

## Learning Objectives

### Part 1 Learning Objectives

- Describe the history of EMDR therapy and contributing theoretical orientations
- Describe the Adaptive Information Processing Approach
- Explain the hypothesized mechanisms of EMDR therapy
- Describe EMDR therapy as an evidence-based therapy and identify the research supporting its application.
- Discuss the concept of trauma
- Analyze how to describe EMDR's Three-pronged approach
- Utilize the 3-pronged, 8-phased EMDR protocol to select clients
- Explain the purpose and components of each of the 8 phases of EMDR therapy
- Explain Phase 1: Client history and treatment planning, including appropriate clients and safety for processing
- Create an EMDR Treatment Plan
- Explain Phase 2: Preparing clients for EMDR therapy, including psycho-education, dual attention stimuli, and coping strategies
- Assess Client's readiness for treatment
- Describe at least 2 self-use techniques for clients during phase 2
- Explain Phase 3: Assessing the current target for processing and access the memory network
- Explain Phase 4: Effectively work with clients to desensitize traumatic memories.
- Demonstrate and practice how and analyze how to handle looping
- Recognize how to handle Abreactions
- List at least 2 strategies to deal with abreactions and blocked processing
- Describe Cognitive Interweave
- Identify how and when to use cognitive interweaves during reprocessing work
- Explain Phase 5: Install adaptive information (positive cognition) with the memory
- Explain Phase 6: Recognize the importance of the body and how trauma is held within the body through every phase
- Explain Phase 7: Close therapy sessions to promote client emotional regulation
- Explain Phase 8: Re-evaluate with clients
- List at least 3 ways to adapt the standard protocol when working with children and adolescents
- Demonstrate EMDR skills through practicum

### Part 2 Learning Objectives

- Describe PTSD, Complex Trauma and dissociation and apply to AIP and EMDR
- Describe adverse childhood experiences
- List at least 2 ways to adapt the standard protocol for working with complex cases, including working with complex trauma
- Describe the importance of assessing for dissociation
- Describe at least 2 modifications necessary when working with dissociation
- Utilize procedures for special situations, including: Single traumatic events, EMD, EMDR, Anxiety protocol, Protocols for recent traumatic events, Phobias and complicated grief, Pain, Addictions
- Use advanced skills for working with complex trauma clients in Phases 1-8
- Demonstrate proficiency in using the EMDR Therapy
- Explain and evaluate how to process and resolve feeder memories
- Apply, demonstrate and practice how to apply the Future Template
- Demonstrate EMDR skills through practicum