

# **The Distancing Approach for Treating OCD, Phobias, and Anxiety in EMDR Therapy**

**Presenters: C. Paula Krentzel, PhD and Jennifer Tattersall, LCSW, CBIS, CCDP**

April 19-20, 2024

8:45am - 4:30pm (CDT)

**Hybrid Event: In-Person and Live Webinar**

*In-Person: Continental Breakfast and Afternoon Refreshments provided*

## **LOCATION**

*KU Edwards Campus  
BEST Conference Center  
12604 S Quivira Rd  
Overland Park, KS 66213*

## **OR**

*Live Webinar via Zoom*

*(All registrants may view a recording of the webinar for 60 days following the event; CEs and EMDRIA credits are only available for full Live attendance)*

## **WORKSHOP DESCRIPTION**

The Distancing Approach was initially developed using EMDR targets that had an over-importance of thoughts, the need to control thoughts and the thought-action fusion. It also targeted the misinterpretation of sensation as predictive of future catastrophe.

The goal of this approach is for the client to become a detached observer to his/her thoughts, sensations, images, and/or urges. For example, to realize the obsession is a thought and not real, to gain distance from the thought, and put it aside.

The anxiety disorders that the Distancing Approach can be applied to include OCD, panic disorders, and phobias. Interweaves, which come from the client's own words as expressed in the Preparation Phase, are used in the EMDR protocol to process the initial, worst, most recent and current triggers.

The types of interweaves created by clients are reviewed in detail. When appropriate, patient cases are examined to highlight how different interweave are useful in all phases of Distancing.

An essential aspect of the Distancing Approach is to recognize the different manifestations of OCD among different cultures. In addition, the use of the Distancing Approach on the impact of the COVID pandemic is explored.

The presentation goes through all phases of EMDR treatment and uses videos to demonstrate the approach as well as a practicum for participants to practice the Distancing Approach.

The Distancing Approach was developed to enhance the treatment of OCD and anxiety disorders with EMDR. Incorporating Ego State Theory with Distancing the clinician is able to address various parts of the personality and inner conflicts which interfere with treatment.

The presentation reviews Ego State Theory and highlights how to identify a client's internal conflict, that is, conflicting ego states and/or blocking beliefs. In turn, the presentation instructs participants in how to resolve these conflicts or beliefs such that the therapy can proceed more smoothly. The presentation uses

video to demonstrate the resolution of conflicting ego states, including the use of Ego State Theory and Distancing with a client diagnosed with dissociative identity disorder (DID).

The implementation of Distancing is different with children and teens than with adult patients. The presentation demonstrates how clinicians may use art, therapeutic play, and Sandtray in Distancing to create the Adaptive Coping Statement. In addition, the use of the simple, challenging and the “not yet” hierarchy of problems is demonstrated for the treatment of compulsive rituals. Additionally, coaching parents as an integral part of the treatment team for their child or teen is outlined. The presentation instructs clinicians as to the adaptations made through case examples and pictures of children’s sessions, either currently in treatment or who have completed treatment for OCD.

## MEET OUR PRESENTERS



**C. Paula Krentzel, PhD**, a practicing psychologist for three decades, is a certified EMDR clinician and an Approved EMDR Consultant. She is an EMDRIA Facilitator and a member of the Boston Trauma Response Network. Dr. Krentzel was trained at Massachusetts General Hospital and Children’s Hospital, Boston, MA. Her areas of expertise are developmental and complex trauma, anxiety disorders (specifically, Obsessive–Compulsive Disorders (OCD)), attachment disorders, chronic medical disorders, and depression.

Dr Krentzel has developed the Distancing Approach for the treatment of OCD and anxiety disorders. In 2021 she presented the Distancing Approach at the EMDR Canada and EMDRIA. Along with Ms. Tattersall, LCSW the Distancing Approach continues to be taught internationally twice a year.



**Jennifer Tattersall, LCSW, CBIS, CCDP** has a master’s degree in social work from the University of Connecticut. She is a certified Brain Injury Specialist and a Co-Occurring Disorders Professional. Jennifer is a certified EMDR therapist and an EMDRIA approved Consultant. She was previously the Clinical Preceptor for the Groton New London Naval Submarine Base Substance Abuse Rehabilitation Center and specializes in working with adults with trauma, complex trauma, OCD, and substance abuse.

Jennifer is a co- presenter of the Distancing Approach which is an enhancement to the standard EMDR protocol and it continues to be taught internationally twice a year.

Dr. Krentzel and Ms. Tattersall have established the Krentzel-Tattersall Psychotherapy Trainings and train clinicians on a variety of psychotherapy treatment topics.

There are no known conflicts of interests for this workshop.

## LEARNING OBJECTIVES—PARTICIPANTS WILL BE ABLE TO:

### The Distancing Approach

1. Describe the 3 components of The Distancing Approach and identify when to use it.
2. Describe the procedural steps of Distancing as used within the Preparation Phase of the EMDR Standard Protocol.
3. Identify several types of adaptive coping statements (installed during the Preparation Phase) that can be used as interweaves during the Desensitization Phase (Phase 4) of the EMDR Standard Protocol.
4. Explain Future Rehearsal with a focus on integrating the use of adaptive coping statements in challenging situations.

5. Choose when to process past traumas and/or triggers for OCD or panic using the Standard EMDR protocol (either before or after the use of Distancing).
6. Choose when to use Future Rehearsal or the Standard EMDR protocol after completing Distancing.

### Applying Ego State Therapy to the Distancing Approach

7. Identify when a patient has parts that interfere with processing and needs to be addressed prior to treatment for OCD and/or other anxiety disorders.
8. Describe how to increase internal communication among parts that may interfere with treatment.
9. Demonstrate how to decrease internal conflict such that treatment may progress.
10. Identify and develop needed adaptive resources to facilitate treatment. Enhance present resources.

### The Distancing Approach–The Enhancement to the Treatment of Children with OCD and Anxiety Disorders

11. Identify the differences in the Distancing Approach with children, teens, and adults.
12. Describe how to involve parents as integral in the treatment of children with OCD.
13. Identify the differences in using Future Rehearsal with children, teens, and adults.

## CONTENT AND TIMELINE

### DAY ONE:

8:00am-8:45am	Sign on to Webinar/In-Person Check-In
8:45am-10:15am	Introduction, Diagnosis of OCD, Types of OCD, Brain functioning in OCD, the difference between organic and trauma related OCD, Diagnosis of Panic and Phobias History Taking
10:15am-10:25am	Break
10:25am-11:45am	Video of The Distancing Approach Teach the Distancing Approach Q & A
11:45am-1:00pm	Lunch
1:00pm-2:30pm	Q & A; Video of Future Rehearsal Teach Future Rehearsal Video of Future Rehearsal Teach Future Rehearsal
2:30pm-2:40pm	Break
2:40pm-4:30pm	Teach Interweaves Discuss 1) Client with OCD and no trauma and 2) Client with OCD and trauma Video of the Standard Protocol with Client with OCD and no trauma Video of the Standard Protocol with Client with OCD and trauma Demo Review and Questions

### DAY TWO:

8:00am-8:45am	Sign on to Webinar/In-Person Check-In
8:45am-10:45am	Review of Ego State Theory Review of Distancing Case Reviews
10:45am-11:00am	Break
11:00am-11:45am	Video of Complex Trauma and ROCD (10-minute video) Q & A DID and Distancing
11:45am-1:00pm	Lunch

1:00pm-2:15pm	Video of Future Rehearsal working with Parts (DID) client – hour video Q & A
2:15pm-2:30pm	Break
2:30pm-3:30pm	How to increase Distress tolerance for the child and parent How OCD and the child’s avoidance can impact a family system Review the framework for Distancing and Future Rehearsal Review Play Therapy techniques and how they apply to OCD
3:30pm-4:30pm	Treatment planning Review case material

**REGISTRATION FEES** (Fee includes CEs and EMDRIA Credits)

\$380 Regular Fee – When received/postmarked after Tuesday, March 19, 2024

\$330 Early Bird Fee – Must be received/postmarked by Tuesday, March 19, 2024

**Non-Profit Discount and Non-Licensed Graduate Student Discount:** There is a \$40 discount for attendees employed by a non-profit organization and non-licensed graduate students.

\$340 Non-Profit Regular Fee – When received/postmarked after Tuesday, March 19, 2024

\$290 Non-Profit Early Bird Fee – Must be received/postmarked by Tuesday, March 19, 2024

If you are having difficulties registering on-line, prefer to submit payment through the mail, or have multi-payers for your registration, please click here for a registration form you can print, complete, and mail.

**REGISTRATION CHANGES FROM IN-PERSON TO VIRTUAL OR VICE VERSA**

Changes from in-person to virtual attendance or virtual to in-person attendance can be purchased through our website at [www.graymattertherapyworkshops.com](http://www.graymattertherapyworkshops.com). The administrative fee to make a change is \$25 and must be purchased by 11:59pm on April 17, 2024.

**CANCELLATION POLICY**

Your registration fee less a \$60 processing fee will be refunded to you if you cancel within at least 14 days prior to the event (by April 5, 2024). If you cancel after April 5, 2024 and before the start of the workshop, 50% of your registration fee will be refunded. No refund will be made for cancellations received after the workshop begins.

Registrants who partially attend the workshop, or do not complete the training will not receive a refund and cannot transfer their attendance to another workshop. Cancellation requests must be made by sending an email to [info@graymattertherapyworkshops.com](mailto:info@graymattertherapyworkshops.com).

**EMDRIA CREDITS & CONTINUING EDUCATION (CE) CREDITS**

**Approved for 12 EMDRIA Credits**

**Pending Approval for 12 CE Credits**

To obtain the credits listed above; participants must log on or sign in at the start of each day, log off or sign out at the end of each day, attend the workshop in its entirety, and complete the workshop evaluation form. No partial credits can be given.

**Level of Difficulty:** Intermediate to Advanced

**Full EMDR Training Required** – This workshop is open to clinicians who are fully trained in EMDR (have completed an EMDRIA Approved Basic EMDR Training). This training is not a Basic Training in EMDR therapy.

**Knowledge of Ego State Theory is a prerequisite for attending this presentation.**

**This workshop is approved for 12 EMDRIA Credits.** Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training. A Certificate of Completion will be awarded for full participation in both days.

Gray Matters Therapy Workshop, LLC, EC provider #18024, maintains responsibility for this workshop and its content in accordance with EMDRIA requirements. The official definition of EMDR therapy is available at <https://www.emdria.org/emdr-training/become-a-virtual-basic-trainer/emdr-international-association-definition-of-emdr/>.

**This workshop is pending approval for 12 CE credits.**

### **INTENDED PARTICIPANTS**

Licensed mental health professionals (psychiatrists, psychologists, clinical social workers, mental health counselors, marriage and family therapists, psychiatric nurses, accredited psychotherapists, etc.) with Full EMDR training.

### **GRIEVANCE PROCEDURE**

Gray Matters Therapy Workshops seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit any grievance in writing to [info@graymatterstherapyworkshops.com](mailto:info@graymatterstherapyworkshops.com), and all will be replied to within 5 business days. Grievances will receive, to the best of our ability, corrective action in order to prevent further problems.

### **ACCOMMODATIONS FOR THE DIFFERENTLY ABLED**

Gray Matters Therapy Workshops uses training facilities which are handicap accessible and ADA compliant. Please contact [info@graymatterstherapyworkshops.com](mailto:info@graymatterstherapyworkshops.com) if special accommodations are required.

### **REGISTRATION TERMS AND CONDITIONS**

In completing the registration process, you agree to be bound by the following Terms and Conditions.

- Attendees, whether in-person or virtual, may not make any type of electronic recording (e.g., audio, video) of the workshop or share workshop materials with any other person.
- Attendees, whether in-person or virtual, must attend the workshop in its entirety to receive CE and/or EMDRIA credits.
- Virtual attendees may not allow non-registered persons to view the live webinar with them or provide other persons with links to be able to view the webinar.
- Live webinar and in-person registrants will have access to the recordings of the webinar for 60 days following completion of the webinar. The recording links will be provided via email within 72 hours after the completion of the webinar. Attendees may not share webinar recording links with any other person or view the recordings with any non-registered persons.

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