

Title: EMDR Therapy Refresher: Because You Don't Know What It Is You Forgot \*In Person\* - 2 day format

12 CE Credits (6 per day)

Description/Abstract: Many clinicians, after being trained in EMDR Therapy, fail to continue to utilize the 8-phase protocol and have difficulty conceptualizing and applying the AIP model with clinical issues. Know that you're not alone. This interactive workshop will provide a review of EMDR Therapy, the 3-pronged approach, and the 8-phase protocol, with an emphasis in case conceptualization through the AIP lens. Attendees will participate in focused case conceptualization exercises and develop target sequencing plans with intricate clinical scenarios related to complex trauma and PTSD, grief, dissociation, addiction and co-occurring disorders. Day 2 will include a live interactive practicum experience where you will create a target sequence plan with a partner. Feel more comfortable utilizing EMDR Therapy and gain confidence applying these concepts with your more difficult clinical presentations.

Goals/Objectives:

Day 1

- Distinguish the Model, Methodology, and Mechanism of Action of EMDR Therapy within trauma informed treatment
- Conceptualize and apply the Adaptive Information Processing (AIP) Model and the 8-phase protocol of EMDR Therapy to complex clinical scenarios
- Explain the neurobiology of trauma and the hypothesized mechanisms of action in EMDR Therapy (BLS/DAS)
- Develop a target sequencing plan for reprocessing traumatic memories/material (phases 3-6) utilizing case studies focusing on issues related to complex trauma, complex PTSD and dissociation
- Apply interweaves and determine where modifications may be necessary within EMDR Therapy common to complex clinical presentations

Day 2

- Develop a target sequencing plan for reprocessing traumatic memories/material (phases 3-6) utilizing case studies focusing on issues related to grief, addiction and co-occurring disorders
- Create a target sequencing plan conceptualized through AIP model/3-pronged approach utilizing a provided handout/worksheet with an attendee provided clinical scenario
- Develop a target sequencing plan conceptualized through AIP model/3-pronged approach within a partner within a live practicum setting

Timed Outline/Content:

Day 1

8:15am – 8:30am	Registration & Sign In
8:30am – 9:00am	Neurobiology of trauma/Traumatology <ul style="list-style-type: none"><li>▪ Explain triune brain and effects of trauma on the brain/memories</li></ul>
9:00am – 9:30am	Trauma Informed Treatment Principles and Interventions <ul style="list-style-type: none"><li>▪ Explore how EMDR Therapy is Trauma informed and focused</li></ul>
9:30am – 10:00am	Adaptive Information Processing Model of EMDR Therapy <ul style="list-style-type: none"><li>▪ Delineate and connect the AIP model with conceptualizing clinical work through this lens</li></ul>

10:00am – 10:30am	<p>Conceptualizing the Methodology of EMDR Therapy</p> <ul style="list-style-type: none"> <li>▪ Define the 8 phases of the standard protocol inside of the larger 3 pronged approach</li> <li>▪ Explain target/node and associative channels related to target reprocessing</li> </ul>
10:30am – 10:45am	Break
10:45am- 11:15am	<p>Mechanism of action of EMDR Therapy</p> <ul style="list-style-type: none"> <li>▪ Review hypothesized mechanisms of action and fast vs slow Bilateral Stimulation/Dual Attention Stimulus</li> </ul>
11:15am – 1:00pm	<p>Case Conceptualization within the EMDR Therapeutic Framework</p> <ul style="list-style-type: none"> <li>▪ Discuss the Flow of EMDR Therapy in clinical application, viewing EMDR Therapy as a therapy and not a technique</li> <li>▪ Summarize the 3-pronged approach</li> <li>▪ Explain targeted sequencing plan with theme/event, negative cognition and first, worst, most recent memories/floatback technique</li> <li>▪ Explore blocking beliefs within the larger framework of the AIP model and EMDR Therapy case conceptualization</li> <li>▪ Examine complex clinical scenarios utilizing case examples viewed through the eight phases of EMDR Therapy: <ul style="list-style-type: none"> <li>• Complex trauma /developmental trauma</li> <li>• Complex PTSD</li> <li>• Dissociation – Emotional Parts employing Structure Dissociation Theory</li> </ul> </li> </ul>
12:00pm – 1:00pm	Lunch
1:00pm – 2:00pm	Continued Case Conceptualization within the EMDR Therapeutic Framework
2:00pm – 2:15pm	Break
2:15pm – 3:45pm	Applying advanced interweave and modifications
2:15pm – 2:45pm	<p>Demonstrate resources with reprocessing</p> <ul style="list-style-type: none"> <li>▪ Ally work</li> <li>▪ Protective figures</li> <li>▪ Fraser table / emotional parts</li> <li>▪ Bringing resources into reprocessing</li> </ul>
2:45pm – 3:15pm	<p>Demonstrate addressing multiple connections into other nodes, memories, themes and cognitions</p> <ul style="list-style-type: none"> <li>▪ Restrictive reprocessing</li> <li>▪ Containment inside of reprocessing</li> <li>▪ Attachment needs</li> </ul>
3:15pm – 3:45pm	<p>Demonstrate addressing preverbal/nonverbal memories</p> <ul style="list-style-type: none"> <li>▪ Felt sense</li> <li>▪ Metaphoric</li> <li>▪ Imaged</li> </ul>
3:45pm – 4:00pm	Wrap Up, Q & A
Day 2	
8:15am – 8:30am	Registration & Sign In

8:30am – 9:00am	Review from Day 1 material
9:00am – 10:00am	Case Conceptualization within the EMDR Therapeutic Framework Examine complex clinical scenarios utilizing case examples viewed through the eight phases of EMDR Therapy: <ul style="list-style-type: none"> <li>▪ Grief/Loss</li> <li>▪ Addiction/Co-Occurring Disorders</li> </ul>
10:00am – 10:15am	Break
10:15am – 12:00pm	Break out/Small Group Exercise: Attendees develop a target sequencing plan conceptualized through AIP model/3-pronged approach utilizing a provided handout/worksheet to include: <ul style="list-style-type: none"> <li>▪ Presenting issue (present triggers)</li> <li>▪ Theme and/or specific event</li> <li>▪ Associated negative cognitions (rank ordered)</li> <li>▪ Specific memories/events float backs/touchstone First(s), Worst(s) and Most Recent(s)</li> <li>▪ Possible future template</li> </ul> Spokesperson: Share their group's case conceptualization findings
12:00pm – 1:00pm	Lunch
1:00pm – 2:00pm	Interactive practicum experience creating a target sequence plan with a partner. <ul style="list-style-type: none"> <li>▪ Develop a target sequencing plan conceptualized through AIP model/3-pronged approach within a partner within a live practicum setting</li> </ul>
2:00pm – 2:15pm	Break
2:15pm – 3:15pm	Interactive practicum experience creating a target sequence plan with a partner. <ul style="list-style-type: none"> <li>▪ Develop a target sequencing plan conceptualized through AIP model/3-pronged approach within a partner within a live practicum setting</li> </ul>
3:15pm – 3:45pm	Debrief practicum experience
3:45pm – 4:00pm	Wrap Up, Q & A