

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.

Attendance at all live sessions is required.

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 II

8:00am – 4:30pm EST each day

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.