



Robin Shapiro Easy Ego State Interventions

2022 Spring EMDR Workshop

April 1-2, 2022

9:00 a.m. to 4:30 p.m.

****Hybrid Event -Attend in person or virtually**

Location

KU Edwards Campus
12604 Quivira Road
BEST Conference Center
Overland Park, KS



Robin Shapiro,
Psychotherapist

Learn how to integrate EMDR therapy with Ego State therapy/parts work

In her accessible and practical style, Robin Shapiro will teach you how to use ego state therapy to work with a variety of clients and their issues. You will learn to distinguish healthy, flexible states from dissociative ones, and to map your own states, from physically-based vagal states to age and role-related states. You'll learn methods to use embodied ego-state interventions to clear trauma, work with couples, attachment issues, sexual issues with sex-abuse survivors, over-active immune systems and chronic pain, shame, personality disorders, suicidal clients, and dissociative identity disorder. You will learn to track your own states, and you'll practice some of the interventions. You'll learn when it's more useful to use EMDR, when to use ego state work, and when and how to use them both.

Meet Our Presenter

Robin Shapiro has used ego state therapy for more than 36 years. She is the editor of two *EMDR Solutions* books, and author of *The Trauma Treatment Handbook* and *Easy Ego State Interventions*. In her books, lectures, clinical consultations, and workshops, Robin strives for plain language, easy-to-grasp concepts, and maximum usability for her readers, students, and consultees. As a frequent speaker at conferences and workshops in North America and Europe, she teaches about the treatment of trauma, dissociation, depression, attachment issues, bringing sexual abuse survivors to a happy, healthy sex life, and suicide prevention. She provides clinical consultation to groups and individuals in Seattle, across the U.S., Canada, and Europe. Since her professional beginnings in the 1980s, the awareness of culture, ethnicity, class, gender, and sexual identity have been themes in all of Robin's work. She is skilled at synthesizing diverse therapy modalities and explaining how to use them, simply, and often entertainingly, to other therapists.

Gray Matters Therapy Workshops, LLC

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