

Course Description:

Eye movement desensitization/reprocessing (EMDR) is an effective and efficient method of treating traumatic memories. This program offers the complete EMDR Basic Training as defined by the EMDR International Association (EMDRIA), which has approved this course. This program exceeds the minimum EMDRIA requirements and pioneered the now widely used comprehensive training approach to EMDR. It begins with two days focusing on trauma-informed evaluation, case conceptualization, treatment planning, and self-management training, to help clients get to, and succeed with, EMDR. This program is designed to help participants learn when and how to use EMDR, and to gain competency with EMDR over a period of several months.

Presenter Bio:

For information on your instructor, please visit: <https://www.childtrauma.com/about/faculty>

Target Audience: EMDR training is open to mental health professionals (psychologists, social workers, counselors, couple & family therapists, expressive arts therapists, psychiatrists, psychiatric nurses, etc.) who are licensed (or certified or registered) by their state for independent practice. The training is also open to advanced graduate students, interns, and other mental health professionals on a licensure track, with a letter of support from their supervisor. This training is geared to participants at all professional levels.

Course Content Level: Beginner**Objectives:**

Participants will be able to:

- Identify three primary symptoms of posttraumatic stress.
- Name and sequence the phases of treatment in the trauma-informed phase model.
- Demonstrate conducting a structured interview for trauma and loss history.
- Demonstrate guiding a client to identify and commit to their treatment-related goals
- Demonstrate explaining to a client how past trauma or loss can lead to ongoing problem behaviors or symptoms.
- Design a systematic and comprehensive trauma-informed treatment plan.
- Identify two leading theories for the eye movement's mechanism of effect in EMDR.
- Name and sequence the eight phases of the EMDR protocol.
- Demonstrate guiding a client to identify and visualize calming imagery.
- Demonstrate guiding a client to identify and symbolize a psychological resource and visualize using it in a challenging situation.
- Demonstrate guiding a client to develop and practice a desired behavior in a challenging situation.
- Apply the Case Consultation rubric to determine what needs to be done with a given client to prepare them for EMDR.
- Identify five possible situational obstacles to client readiness for EMDR, as well as remedies for same.
- Explain the primary advantages and pitfalls of the three major target selection strategies (determining which memory to treat first, next, etc.)
- Demonstrate proper positioning and arm/hand motion for guiding clients in eye movements.

- Demonstrate EMDR Phase 3: guiding a client to identify the relevant components of the target memory
- Demonstrate EMDR Phase 4: guiding a client to reprocess the target memory
- Demonstrate EMDR Phase 5: guiding a client to strengthen the positive belief.
- Identify four problem-solving strategies to consider when EMDR is not progressing.
- Demonstrate EMDR Phase 6: guiding a client to scan their body for remaining disturbance.
- Demonstrate EMDR Phase 7: debriefing and guiding a client to regain composure following an EMDR session.
- Demonstrate a modified EMDR procedure for treating a memory of an event that occurred within the past three months.
- Demonstrate three different methods for guiding a client's eye movements.
- Describe the target order strategy for treating a cluster of closely related memories.
- Demonstrate EMDR Phase 8: re-evaluating a client in the next session after EMDR was done.
- Identify the three components of the "three-pronged" approach
- Demonstrate the use of EMDR to treat an anticipated (future) event.
- Describe how to implement the three-pronged approach to treat a client with somatic/medical issues.
- Describe how to implement the three-pronged approach to treat a client with anxiety or phobia.
- Describe how to implement the three-pronged approach to treat a client with oppositional/defiant disorder.
- Describe how to implement the three-pronged approach to treat a client who is struggling with substance abuse or other type of addiction.
- Identify the four main types of blocking beliefs for which a cognitive interweave may be useful.
- Demonstrate a cognitive interweave during an EMDR session.
- Demonstrate a complete EMDR session.
- Identify three adaptations of the standard EMDR protocol that may be used for EMDR with children [or whatever special population is the focus of the specialty application module].
- Apply the Case Consultation rubric to problem-solve challenging cases.
- Apply the Case Consultation rubric to either confirm that a given client is ready for EMDR or identify what needs to be done to attain readiness.
- Identify those clients who may have less than secure attachment status.
- Demonstrate guiding a client to visualize an imagery sequence for enhancing attachment status.
- Describe the three essential steps required for memory reconsolidation.
- Describe the state of the research on Flash.
- Demonstrate doing Flash with a client.

Cancelations:

Please visit: <https://www.childtrauma.com/policies/cancellations>

Grievances:

Please visit: <http://trauma.info/about/grievances>

Course Completion: To receive certificates of completion, attendees must complete the following:

- Attend full 8 days (52 hours) of training.
- EMDR Book Quiz to be completed on Moodle
- EMDRIA Quiz to be completed on Moodle
- Evaluation to be completed on Moodle

Certificates will be available after training completion and be sent via provided email in PDF form and on your online Moodle training page. If you have questions or concerns, please contact mperkalis@ticti.org or trainings@ticti.org.

AGENDA:

The day is 9-5 (1 hr lunch, two 10-min breaks.)

Before Day 1

(Please note: Continuing Education credits are not offered for prerequisite videos)

- Watch Trauma Video & Take Trauma Quiz
- Watch Attachment Video & Take Attachment Quiz

Day 1 - Intro to Trauma; and Phase 1: Evaluation & Treatment Planning

Morning (9-10:30)

- Introduction to trauma and post-traumatic stress.
- Trauma's contribution to reactivity and symptoms/problem behaviors.
- Analyzing presenting symptoms/problem behaviors from a trauma perspective.
- BREAK (10:30 – 11:40)
- Overview of [child] trauma treatment and phases of treatment.
- Core principles/practices of trauma-informed treatment.

Lunch (12:30-1:30)

Afternoon (1:30-5)

- Establishing a therapeutic relationship with a traumatized client in the first meeting.
- Conducting a trauma/loss history interview.
- BREAK (3:15 – 3:25)
- Trauma-informed case formulation.
- Enhancing motivation and commitment to treatment goals.
- Treatment planning and contracting.

Day 2 - Intro to EMDR; and Phase 2: Client Preparation

Morning

- Description of the procedure, lit review, theories of effect.
- Integrating EMDR within a comprehensive trauma-informed treatment approach.
- BREAK (10:30 – 10:40)
- Practice safe place visualization and resource development/installation.

Lunch (12:30-1:30)

Afternoon

- Identifying specific areas that need addressing for client preparation.
- BREAK (3:15 – 3:25)
- Supervised practice with imaginal rehearsal of coping strategies.

Interval of several weeks to allow time to practice with clients, and to read the textbook.

Day 3 - More Preparation; Phase 3 Target Assessment, and Phases 4 & 5, Desensitization and Installation.

Morning

- EMDR-specific preparations and cautions, legal & ethical issues.

- BREAK (10:30 – 10:40)
- Strategies for target selection.
- Supervised practice with eye movements (EMs) and alternatives.
- Supervised practice with “stop” signal and with installation of “safety device”.

Lunch (12:30-1:30)

Afternoon

- Supervised practice with target assessment/set-up.
- Procedures for Desensitization & Installation.
- BREAK (3:15 – 3:25)
- Supervised practice with EMDR protocol, through Installation.

Day 4 - Adding Phases 6 and 7, Body Scan & Closure.

Morning

- First-line problem-solving strategies for an EMDR session.
- Phase 6 Body Scan.
- Phase 7 Closure.
- Supervised practice with “container” visualization for closure.
- BREAK (10:30 – 10:40)
- Supervised practice with EMDR protocol, through Closure.

Lunch (12:30-1:30)

Afternoon

- More problem-solving strategies.
- Protocol variation for EMDR with a recent event.
- BREAK (3:15 – 3:25)
- Supervised practice with EMDR protocol.
- Other protocol variations.

Day 5 - Adding Phase 8, Re-evaluation; 3-pronged approach, more protocol variations

Morning

- 3-pronged approach (past, present, future) applied to various protocols.
- Protocols for anxiety & phobia.
- BREAK (10:20 – 10:30)
- Supervised practice with EMDR protocol.

Lunch (12:30-1:30)

Afternoon

- Protocol for illness/somatic issues.
- BREAK (3:15 – 3:25)
- Supervised practice with EMDR protocol.

Day 6 - Cognitive Interweave, Specialty Applications (e.g., using EMDR with kids, as in this example. Other special populations that might be addressed in a given instance of the course: EMDR in the treatment of substance abuse disorders, eating disorders, criminal offenders, etc.)

Morning

- Advanced strategies for problem-solving an EMDR session.
- Cognitive Interweave.
- BREAK (10:20 – 10:30)
- Supervised practice with EMDR protocol, to include cognitive interweaves.

Lunch (12:30-1:30)

Afternoon

- Using EMDR with kids or other special populations.
- BREAK (3:15 – 3:25)
- Supervised practice with EMDR
- Problem-solve cases and determine readiness for EMDR

Day 7 – Attachment, Group Consultation

Morning

- Developing a more secure attachment status
- BREAK (10:30 – 10:40)
- Group consultation, discussion of cases, problems, questions (Please note: continuing education hours are not available for consultation time.)

Lunch (12:30-1:30)

Afternoon

- Further group consultation (BREAK 3:15 – 3:25) (Please note: continuing education hours are not available for consultation time.)

Interval of several weeks to allow for practice with clients.

Day 8 – Flash, Group Consultation

Morning

- Flash technique
- BREAK (10:30 – 10:40)
- Group consultation, discussion of cases, problems, questions (Please note: continuing education hours are not available for consultation time.)

Lunch (12:30-1:30)

Afternoon

- Further group consultation (BREAK 3:15 – 3:25) (Please note: continuing education hours are not available for consultation time.)

There is no conflict of interest or commercial support for this program