



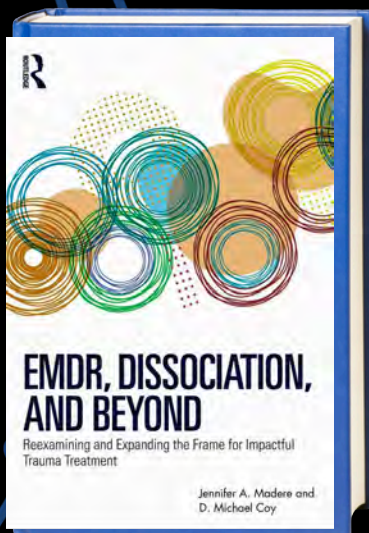
Collective Within clinic & training center
presents

D. Michael Coy

Intermediate EMDR Therapy: Working Only With, and Through, a 'Front Part'

Drawing from both contemporary and historical literature, we will discuss the current, dominant paradigm for 'parts' work in EMDR therapy and consider a specific alternative, in the form of the Watkinses' Ego State Therapy, as a well-established but lesser-known approach. We will explore the potential challenges of predominantly focusing on the priorities and needs of self-states that naturally assume executive control to the exclusion of others who may not do so, but who can still exert a powerful influence upon the self as a whole.

These issues will be examined through the lens of four reasons that practitioners may work only with, and through, a 'fronting' state: 1) adherence to a particular theoretical or practice model; 2) discomfort or worry about engaging with a client's self-system more dynamically; 3) repeated, unsuccessful attempts to work dynamically with a client's self-system; and 4) being in a mutual trance with a defended or isolated self-state. A case example will illustrate the expanded palette of treatment possibilities offered by integrating EMDR and Ego State Therapy.



D. Michael Coy, MA, LICSW, is a clinical social worker, EMDR consultant, and trainer working in private practice in New Zealand. He/they are a past president and fellow of the International Society for the Study of Trauma and Dissociation. Along with Jennifer Madere, they are the author of the book *EMDR, Dissociation and Beyond*.



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