

## Title: EMDR and Conceptualizing Through the AIP Lens

1 CE

Description/Abstract: Past events create the filter in which an individual views and experiences their present. Understanding this concept allows you to see beyond symptoms and behaviors to the underlying issues, themes and experiences of the client thus allowing the therapist the opportunity to reprocess a client's traumatic history. The art of creating a target sequence plan through the AIP lens, the hallmark of Phase I EMDR, will be covered in this 1-hour lunch and learn workshop.

### Goals/Objectives:

- Conceptualize and apply the Adaptive Information Processing (AIP) Model to phase I EMDR Therapy.
- Develop a target sequencing plan for reprocessing traumatic memories/material utilizing a case study example.

### Timed Outline/Content:

12:45pm – 1:00pm	Registration & Sign In/Log On
1:00pm – 1:50pm	Conceptualize clinical work through the Adaptive Information Processing (AIP) model lens of EMDR Therapy <ul style="list-style-type: none"><li>▪ Create a target sequence plan/phase I EMDR</li><li>▪ Explain targeted sequencing plan with theme/event, negative cognition and first, worst, most recent memories/float back technique</li></ul>
1:50pm – 2:00pm	Wrap Up, Q & A