

Learning Objectives

Part 1 Learning Objectives

- Describe the history of EMDR therapy and contributing theoretical orientations
- Explain the hypothesized mechanisms of EMDR therapy
- Describe EMDR therapy as an evidence-based therapy that is highly rated by the World Health Organization (2013), the American Psychiatric Association (2004 & 2009), and the International Society for Traumatic Stress (2000 & 2008)
- Discuss the concept of trauma
- Explain the purpose and components of each of the 8 phases of EMDR therapy
 - Phase 1: Client history and treatment planning, including appropriate clients and safety for processing
 - Phase 2: Preparing clients for EMDR therapy, including psychoeducation, dual attention stimuli, and coping strategies
 - Phase 3: Assessing the current target for processing and access the memory network
 - Phase 4: Effectively work with clients to desensitize traumatic memories, including how to deal with abreactions and blocked processing
 - Phase 5: Install adaptive information (positive cognition) with the memory
 - Phase 6: Recognize the importance of the body and how trauma is held within the body through every phase as well as clearing somatic symptoms in Phase 6
 - Phase 7: Close therapy sessions to promote client emotional regulation
 - Phase 8: Re-evaluate with clients
- Adapt the standard protocol when working with children and adolescents
- Demonstrate EMDR skills through practicum

Part 2 Learning Objectives

- Adapt the standard protocol for working with complex cases, including working with complex trauma and dissociation
- Describe the importance of assessing for dissociation
- Discuss adverse childhood experiences
 - Use advanced skills for working with complex trauma clients in Phases 1-8
 - Identify how and when to use cognitive interweaves during reprocessing work
 - Work with special populations
 - Utilize procedures for special situations, including:
- Single traumatic events
- EMD
- EMDR
- Anxiety protocol
- Protocols for recent traumatic events
- Phobias and complicated grief
- Pain
- Addictions
 - Demonstrate EMDR skills through practicum
- Demonstrate proficiency in using the EMDR Therapy