

# Attachment-Informed Trauma Therapy: An Eclectic Blend of EMDR, Polyvagal Interventions, and Ego States Therapy



## DATE + TIME

May 15 + 16, 2025  
9:00 AM - 4:30 PM



## TARGET AUDIENCE

This workshop is designed for mental health providers who render psychotherapy services.



## LOCATION

Training Room – Upstate AHEC  
104 South Venture Drive  
Greenville, SC 29615



## COURSE DESCRIPTION

This 2-day workshop is designed for mental health providers who render psychotherapy services. It will emphasize trauma-informed modalities for client populations who struggle with the impact of traumatic experiences, symptoms like PTSD, dissociation, psychosomatic complaints, and interpersonal distress. Workshop topics will include the neurophysiological impact of trauma, attachment-informed EMDR therapy resources, ego states therapy, and polyvagal interventions.

Providers at all levels of practice are encouraged to attend. We will thoroughly explore how trauma is stored in the brain, and consequently the body, highlighting the function of dissociation and targeting effective clinical interventions to sustain long-lasting recovery. For providers who are curious about EMDR therapy, this training will serve as an EMDR primer to discuss the differences of EMDR from other therapies, including the unique role of therapeutic bilateral stimulation. Through the use of didactic lectures, experiential demonstrations, and case studies, attendees will gain immediately applicable knowledge and clinical skills administer these specialized modalities with clients.



## COURSE OBJECTIVES

**At the conclusion of this program, each participant will be able to:**

- To conceptualize a clinical case utilizing an attachment-informed EMDR perspective.
- To gain an understanding of phase 1 and phase 2 of the EMDR 8-phase model, and to practice the skill of EMDR resourcing that can be immediately applied to clients.
- To develop attachment-informed resources with clients who have experienced early childhood wounds.
- To recognize the application of polyvagal theory in trauma-informed psychotherapy and practice clinical interventions to address vagus nerve activation with clients.
- To understand the role of ego states therapy when treating complex PTSD and develop clinical interventions to reduce the impact of dissociation when in sessions with clients.
- To apply ego states interventions with clients when cultivating self-love and self-worth.



## CONTINUING EDUCATION CREDIT

General AHEC Credit will be provided for completion of this course

**EMDRIA: 12 hours (credit number TBD)**

*Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training.*

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## REGISTRATION

To register: <https://www.scahec.net/learn/programs/4178>

**Program Fee:** \$100 for consortium members; \$200 for non-members,

Successful completion of the program requires attendance for **100%** of the program and a completed online evaluation by the participant **within 10 calendar days** of the program date. A certificate of completion will not be made available for you if the evaluation is not completed within this timeframe. No partial credit available.

**Americans with Disabilities Act (ADA):** Upstate AHEC is committed to equality of educational opportunity and does not discriminate against applicants, students or employees on the basis of race, color, religion, sex, national origin, age, disability or veteran's status. If you require reasonable accommodations for a disability in order to participate fully in a continuing education activity, call 864-349-1160 no later than one week before the date of the activity.

**ANCC Disclosure Statement:** Upstate AHEC's conflict of interest policy requires faculty to disclose any real or apparent commercial financial affiliations related to the content of their presentations/materials. The speaker has signed a vested interest form declaring no conflict of interest in education activity. Provisions of this educational activity by Upstate AHEC does not imply endorsement by Upstate AHEC or ANCC of any commercial products displayed in conjunction with this activity.

**New Refund Policy:** To cancel a registration for an upcoming in-person or webinar program our new registration system on the AHEC Learning Portal (ALP), visit the My Registrations page, select the program from your Upcoming Registrations listing and press the Cancel Registration button on the registration details page.

Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) and our staff will be in touch with refund details — refunds are typically processed within 10-15 business days after that. Registrations for online modules and on-demand video programs are not eligible for refunds.



## INSTRUCTORS



**Speaker 1: Ashley Swinson, MSW, LCSW,** Owner of TIDE Associates PLLC, Certified EMDR Therapist, EMDR Consultant, and EMDRIA Credit Provider. Ashley is an expert in EMDR therapy, primarily treating complex PTSD and secondary traumatic stress among professionals. As a national speaker on the topics of trauma-informed care and provider sustainability, she has worked with many organizations across the southeast to improve workplace culture and provider wellness. Ashley is passionate about business development and clinical enrichment, and she has helped launch over 30 businesses in NC to expand the reach of mental healthcare.



**Speaker 2: Tara Ferguson, Ph.D., LP,** Owner of Place of Peace Counseling and Therapeutic Center. Dr. Ferguson is an expert in dual diagnosis treating comorbid complex PTSD, relational problems, and anxiety disorders. She specializes in women's issues, EMDR therapy, and ego states therapy and has developed a Self-Love Protocol to address attachment traumas that inhibit emotional independence, self-compassion, and self-esteem. Additionally, Dr. Ferguson provides professional mentoring, business consultation, and clinical supervision to other practitioners.

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## PROGRAM AGENDA

### DAY 1

9:00am-10:30am	<i>EMDR Foundations: An Attachment-informed Perspective</i>
10:30am-10:40am	BREAK
10:40am-12:00pm	<i>The Neurophysiological Impact of Trauma &amp; Polyvagal Interventions</i>
12:00pm-1:00pm	LUNCH
1:00pm-2:30pm	<i>The Protective Mechanism of Dissociation: Assessment and Introducing the Language of Parts</i>
2:30pm-2:40pm	BREAK
2:40pm-4:30pm	<i>Parts Work: Creating the Meeting Place</i>

### DAY 2

9:00am-12:00pm	<i>EMDR Resource Development &amp; Installation</i>
12:00pm-1:00pm	LUNCH
1:00pm-2:30pm	<i>Parts Work: A Self-Love Protocol</i>
2:30pm-2:40pm	BREAK
2:40pm-4:30pm	<i>Ego States Interventions for Over-Responsibility and Guilt: Learning to Recognize Appropriate Responsibility</i>