

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

6 CEs

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. Feel more comfortable utilizing EMDR Therapy and gain confidence applying these concepts with your more difficult clinical presentations.

Goals/Objectives:

- 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 hypostasized mechanisms of action in EMDR Therapy (BLS/DAS)
- Develop a target sequencing plan for reprocessing traumatic memories/material (phases 3-6) utilizing a case study focusing on issues related to complex trauma, complex PTSD, grief, dissociation, addiction and co-occurring disorders
- Apply interweaves and determine where modifications may be necessary within EMDR Therapy common to complex clinical presentations

Timed Outline/Content:

8:15am – 8:30am	Registration & Sign In
8:30am – 8:45am	Neurobiology of trauma/Traumatology <ul style="list-style-type: none"><li>▪ Explain triune brain and effects of trauma on the brain/memories</li></ul>
8:45am – 9:00am	Trauma Informed Treatment Principles and Interventions <ul style="list-style-type: none"><li>▪ Explore how EMDR Therapy is Trauma informed and focused</li></ul>
9:00am – 9:30am	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>
9:30am – 10:00am	Conceptualizing the Methodology of EMDR Therapy <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>
10:00am- 10:30am	Mechanism of action of EMDR Therapy <ul style="list-style-type: none"><li>▪ Review hypothesized mechanism of action and fast vs slow Bilateral Stimulation/Dual Attention Stimulus</li></ul>
10:30am – 10:45am	Break
10:45am – 12:00pm	Case Conceptualization within the EMDR Therapeutic Framework <ul style="list-style-type: none"><li>▪ Discuss the Flow of EMDR Therapy in clinical application seeing EMDR Therapy as a therapy and not a technique</li></ul>

- Summarize the 3 pronged approach
- Explain targeted sequencing plan with theme/event, negative cognition and first, worst, most recent memories/floatback technique
- Explore blocking beliefs within the larger framework of the AIP model and EMDR Therapy case conceptualization
- Examine complex clinical scenarios utilizing case examples viewed through the eight phases of EMDR Therapy:
  - Complex trauma /developmental trauma
  - Complex PTSD
  - Grief/Loss
  - Addiction/Co-Occurring Disorders
  - Dissociation – Emotional Parts employing Structure Dissociation Theory

12:00pm – 1:00pm  
1:00pm – 2:00pm

Lunch

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:

- Presenting issue (present triggers)
- Theme and/or specific event
- Associated negative cognitions (rank ordered)
- Specific memories/events float backs/touchstone First(s), Worst(s) and Most Recent(s)
- Possible future template

Spokesperson: Share their group's case conceptualization findings

2:00pm – 2:15pm  
2:15pm – 3:45pm  
2:15pm – 2:45pm

Break

Applying advanced interweave and modifications

Demonstrate resources with reprocessing

- Ally work
- Protective figures
- Fraser table / emotional parts
- Bringing resources into reprocessing

2:45pm – 3:15pm

Demonstrate addressing multiple connections into other nodes, memories, themes and cognitions

- Restrictive reprocessing
- Containment inside of reprocessing
- Attachment needs

3:15pm – 3:45pm

Demonstrate addressing preverbal/nonverbal memories

- Felt sense
- Metaphoric
- Imaged

3:45pm – 4:00pm

Wrap Up, Q & A

