

EMDR Therapy Training: Part I

8:00am-4:30pm EST each day

Day 1: Fundamentals of Trauma, Adaptive Information Processing, & EMDR Therapy

Introductions & Orientation (8:00am-8:30am)

Fundamentals of Trauma Part I:

Perspectives on General Traumatology (8:30am-9:30am)

Break (9:30am-9:45am)

Fundamentals of Trauma Part II:

The Adaptive Information Processing Model & Trauma

The History of EMDR Therapy (9:45am-12:00pm)

Lunch Break (12:00pm-1:00pm)

EMDR Therapy Demonstration:

The 8 Phases in Action (1:00pm-2:45pm)

Break (2:45pm-3:00pm)

EMDR Therapy Demonstration Discussion:

Model, Methodology, Mechanism

The 8 Phases within the 3-Pronged Protocol (3:00pm-4:30pm)

Day 2: Fundamentals of Trauma-Informed Stabilization & EMDR Phases 1-2

Supervised Practicum Session: Phase 1 (8:00am-9:45am)

Break (9:45am-10:00am)

Fundamentals of Mindful Trauma Stabilization &

EMDR Therapy Preparation Skills (Phase 2) (10:00am-12:00pm)

Lunch Break (12:00pm-1:00pm)

Supervised Practicum Session:

Phase 2 within a Trauma-Informed Model of Care (1:00pm-2:45pm)

Break (2:45pm-3:00pm)

Moving from Phases 2 to 3
Setting Up a Targeting Sequence (Phase 3) and
“Going with That” & Daily Wrap Up (3:00pm-4:30pm)

Day 3: Fundamentals & Practice of The Standard EMDR Protocol

Supervised Practicum Session:
Focus on EMDR Phases 3-7 (8:00am-12:00pm)
(Break at small group leader’s discretion)

Lunch Break (12:00pm-1:00pm)

Fundamentals of Abreaction & Related Issues (1:00pm-2:15pm)

Break (2:15pm-2:30pm)

Supervised Practicum Session:
Focus on EMDR Phases 3-8, Handling Abreactions,
Unfinished Business from Earlier Practicum Sessions (2:30pm-4:00pm)

Day 3 Wrap Up:
Discussing Consultation Options & Continued Support (4:00pm-4:30pm)