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Title: Recognizing and Working with Dissociation in Children, Adolescents and Young Adults: From Theory to EMDR Practice.

This full-day workshop explores dissociation from a developmental and clinical perspective, focusing on children, adolescents and young adults. It bridges current research and clinical practice, with particular emphasis on recognising dissociative symptoms, understanding their developmental manifestations, and distinguishing dissociation from other clinical presentations.

Participants will explore how dissociation may present differently across developmental stages, including subtle and frequently overlooked signs in children. The workshop will address practical approaches to assessment, differential diagnosis, and the integration of information from children, caregivers and other professionals.

A central focus will be the integration of dissociation into EMDR case conceptualisation and treatment. Participants will explore developmentally sensitive adaptations, including preparation and stabilisation, readiness for trauma processing, pacing, maintaining dual attention, and working with caregivers. Special attention will be given to recognising dissociation during EMDR sessions and responding appropriately.

Moving from theory to practice, the workshop combines brief theoretical inputs with clinical case examples, interactive discussions, exercises and opportunities to apply assessment and treatment strategies to participants' own clinical work.

**Learning Objectives:**

By the end of the workshop, participants will have:

- Gained a better understanding of dissociation and its developmental manifestations in children, adolescents and young adults.
- Increased their awareness of subtle and often overlooked signs of dissociation and possible overlaps with other clinical presentations.
- Become more familiar with developmentally appropriate assessment approaches and relevant differential diagnoses.
- Deepened their understanding of how to consider dissociation in EMDR case conceptualisation and treatment planning.

- Gained greater confidence in adapting EMDR interventions to developmental needs and dissociative complexity.
- Explored practical approaches through clinical case examples, experiential exercises and shared reflection.

**Audience:** EMDR therapists at all levels, from beginners to advanced clinicians

**Presenter:** Dr. med. Kerstin Stellermann-Strehlow, child and adolescent psychiatrist and psychotherapist, senior EMDR C&A Trainer, member of standard committee EMDR Europe, cochair EMDR C&A Trainer EMDR Europe