

**Target Audience:** Psychologists, Social Workers, MFTs, graduate-level Counselors, Psychotherapists  
**Course Content Level:** Introductory

## Course Description

EMDR therapy is a comprehensive psychotherapy that accelerates the treatment of a wide range of pathologies related to disturbing events and present life conditions. This interactional, standardized approach has been empirically tested in over 20 randomized controlled studies with trauma patients, and hundreds of published case reports evaluating a considerable range of presenting complaints, including depression, anxiety, phobias, excessive grief, somatic conditions and addictions. EMDR therapy is guided by the Adaptive Information Processing model which addresses the unprocessed memories that appear to set the basis for a wide range of dysfunction. Several neurophysiological studies have documented the rapid post treatment EMDR therapy effects. EMDR Therapy strengthens your ability to work with your clients whether they are ready for EMDR reprocessing or not.

In this comprehensive training, participants will learn how to bring EMDR Therapy to their clinical practices. Through lecture, demonstrations, case consultation, articles, videos and practice in a supportive environment, trainees will learn:

- Basic EMDR therapy procedures, protocols and techniques including target development with the 8-phases and 3-Prong Protocol of EMDR Therapy
- Client selection criteria for the safe use of EMDR Therapy with a wide range of diagnostic categories including PTSD, mood disorders, and anxiety disorders. and how to use EMDR therapy to treat problems of daily life such as low self-esteem, relationship difficulties, loneliness, anxiety, depression and addictions
- Introduction into the full range of applications of EMDR Therapy when working with children, addiction, acute trauma and PTSD to longer-term EMDR therapy for challenging clinical cases like complex trauma and dissociative disorders
- Techniques for working with blocked processing and intense emotional reactions and effective case conceptualization

## 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

- 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
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