

Everything you want to know about

Dissociation with Children and Teens: Effectively Using Parts Work with Hostile, Aggressive and Destructive Self-states

This training is for EMDR and non-EMDR therapists in the time zones of Singapore, Australia, and Europe (see Times)

Trainer: Annie J. Monaco, LCSW, RPT-S

Child and Teen clients who exhibit concerning problem behaviors are often challenging to therapists to not only engage in treatment but provide effective trauma therapy. These behaviors can include lying, stealing, defiance, aggression, rageful episodes, sexualized behaviors and meltdowns. Often, caregivers describe these children as “two different kids living in my house”. Specialized interventions are required for successful treatment that addresses such disturbing and disruptive symptoms that are encapsulated in dissociation. This training will help therapists understand how children and teens use dissociative strategies as a maladaptive solution to manage their symptoms of early childhood attachment and trauma wounds.

The nine modules will include (with optional case integration discussion meetings) understanding the basics of dissociation, how to engage self-states, and successfully working with protective parts that appear hostile and aggressive at home, school, community and the therapist’s office. This experiential training will include lecture, demonstrations, Annie’s client videos and practicing of scripts and interventions.

Details

2025 Dates: Virtual training on Zoom. 2.5 hour modules.

- January 15th & 29th
- February 5th, 19th & 26th
- March 5th & 12th
- April 2nd & 16th

Times: Check your time zone

- Singapore/Perth, Australia: 6:00pm - 8:30pm
- Melbourne, Australia: 9:00pm - 11:30pm
- UK: 10:00am - 12:30pm
- Greece: 12:00pm - 2:30pm
- New York: 5:00am - 7:30am

Optional Discussion Meetings

Integration of material with your own cases. 90 minutes in length. Has same start time as training dates (ex. EST begins at 5am).

- February 27th
- April 3rd
- April 17th

Cost: **\$390 USD** (Paypal or Venmo)
Last day to register: **January 8, 2025**
Limited to **28 participants**

[Register Here](#)



Annie Monaco, LCSWR, RPT-S

Trauma Specialist: Psychotherapist, Trainer and Consultant

Training Expectations

Participants must have their camera on during the training as each module will include breakout rooms to practice scripts and different interventions.

Materials

Annie will provide handouts of slides and any interventions that are discussed and practiced. This will be provided the day before each module.

Recordings

Modules will be recorded and “replay days” will be provided on the next day for participants to watch. It is highly suggested that participants do not miss trainings due to the highly interactive nature of the training.

Outside of Training Expectations

There will be required reading and video watching. Each therapist will be expected to try out the interventions and discuss in the follow-up question and answer time.

Description

Module 1: Introduction to the Foundation of Dissociation

- Structural Dissociation theory
- Dissociation Symptoms
- Dissociation Questions
- Dissociation Scales
- Soothing/Grounding Treatment

This module will allow participants to practice asking questions of caregivers and clients to gain details on problem behaviors.

Module 2: Pieces to the Puzzle: Extensive Attachment History Taking of Caregivers and Clients

- Attachment History taking of caregivers
- Attachment History examples for children and for teens
- Trauma History if you don't have early history (foster care/adoption cases)
- Attachment Scales

This module includes the understanding of how attachment wounds cause dissociative behaviors and symptoms. Therapists will be practicing questions and observing videos.

Module 3: How to be a Parts Therapist and Utilize Curiosity to Engage Protective Parts

- Explain that you are a trauma therapist to client
- How to Start the Parts conversation
- Explain dissociation to the child/teen
- Discuss what to do with clients who are hesitant and fearful to talk about parts
- Therapist qualities needed to do this work

This module will help you start the conversation with clients about parts of self by practicing scripts.

Module 4: Understanding Parts of Self, including the role and function

- Identifying and understanding Victim, Protector and Imitator Parts
- How to identify parts of self with the use of creative arts methods
- Examples of using sand, clay, masks, drawing and dissociation doll
- Guided Imagery of their parts of self

This module will provide videos of clients to show self-states and how to creatively identify and engage parts.

Module 5: The Challenge of Working with these Parts

- Protective Parts and how they are stuck in trauma time
- Imitator Parts and how mirror neurons are at play
- Growing the Healthy Parts
- Welcoming the Parts and creating safety in the therapy room

This module will teach you the do's and don'ts of working with hostile and aggressive parts as well as how to grow the healthy parts. Video case examples are included.

Module 6: Goal of Parts Work

This module will allow you to see a case example through multiple videos.

Module 7: The Nuances of Working with Self-States

- Time Orientation
- Exploring Triggers that lead to transition Moments
- Phobia among Self States
- Effectively using "Thank to you" and "I am sorry" to the Parts

This module will include different interventions to work with engage of the parts through engagement of the parts

Module 8: Working Extensively with Caregivers

- Preparing and engaging caregivers to be your co-therapists
- Suggestions on what caregivers can do at home and with schools
- How to have caregivers be a part of the parts work

Module 9: Transcript and video examples

Trainer

Annie Monaco, LCSW-R, RPT-S, is co-founder of Playful EMDR, an online hub for training and consultation in treating trauma-exposed children. Annie travels internationally and throughout the US providing specialty trainings on EMDR with children and teens and how to effectively treat attachment wounds and dissociative strategies and self-states. Annie has extensive experience with foster care, out of country adoptions, and at-risk teenagers and family therapy. Through the Child Trauma Institute & Trauma Institute, Annie is an EMDRIA approved trainer of EMDR and trainer of Progressive Counting and provides consultation to therapists and agencies.

Annie was a Director of Restorative Justice programs at a non-profit agency where she oversaw juvenile and adult offender programs for over 10 years. Presently her private practice includes a multitude of behaviors and issues including foster care, out of country adoptions, juvenile justice and dissociation. Annie is the co-editor and contributor of chapters for EMDR with Children in the Play Therapy Room, An Integrated Approach (2020) and contributing chapter for EMDR and Creative Arts Therapies (2022).

Email: monaco.training.center@gmail.com | Website: www.anniemonaco.com, www.playfulemdr.com

