sup>st</sup> January 2019: \* INR4000/- for life members, \* INR 5,000/- for non- members and mental health professionals, for international participants, USD 90

**Mode of Workshop:** Lecture and slides

#### **What the workshop covers:**

In this half day workshop, therapists will learn:

-The fundamentals of the Cross Training Model:

A trauma informed phase oriented therapy, which includes the integration of EMDR, ego state theory and therapy in the treatment of complex trauma.

A description of complex trauma issues

How to develop specific stabilization strategies to help clients manage and reduce dissociative symptoms and manage affect

Case examples of the EMDR protocol used with challenging clients to promote resolution of trauma within the EMDR protocol

The workshop will include lecture and slides

**About the trainer:** Carol Forgash, LCSW, BCD is the director of Advanced Educational Productions. She is a Facilitator for EMDR Institute Trainings. She has a clinical and consulting practice in Smithtown, New York where she provides treatment utilizing EMDR and Ego State Therapy for complex PTSD, general psychotherapy, health issues, and performance issues.

She is an internationally known lecturer and consultant on the integration of EMDR and Ego State work and psychodynamic treatment, the treatment of complex PTSD, and the ACE (Adverse Childhood Experiences) legacies on the health and mental health of survivors. In 2015 she was invited as a Plenary Speaker at the EMDR Europe Conference, and a Co- Presenter, with Jim Knipe at the EMDRIA Pre-Conference Day.

Carol is the co-author and co-editor, (with Margaret Copeley) of *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy* (Springer, 2007). It has been translated into Italian and French (2015)



**14-15 February, 2019**



**Venue:** Marine Plaza at Marine Drive, Mumbai  
(Tentative) .

**Trainer:** Carol Forgash

### Contactspersons

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Or write to EMDR Association (emdrindia@gmail.com)

### HowtoApply

*Payment will be accepted by electronic transfer, in cash, cheque or demand draft drawn in favour of 'EMDR Association'. Address: 8, Horizon View (First Floor), 138, Gen. J Bhosle Marg, Nariman Point, Mumbai 400021. Electronic transfer is more favorable.*

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IFS Code	UTIB0000173
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*To know more about EMDR in India, please check [www.emdrindia.org](http://www.emdrindia.org)*

*For more information on the resource person please visit <https://carolforgash.com/>*