

# Shame, Guilt and Moral Injury: From Wounds of Violence to Healing the Wounded

E. C. Hurley, Ph.D, LMFT, BCETS

## Program Description

### Day 1: Understanding Veterans/Military Personnel and their families

- Military culture (do's and don'ts)
- How combat changes the soldier and family
- Resources for veterans

### Moral injury

- Definition and examples
- Links to shame and guilt
- Impact and prevalence
- Symptoms
- Neurobiological mechanisms
- Coexisting disorders

### Treatment options

- Engaging the veteran
- Stabilization
- Trauma-treatment options
- Repairing moral injury

### Day 2: Moral Injury: Entrenched belief systems, impeded cognitive processing, dissociative suicide episodes and effective treatment with EMDR therapy.

- Impact of Shame, guilt and moral injury in effective treatment
- Multi-discipline overview and current psychopathology
- Moral Injury – Lasting wounds which pay its forward
- Development of meta-beliefs and blocked treatment
- Symptoms and function of guilt and shame in therapy among combat veterans Moral injury

### Uniqueness of EMDR Therapy in the treatment of moral injury

- EMDR therapy's mechanism of action in treating shame, guilt and moral injury
- Video clips : EMDR Therapy as effective treatment of shame, guilt and moral injury

### Moral Injury: Entrenched belief systems, impeded cognitive processing and dissociative suicide episodes

- EMDR therapy: Working with entrenched belief systems
- Treating moral injury and DESNOS
- Moral injury and dissociative episodes of suicidal actions (video and discussion)
- Effectiveness of EMDR therapy for the future
- Summary and wrap-up of treatment: the healing journey

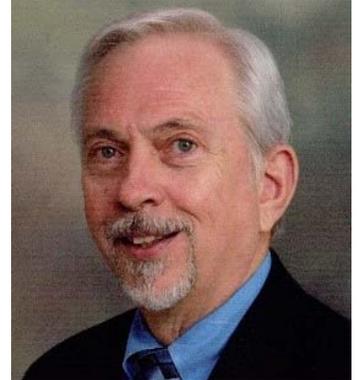
## Natick, MA

June 5-6, 2015

9:00am to 5:00pm

**12 credits:** EMDRIA APA, NASW, LMFT, LMHC and other NBCC-accepting professions

Crowne Plaza Boston-Natick  
1360 Worcester Street  
Natick, MA 01760



### Early Registration Discounts

Sponsored by Mark Nickerson and Advanced EMDR Trainings

From Darwin, to Freud, to current treatment approaches, the challenge of treating combat trauma is historic. Yet it is essential. This training will teach conceptual and practical approaches that guide a meaningful healing process. The training consists of two consecutive, one-day workshops which are integrated for EMDR clinicians. Day 1 addresses issues of shame, guilt, and moral injury and their generation of anger, rage and violence among individuals, relationships and communities. The presentation also addresses the uniqueness of the combat veteran and military culture. Day 2 presents EMDR therapy as an effective intervention in treating complex trauma in cases where shame, guilt, and moral injury complicate treatment. Effective treatment strategies are presented with video demonstrations. Day 1 is open to the broader professional community; EMDR clinicians register for both Day 1 and Day 2.

### Praise for the Presenter:

"Great training!"

"Has knowledge of material, easy to understand and follow."

"Fabulous trainer. Excellent work."

"Video examples were wonderfully helpful, as well as frequent, specific case examples. Thank you – I salute you."

"Master trainer. Teaching stories and videos very helpful."

"Very good presenter; knows subject/good instruction."

## Learning Objectives- Participants at this workshop will be able to:

### Day 1

1. Identify the impact of shame, guilt and moral injury in individual lives, families, communities and international relations involving terrorism, domestic violence, addictive behaviors, and depression.
2. Be able to compare and contrast the difference between shame, guilt, and moral injury in symptom formation.
3. Be able to discuss the impact of shame, guilt and moral injury on the human experience from developmental and neurobiological perspectives.
4. Identify issues among the veteran population, the impact of war on military personnel and families, and available resources.
5. List and discuss historic intervention strategies in addressing shame, guilt, and moral injury.
6. Identify reasons addictions are considered shame based.
7. Identify proactive responses to today's debilitating conditions such as terrorism, domestic violence, and self-limiting experiences produced by shame, guilt, and moral injury.

### Day 2

1. Identify the symptoms and clinical issues produced by shame, guilt and moral injury
2. Conceptualize and describe shame, guilt and moral injury within the Adaptive Information Processing treatment model.
3. Be able to discuss how EMDR therapy is effective in treating issues of shame, guilt, and moral injury.
4. Discuss the impact of war on veterans' sense of shame, guilt, and moral injury.
5. Develop an EMDR therapy approach which addresses shame, guilt and moral injury issues throughout the eight phase process.
6. Discuss the role shame can have in dissociative exhibitions.
7. List and discuss the development and implementation of effective EMDR therapy treatment which resolves shame, guilt and moral injury issues.

**Dr. E. C. Hurley, D. Min, Ph.D** founded (1993) and directs the Soldier Center in Clarksville, TN. A veteran of 33 years of military service in the U.S. Army and Army Reserve, he and his staff continues treat military personnel and veterans using evidence-based therapy to resolve their posttraumatic stress.

As an EMDRIA Approved Provider and Approved Consultant he provides consultation in EMDR and advanced workshops. Dr Hurley is also a trainer for the EMDR Institute Regional Trainings where he provides regional trainings for the military and mental health professionals throughout the country as well as regional trainings in Tennessee where he conducts EMDR basic trainings on a quarterly basis. He provides therapy to military personnel, veterans, and their family members weekly. Additionally, Dr. Hurley provides successive-days treatment where participants come to Soldier Center from out-of-state to be treated in intense EMDR daily for one and two week periods as a means of helping our military and veterans reclaim their lives.

Mark Nickerson, LICSW maintains responsibility for this program and its content in accordance with EMDRIA Standards.

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Mark Nickerson, LICSW if special accommodations are required.

Completion of an EMDRIA Approved Basic EMDR Training is required.

**On-line registration at: [markinickerson.com](http://markinickerson.com) Questions? [markinickerson@gmail.com](mailto:markinickerson@gmail.com) or 413-256-0550**

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Name \_\_\_\_\_

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Discipline and License # \_\_\_\_\_

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Address \_\_\_\_\_

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City, State, Zip \_\_\_\_\_

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Email \_\_\_\_\_ Phone \_\_\_\_\_

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Level of EMDR Training \_\_\_\_\_

### Program Fees (includes 12 CEUs)

\$265 until 4/27/15

\$305 until 5/18/15

\$325 after 5/18/15

### \$60 discount for Community Mental Health clinicians (30+ hours a week)

Full refund until 5/18/15

80% refund until 5/29/15

No refund thereafter.

Approved 12 credits: EMDRIA; NASW, APA, LMFT, LMHC and other NBCC-accepting professions.

**My payment of \$ \_\_\_\_\_ is enclosed.**

Mail checks made payable to: Mark Nickerson, LICSW  
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