

## Broad Overview - Winter Schedule (2nd Page --> Spring Schedule)

### Part 1: January 14 to 16, 2023 (3 days)

### Part 2: March 4 to 6, 2023 (3 days)

10 am to 6:30 pm Eastern Time

#### ALTERNATE TIMEZONES:

9:00 am - 5:30 pm Central Time

8:00 am - 4:30 pm Mountain Time

7:00 am - 3:30 pm Pacific Time

January 14 <sup>th</sup> , 2023	January 15 <sup>th</sup> , 2023	January 16 <sup>th</sup> , 2023
<ul style="list-style-type: none"> <li>EMDR Therapy Overview</li> <li>Adaptive Information Processing Model</li> <li>Mechanisms of Action</li> <li>Trauma defined</li> <li>3-Pronged Protocol</li> <li>Past Prong</li> <li>Phase 1</li> <li>Phase 2</li> <li>Phase 1 and 2 practice time!</li> <li>Discussion, Q &amp; A</li> </ul>	<ul style="list-style-type: none"> <li>Phase 2 continued</li> <li>Phase 3</li> <li>Phase 4</li> <li>Back to Target</li> <li>SUDs</li> <li>BLS</li> <li>Abreactions</li> <li>Blocked Processing</li> <li>Process Interweaves</li> <li>Phase 3 and 4 practice time!</li> <li>Closure</li> <li>Q &amp; A</li> </ul>	<ul style="list-style-type: none"> <li>Review</li> <li>Phase 5</li> <li>Phase 6</li> <li>Phase 7</li> <li>Phase 8</li> <li>2<sup>nd</sup> Prong</li> <li>3<sup>rd</sup> Prong</li> <li>Future Template</li> <li>Working with Children</li> <li>Phase 5, 6, 7 &amp; 8 practice time!</li> <li>Future Template practice time!</li> <li>Q &amp; A</li> </ul>

March 4 <sup>th</sup> , 2023	March 5 <sup>th</sup> , 2023	March 6 <sup>th</sup> , 2023
<ul style="list-style-type: none"> <li>Review</li> <li>Intro to complex trauma</li> <li>Phase 1 adaptations</li> <li>ACE Study</li> <li>Phase 2 adaptations</li> <li>Practice time!</li> <li>Discussion, Q &amp; A</li> </ul>	<ul style="list-style-type: none"> <li>Phase 3 adaptations</li> <li>Phase 4</li> <li>Cognitive Interweaves</li> <li>Plateaus</li> <li>EMD &amp; EMDR</li> <li>Phase 5-8 review</li> <li>Special Situations Protocols</li> <li>Single traumatic events</li> <li>Disorder based protocol</li> <li>Anxiety</li> <li>Recent events</li> <li>Practice time!</li> <li>Q &amp; A</li> </ul>	<ul style="list-style-type: none"> <li>Special Situations Protocols</li> <li>Phobias</li> <li>Complicated Grief</li> <li>Illness and Physical Disorders</li> <li>Pain</li> <li>Addictions</li> <li>Special populations</li> <li>Practice time</li> <li>Review</li> <li>Discussion, Q &amp; A</li> </ul>

\*Because this training includes an experiential component, you must be prepared to work on your own personal issues in practice sessions.

\*You will be expected to begin the use of EMDR Therapy with at least two cases during the course of this training to be given a certificate of completion.

\*If you will be unable to practice EMDR with clients, you will be unable to complete the consultation portion of the training and may want to wait until you have clients in which you can practice EMDR with.

## Broad Overview - Spring Schedule

**Part 1: March 1 to 3, 2023 (3 days)**

**Part 2: April 19 to 21, 2023 (3 days)**

Didactic: 10:00 am - 1:30 pm Practice time!: 2:30 pm - 6:30 pm Eastern Time

### ALTERNATE TIMEZONES:

Didactic: 9:00 am - 12:30 pm

Didactic: 8:00 am - 11:30 am

Didactic: 7:00 am - 10:30 am

Practice time!: 1:30 pm - 5:30 pm Central Time

Practice time!: 12:30 pm - 4:30 pm Mountain Time

Practice time!: 11:30 am - 3:30 pm Pacific Time

March 1 <sup>st</sup> , 2023	March 2 <sup>nd</sup> , 2023	March 3 <sup>rd</sup> , 2023
<ul style="list-style-type: none"> <li>• EMDR Therapy Overview</li> <li>• Adaptive Information Processing Theory</li> <li>• When to use EMDR Therapy</li> <li>• Benefits of EMDR Therapy</li> <li>• Standard protocol</li> <li>• Phase 1 &amp; 2</li> <li>• Facilitator-led group discussion: Case conceptualization and cognitions</li> <li>• Practice time! Dyads/triads</li> </ul>	<ul style="list-style-type: none"> <li>• Standard protocol</li> <li>• Case conceptualization vignettes</li> <li>• Phase 2 continued</li> <li>• Affect Tolerance</li> <li>• Window of Tolerance</li> <li>• Container</li> <li>• Phases 3-7</li> <li>• Facilitator-led group discussion</li> <li>• Practice time!</li> </ul>	<ul style="list-style-type: none"> <li>• Review cognitions</li> <li>• Phases 1-7</li> <li>• Phase 8</li> <li>• 3-pronged approach</li> <li>• Facilitator-led group discussion: Case conceptualization and cognitions</li> <li>• Practice time!</li> </ul>

April 19 <sup>th</sup> , 2023	April 20 <sup>th</sup> , 2023	April 21 <sup>st</sup> , 2023
<p><b>Review:</b></p> <ul style="list-style-type: none"> <li>✓ Adaptive Information Processing System (AIP)</li> <li>✓ 8 Phases</li> <li>✓ 3 Prongs</li> <li>✓ Negative Cognitions and Positive Cognitions</li> <li>✓ Target Selections</li> </ul> <p><b>Complex PTSD:</b></p> <p>Working with Dissociation Case Conceptualization</p> <p><b>Facilitator-led group discussion:</b></p> <p>Case conceptualization and cognitions</p> <p><b>Practice time!</b></p>	<p>Trauma Cognitive Interweaves ACE Study Special Populations</p> <p><b>Facilitator-led group discussion:</b></p> <p>Case conceptualization and cognitions</p> <p><b>Practice time!</b></p>	<p><b>Protocols for Special Situations</b></p> <ul style="list-style-type: none"> <li>• Phobia</li> <li>• Grief</li> </ul> <p><b>Special Populations:</b></p> <ul style="list-style-type: none"> <li>• Compulsive Disorders</li> <li>• Illness and Physical Disorders</li> </ul> <p><b>Facilitator-led group discussion</b></p> <p><b>Practice time!</b></p>

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