

WORKING WITH EMPTINESS

DOLORES MOSQUERA AND NATALIA SEIJO

Eligible for 6.5 EMDRIA credits; 6 CEs; CE application available on site

Can your clients tell the difference between emotional emptiness and hunger?

Do they resort to self-destructive measures to stave off feeling of emptiness?

Do you want to learn more about working with emotional emptiness and dissociation?

Come spend the day with Dolores and Natalia and learn more.

\$185

**Discount
Early Bird**

Although the feeling of emptiness is part of the natural process of grief, there are special clinical populations that related to emptiness in a particular way such as Borderline Personality Disorder (BPD) and some eating disorders (ED).

In BPD, the feeling of emptiness is so devastating that people resort to all kinds of destructive behaviors in an attempt to fill it up. In ED, emptiness may be confusing, since clients may not be able to distinguish between a feeling of emptiness related to hunger and an emotional emptiness, thus resorting to food to fill it up and soothe it. This workshop will explore the feeling of emptiness and its relationship to all that the person cannot accept about himself/herself. It will suggest treatment tools, especially as emptiness relates to BPD and ED.

Dolores Mosquera, M.S.

is the director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP), and has worked with EMDR for many years on cases related to severe traumatization. She is an EMDR Europe Trainer and Consultant, with extensive teaching experience internationally. She has published many books and articles on personality disorders, complex trauma and dissociation and is a recognized expert in this field.



Natalia Seijo, M.S.

is a psychologist specializing in Eating Disorders (EDs), psychosomatic disorders and c-PTSD. She is the director of an Outpatient Clinic in Northern Spain. She is a Consultant and Facilitator for EMDR Europe, with extensive teaching experience internationally. Her publications in the field of Eating Disorders highlight the links between trauma, attachment and dissociation.



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