

EMDR Therapy Training: Part I & II Intensive

6-day model

Description and Objectives

EMDR Therapy Training: Part I

Discovered by Dr. Francine Shapiro, eye movement desensitization and reprocessing (EMDR) therapy is one of the most researched and utilized methods in the treatment of post-traumatic stress disorder (PTSD) and other forms of human distress connected to trauma. Completing our full basic training approved by the EMDR International Association is a multi-tiered process of which this three-day training is your first part. Part I Training (3 Days= 21 total hours of Lecture and Practicum): Covers the basics of trauma, the adaptive information processing model, trauma-informed stabilization, and the basic methodology and mechanisms of action used in EMDR Therapy. You will be able to practice EMDR Therapy with certain cases after completion of Part I. Day 1 of the training course covers the foundational material that you will need on trauma, specifically discussed through the adaptive information processing model, that you will need to competently deliver EMDR Therapy. By the end of the day you will also see a live demonstration in EMDR Therapy. Day 2 of the course takes you into specific study of EMDR Therapy Phases 1-2, generally seen as the phases of foundation and stabilization. By the end of the day you will be practicing these phases in your practicum sessions under supervision. Decision-making about moving into Phases 3-6 is also discussed, and an overview of the remaining Phases of EMDR is presented in lecture. In Day 3 you will practice Phases 3-8 of EMDR Therapy under supervision in your practicum sessions, which compose the bulk of the day. You will also receive introductory instruction for dealing with abreactions in EMDR Therapy and discuss the next steps for your training and consultation development in EMDR.

Objectives: Day 1

After attending Day 1 of the training, the participant will be able to...

- To provide working definitions of trauma from the larger field of psychology/psychiatry and according to the adaptive information processing model
- To discuss the history of EMDR Therapy
- To explain EMDR Therapy's model, methodology, and mechanism(s) within the context of the adaptive information processing model
- To list the 8 phases of the EMDR standard protocol
- To identify the 8 phases of the EMDR standard protocol after seeing a live or video demonstration of EMDR Therapy

Objectives Day 2

After attending Day 2 of the training, the participant will be able to...

- To explain how the 8 Phases of Shapiro's Standard EMDR Therapy Protocol correspond to the 3-Stage Consensus Model of trauma treatment originally proposed by Pierre Janet
- To conduct an EMDR Therapy Phase 1 (Client History) with respect to general, well-established principles for trauma-informed care
- To define the terms Resource Development and Installation (RDI), "tapping in," and frontloading, and explain their role in EMDR Therapy Phase II preparation
- To develop a comprehensive, holistic set of stabilization/resourcing skills in Phase II of EMDR Therapy

- To explain the rationale behind speeds of bilateral stimulation/dual attention stimulus
- To deliver 3-5 stabilization activities with a client in EMDR Therapy preparation, with and without bilateral stimulation
- To discuss and implement which stabilization activities are most ideal for those clients with dissociation or complex trauma issues
- To articulate ideas for obtaining even more exercises and activities for trauma-informed stabilization
- To complete, under supervised practice, EMDR Phases 1 & 2 with a practice partner; this includes being able to explain EMDR Therapy to a potential client/practice partner in relatable language
- To assess client readiness for moving from Phase 2 of EMDR Therapy into the reprocessing Phases 3-6
- To discuss the standard targeting sequence offered in the 2001 Shapiro text for reprocessing traumatic memories

Objectives: Day 3

After attending Day 3 of the training, the participant will be able to...

- To complete, under supervised practice, EMDR Therapy Phases 3-8
- To define *abreaction* and discuss its relevance to trauma processing work
- To list the main suggestions offered by Shapiro and master clinicians in EMDR Therapy for working with blocks in processing and handling abreactions
- To complete, under supervised practice, a future template targeting sequence
- To obtain resources for accessing follow-up consultation and support in EMDR Therapy between Part I of the training (Days 1-3) and Part II of the training (Days 4-6)

Description and Objectives EMDR Therapy Training: Part II

Discovered by Dr. Francine Shapiro, eye movement desensitization and reprocessing (EMDR) therapy is one of the most researched and utilized methods in the treatment of post-traumatic stress disorder (PTSD) and other forms of human distress connected to trauma. Completing our full basic training approved by the EMDR International Association is a multi-tiered process of which this three-day training is your second part. Part II Training (3 Days= 21 total hours of Lecture and Practicum): Enhanced practicum content, covering best practices for using EMDR Therapy with special populations and in the tricky scenarios of clinical practice; advanced content on ethics and neurobiology also covered, in addition to working with the art of case conceptualization. Day 4 of the training focuses on ethical practice, learning about interweaves, appropriate use of modifications (according to the EMDRIA definition of EMDR). and applying modifications for special populations. By the end of Day 4, participants will have had the chance to practice supervised implementation of some of these techniques. Day 5 instructs participants on specific protocols/targeting sequences, best practices with special populations and clinical situations, and accessing specialty resources and protocols for variously noted populations. By the end of Day 5, participants will experience supervised practice of targeting sequences/protocol for identified special populations/situations. In Day 6 participants will review the neurobiology of trauma, present a clinical case study through the EMDR Therapy/AIP framework, complete supervised practice of practice elements, discuss the characteristics of a strong EMDR therapist, and develop a plan for continued consultation.

Objectives Day 4

After attending Day 4 of the training, the participant will be able to...

- To discuss, in general, what it means to be an ethical EMDR Therapist and list three safeguards for ensuring safe and ethical practice
- To define interweaves and describe at least three situations where interweaves are useful in EMDR Therapy
- To list examples of situations within EMDR Therapy where making modifications may be necessary (according to the EMDRIA Definition of EMDR)
- To describe the types of modifications that might be necessary and appropriate with the “special populations” that individual attendees treat in clinical settings
- demonstrate the EMDR 8-Phase protocol under supervised practice and implement necessary feedback regarding interweaves and modifications

Objectives Day 5

After attending Day 5 of the training, the participant will be able to...

- To list the specific protocols/targeting sequences that Shapiro overviews in her seminal text and be able to set them up (e.g., recent events, anxiety and phobia, illnesses and somatic disorders, grief, self-use)
- To discuss the best practices for conducting EMDR Therapy with the following groups of people/clinical situations: children, couples, addictions, survivors of sexual abuse, complex PTSD & developmental trauma, dissociation, military, and public safety
- To discuss, in greater detail and clinical competence, best practices for the specific groups of people/clinical situations that participants are likely to see in their clinical settings
- To list specialty resources and "protocols" for these variously noted populations
- To demonstrate, under supervised practice, one of the specialty targeting sequences presented by Shapiro, or a targeting sequence and delivery of EMDR Therapy Phases 1-8 with a situation identified as a “special population”/situation

Objectives Day 6

After attending Day 6 of the training, the participant will be able to...

- To discuss the neurobiology of trauma covered on Day 1 of the course in the context of EMDR Therapy and working hypotheses about mechanisms of action
- To analyze a clinical case study for the participant’s clinical practice through the EMDR Therapy/AIP framework
- To demonstrate, under supervised practice, any remaining practice elements that a participant may need to attend to using EMDR Therapy
- To discuss the characteristics of strong EMDR therapists
- To evaluate any issues that a participant may need to address to better capture these qualities of strong EMDR therapists
- To develop a plan for continued consultation and formation as an EMDR therapist after the completion of the training course

Timed Outline

EMDR Therapy Training: Part I & II Intensive

6-day model

8:00am – 4:30pm EST each day

Day 1: Fundamentals of Trauma, Adaptive Information Processing, & EMDR Therapy

Introductions & Orientation (8:00am-8:30am)

Fundamentals of Trauma Part I: Perspectives on General Traumatology (8:30am-9:30am)

Break (9:30am-9:45am)

Fundamentals of Trauma Part II:
The Adaptive Information Processing Model & Trauma
The History of EMDR Therapy (9:45am-12:00pm)

Lunch Break (12:00pm-1:00pm)

EMDR Therapy Demonstration: The 8 Phases in Action (1:00pm-2:45pm)

Break (2:45pm-3:00pm)

EMDR Therapy Demonstration Discussion: Model, Methodology, Mechanism
The 8 Phases within the 3-Pronged Protocol (3:00pm-4:30pm)

Day 2: Fundamentals of Trauma-Informed Stabilization & EMDR Phases 1-2

Supervised Practicum Session: Phase 1 (8:00am-9:45am)

Break (9:45am-10:00am)

Fundamentals of Mindful Trauma Stabilization & EMDR Therapy Preparation Skills (Phase 2)
(10:00am-12:00pm)

Lunch Break (12:00pm-1:00pm)

Supervised Practicum Session: Phase 2 within a Trauma-Informed Model of Care (1:00pm-2:45pm)

Break (2:45pm-3:00pm)

Moving from Phases 2 to 3
Setting Up a Targeting Sequence (Phase 3) and “Going with That” & Daily Wrap Up (3:00pm-4:30pm)

Day 3: Fundamentals & Practice of The Standard EMDR Protocol

Supervised Practicum Session: Focus on EMDR Phases 3-7 (8:00am-12:00pm)
(Break at small group leader's discretion)

Lunch Break (12:00pm-1:00pm)

Fundamentals of Abreaction & Related Issues (1:00pm-2:15pm)

Break (2:15pm-2:30pm)

Supervised Practicum Session: Focus on EMDR Phases 3-8, Handling Abreactions,
Unfinished Business from Earlier Practicum Sessions (2:30pm-4:00pm)

Day 3 Wrap Up:

Discussing Consultation Options & Continued Support (4:00pm-4:30pm)

Day 4: Advanced Work with the Standard Protocol—Interweaves & Ethics

Introduction & Orientation to Second Half of Course (8:00am-8:30amEST)

Issues for the Advanced EMDR Practitioner: Ethics & Interweaves (8:30am-9:45amEST)

Break (9:45am-10:00amEST)

Supervised Practicum: Working with Interweaves (10:00am-12:00pmEST)

Lunch Break (12:00pm-1:00pmEST)

Issues for the Advanced EMDR Practitioner: Abreactions & Dissociation (1:00pm-2:30pmEST)

Break (2:30pm-2:45pmEST)

Supervised Practicum (cont.) (2:45pm-4:30pmEST)

Day 5: Special Populations and Situations in EMDR Therapy

Questions and Discussion from Day 4 (8:00am-8:30amEST)

Working with Special Populations (8:30am-9:45amEST)

Break (9:45am-10:00amEST)

Supervised Practicum (10:00am-12:00pmEST)

Lunch Break (12:00pm-1:00pmEST)

Working with Special Populations (cont.)
Case Conceptualization Exercise Part I
Phase 8: Re-Evaluation - Enhanced Logistics
Explaining EMDR to a Client (1:00pm-2:30pmEST)

Break (2:30pm-2:45pmEST)

Supervised Practicum (cont.) (2:45pm-4:30pmEST)

Day 6: The Art of EMDR Therapy and Case Conceptualization

Questions and Discussion from Day 5 (:800am-8:30amEST)

The Neurobiology of Trauma:
Implications for EMDR Therapy & AIP Review (8:30am-9:45am)

Break (9:45am-10:00amEST)

Supervised Practicum (10:00am-12:00pmEST)

Lunch Break (12:00pm-1:00pmEST)

Case Conceptualization Exercise Part II
Blocking Beliefs & Treatment Planning
Final Wrap-Up: The Art of EMDR Therapy & Continuing Consultation/Training (1:00pm-2:30pmEST)

Break (2:30pm-2:45pmEST)

Supervised Practicum (2:45pm-4:30pmEST)

**For start times other than 8:00am EST, please adjust accordingly.

This is live interactive training. This is a beginner level course. Attendance at all live sessions, and course evaluation is required to receive CE Certificate. Course evaluations are made available after all live sessions have been completed within this course portal. Upon completing the evaluation, participants will be able to download their CE certificates.

Each 3-day course is approved for 21 CE credits by the following approval agencies (a total of 42 for both Part I and Part II):