



Save the Date

April 19-20, 2024

2024 Spring EMDR Workshop

Location

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

Hybrid Event – Attend
In-Person or Virtually

The Distancing Technique

The Distancing Technique is an enhancement to the treatment of OCD and Anxiety disorders with EMDR. It 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 technique is for the client to become a detached observer to his/her/their thoughts, sensations, images, and/or urges. For example, to understand that the obsession is a thought and not real, to gain distance from the thought, and put it aside.

Attendees will learn:

- *The Distancing Technique
- *Applications for Ego States, and
- *Applications for Children and Adolescents



C. Paula Krentzel, PhD



Jennifer Tattersall,
LCSW, CBIS, CCDP

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 a Humanitarian Assistance Program (HAP) 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 Technique for the treatment of OCD and anxiety disorders. She presented at EMDR Canada and EMDRIA 2021.

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 is honored to be 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 use.

Gray Matters Therapy Workshops, LLC

Michelle Anspaugh, LCMFT, LPC and Susan Wulff, LPC

www.graymattertherapyworkshops.com

info@graymattertherapyworkshops.com