

# Description and Objectives

## EMDR Therapy Training: Part I

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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.

Attendance at all live sessions is required.

### 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)

## Timed Outline

# EMDR Therapy Training: Part I

8:00am – 4:30pm EST each day

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### **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)

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