A person wearing glasses and a suit

Description automatically generated with low confidence

**Mark Grant MA**

**Clinical Psychologist**

**Mark Grant** is a researcher/clinician with over 30 years experience in the treatment of stress, trauma, and pain. He is an accredited EMDR consultant and past president of the EMDR Association of Australia.

* He has conducted independent research into EMDR as a treatment for chronic pain and his work has been published in various peer-reviewed journals including the *Journal of Clinical and Consulting Psychology*.
* His anxiety app resulted in the first published account of an app being used to overcome chronic pain (in a carpal tunnel sufferer)
* He is currently conducting an RCT regarding the efficacy of his Healing traumatic stress app series – the first such study of apps based on EMDR.
* He is the author of *Change Your Brain Change Your Pain* (self help) and *Pain Control based on EMDR* (treatment manual).
* He co-authored two chapters on *EMDR treatment of pain* for the forthcoming Oxford University Press Handbook of EMDR
* He is a regular presenter at conferences and trainings including bro bono trainings to Ukrainian mental health workers.

**Abstract: Clinical applications of Neuroscience of dissociation**

Dissociation is generally understood as an evolutionary defensive response to overwhelming stress or trauma. Dissociation is also implicated in the production of mental and physical symptoms of PTSD. The neurobiological processes associated with dissociation and their implications for treatment, are increasingly understood. 4 ways of addressing dissociative phenomena derived from Hypnosis and EMDR will be described.

Contents:

* What is dissociation and what is its evolutionary purpose?
* Neurobiology of dissociation in PTSD
* Dissociation, pain and the brain
* Neurological effects of Hypnosis and EMDR
* 4 ways to utilize trance phenomena based on Hypnosis and EMDR

Learning goals;

1. Understand basic neurological processes underlying dissociation
2. Understand relationship between dissociation and physical and mental symptoms of PTSD
3. Learn how to recognize trance phenomena in dissociation
4. Understand implications of neurobiology of dissociation for therapy
5. Learn 4 ways to utilize trance phenomena based on Hypnosis and EMDR