

Eye Movement Desensitization and Reprocessing (EMDR) Therapy
52.5 hour training for mental health professionals

EMDR Therapy Training (EMDRRIA-Accredited)

Description

Eye movement desensitization/reprocessing (EMDR) is an effective and efficient method of treating traumatic memories. This is the complete EMDR Therapy Training as defined by the EMDR International Association (EMDRRIA), which has accredited this course. This program, which far exceeds the minimum EMDRIA requirements, pioneered the now widely used comprehensive training approach to EMDR. It begins with two days focusing on trauma-informed evaluation, case conceptualization, treatment planning, and self-management training, to help clients get to, and succeed with, EMDR. It includes all required lecture, supervised practice, and consultation, as well as training in attachment work and the Flash technique. This program is designed to help participants learn when and how to use EMDR, and to gain competency with EMDR over a period of several months.

Note that as of May, 2020 EMDRIA has also accredited this training program in *online format*. The program is largely the same online, using secure video-conference “breakout rooms” for the small-group practice sessions. The online version of our program includes the following modifications:

- 1:6 trainer:participant ratio for supervision of EMDR practice sessions (in-person training ratio is 1:10)
- Participants must complete/pass a series of quizzes to ensure and document their learning.
- Participants must participate weekly in a discussion board in which participants share and discuss their experiences as they practice with their clients.

Thus the online version of this training program is at least as rigorous as the in-person version. And because participants practice EMDR with one another during the online training, they will be prepared to do similar work online with their clients.

Presenter Bio

Ricky Greenwald, PsyD, is the founder and executive director of the Trauma Institute & Child Trauma Institute, affiliate professor at the SUNY University at Buffalo School of Social Work, and a fellow of the American Psychological Association. He was previously on the faculty at Mount Sinai School of Medicine. Dr. Greenwald is the author of numerous professional articles as well as several books, including *EMDR in Child & Adolescent Psychotherapy* (1999), *Trauma and Juvenile Delinquency* (editor; 2002), *Child Trauma Handbook* (2005), *EMDR Within a Phase Model of Trauma-Informed Treatment* (2007), *Treating Problem Behaviors* (2009), and *Progressive Counting* (2013). His work has been translated into over a dozen languages.

The course may also be offered by any of the Trauma Institute faculty who are credentialed to teach EMDR. Link for additional presenter bios: <http://www.trauma.info/about/faculty/>

Target Audience

EMDR training is open to mental health professionals (psychologists, social workers, counselors, couple & family therapists, expressive arts therapists, psychiatrists, psychiatric nurses, etc.) who are licensed (or certified or registered) by their state, province, country, or other jurisdiction, for independent practice. The training is also open to advanced graduate students, interns, and other mental health professionals on a licensure track, with a letter of support from their supervisor. This training is geared to participants at all professional levels (beginner, intermediate, advanced).

Text Books

Greenwald, R. (2007). EMDR within a phase model of trauma-informed treatment. New York: Haworth. [training manual, provided to each participant]

Shapiro, F. (2017) Eye movement desensitization and reprocessing (EMDR) therapy: Basic principles, protocols, and procedures (3rd Ed.). New York: Guilford.

Additional materials to be distributed in class.

Agenda/Outline

The day is 9-5 (1 hr lunch, two 15-min breaks), for 6.5 total contact hours/day. 52.5 total contact hours. Upon request, 52.5 Professional CEs may be provided.

Day 1 - Intro to Trauma; and Phase 1: Evaluation & Treatment Planning

Morning (9-12:30)

- Introduction to trauma and post-traumatic stress.
- Trauma's contribution to reactivity and symptoms/problem behaviors.
- Analyzing presenting symptoms/problem behaviors from a trauma perspective.

[break]

- Overview of [child] trauma treatment and phases of treatment.
- Core principles/practices of trauma-informed treatment.

Afternoon (1:30-5)

- Establishing a therapeutic relationship with a traumatized client in the first meeting.

- Conducting a trauma/loss history interview.

[break]

- Trauma-informed case formulation.
- Enhancing motivation and commitment to treatment goals.
- Treatment planning and contracting.

Day 2 - Intro to EMDR; and Phase 2: Client Preparation

Morning

- Description of the procedure, lit review, theories of effect.
- Integrating EMDR within a comprehensive trauma-informed treatment approach.

[break]

- Practice safe place visualization and resource development/installation.

Afternoon

- Identifying specific areas that need addressing for client preparation.

[break]

- Supervised practice with imaginal rehearsal of coping strategies.

Interval of several weeks to allow time to practice with clients, and to read the text book.

Day 3 - More Preparation; Phase 3 Target Assessment, and Phases 4 & 5, Desensitization and Installation.

Morning

- EMDR-specific preparations and cautions, legal & ethical issues.

[break]

- Strategies for target selection.
- Supervised practice with eye movements (EMs) and alternatives.
- Supervised practice with “stop” signal and with installation of “safety device”.

Afternoon

- Supervised practice with target assessment/set-up.
- Procedures for Desensitization & Installation.

[break]

- Supervised practice with EMDR protocol, through Installation.

Day 4 - Adding Phases 6 and 7, Body Scan & Closure.

Morning

- First-line problem-solving strategies for an EMDR session.
- Phase 6 Body Scan.
- Phase 7 Closure.
- Supervised practice with “container” visualization for closure.

[break]

- Supervised practice with EMDR protocol, through Closure.

Afternoon

- More problem-solving strategies.
- Protocol variation for EMDR with a recent event.

[break]

- Supervised practice with EMDR protocol.
- Other protocol variations.

Day 5 - Adding Phase 8, Re-evaluation; 3-pronged approach, more protocol variations

Morning

- 3-pronged approach (past, present, future) applied to various protocols.
- Protocols for anxiety & phobia.

[break]

- Supervised practice with EMDR protocol.

Afternoon

- Protocol for illness/somatic issues.

[break]

- Supervised practice with EMDR protocol.

Day 6 - Cognitive Interweave, Specialty Applications (e.g., using EMDR with kids, as in this example. Other special populations that might be addressed in a given instance of the course:

EMDR in the treatment of substance abuse disorders, eating disorders, criminal offenders, etc.)

Morning

- Advanced strategies for problem-solving an EMDR session.
- Cognitive Interweave.

[break]

- Supervised practice with EMDR protocol, to include cognitive interweaves.

Afternoon

- Using EMDR with kids or other special populations.

[break]

- Case consultation to problem-solve cases and determine readiness for EMDR
Interval of several weeks to allow for practice with clients. Note that the following Group Consultation schedule may vary (e.g., a series of three half days may be used).

Day 7 - Attachment, Group Consultation

Morning

- Developing a more secure attachment status.

[break]

- Group consultation, discussion of cases, problems, questions.

Afternoon

- Further group consultation (break in there somewhere)

Interval of several weeks to allow for practice with clients.

Day 8 - Flash, Group Consultation

Morning

- Flash technique.

[break]

- Group consultation, discussion of cases, problems, questions.

Afternoon

- Further group consultation (break in there somewhere)

Course Objectives

Overall: Participants will be able to:

- Identify clients who are ready for EMDR; and prepare clients for EMDR.
- Conduct an EMDR session.
- Problem-solve a session that is not going smoothly.
- Utilize EMDR with a wide range of clients whose presenting problems are in some way related to trauma and/or loss.
- Integrate EMDR into a comprehensive trauma-informed treatment plan.

Objectives By Day

Day 1

Participants will be able to:

- Identify the three primary symptoms of posttraumatic stress.
- Name and sequence the phases of treatment in the trauma-informed phase model.
- Conduct a structured interview for trauma and loss history.
- Guide a client to identify and commit to their treatment-related goals.
- Explain to a client how past trauma or loss can lead to ongoing problem behaviors or symptoms.
- Develop a systematic and comprehensive trauma-informed treatment plan.

Day 2

Participants will be able to:

- Describe two leading theories for the eye movement's mechanism of effect in EMDR.
- Name and sequence the eight phases of the EMDR protocol.
- Guide a client to identify and visualize calming imagery.
- Guide a client to identify and symbolize a psychological resource, and visualize using it in a challenging situation.
- Guide a client to develop and practice a desired behavior in a challenging situation.
- Use the Case Consultation rubric to determine what needs to be done with a given client to prepare them for EMDR.

Day 3

Participants will be able to:

- Identify five possible situational obstacles to client readiness for EMDR, as well as remedies for same.
- Describe the advantages and pitfalls of the three major target selection strategies (determining which memory to treat first, next, etc.)
- Demonstrate proper positioning and arm/hand motion for guiding clients in eye movements.

- Implement EMDR Phase 3: guiding a client to identify the relevant components of the target memory
- Implement EMDR Phase 4: guiding a client to reprocess the target memory
- Implement EMDR Phase 5: guiding a client to strengthen the positive belief.

Day 4

Participants will be able to:

- Identify four problem-solving strategies to consider when EMDR is not progressing.
- Implement EMDR Phase 6: guiding a client to scan their body for remaining disturbance.
- Implement EMDR Phase 7: debriefing and guiding a client to regain composure following an EMDR session.
- Implement a modified EMDR procedure for treating a memory of an event that occurred within the past three months.
- Demonstrate three different methods for guiding a client's eye movements.
- Describe the target order strategy for treating a cluster of closely related memories.

Day 5

Participants will be able to:

- Implement EMDR Phase 8: re-evaluating a client in the next session after EMDR was done.
- Identify the three components of the “three-pronged” approach
- Use EMDR to treat an anticipated (future) event.
- Describe how to implement the three-pronged approach to treat a client with somatic/medical issues.
- Describe how to implement the three-pronged approach to treat a client with anxiety or phobia.
- Describe how to implement the three-pronged approach to treat a client with oppositional/defiant disorder.
- Describe how to implement the three-pronged approach to treat a client who is struggling with substance abuse or other type of addiction.

Day 6

Participants will be able to:

- Identify the four main types of blocking beliefs for which a cognitive interweave may be useful.
- Implement a cognitive interweave during an EMDR session.
- Implement a complete EMDR session.
- Identify three adaptations of the standard EMDR protocol that may be used for EMDR with children [or whatever special population is the focus of the specialty application module].
- Use the Case Consultation rubric to problem-solve challenging cases.
- Apply the Case Consultation rubric to either confirm that a given client is ready for

EMDR, or identify what needs to be done to attain readiness.

Days 7 + 8 will be focused on strengthening, reinforcing, and extending the objectives already listed. Additional Days 7 + 8 objectives:

- Identify those clients who may have less than secure attachment status.
- Guide a client to visualize an imagery sequence for enhancing attachment status.
- Describe the three essential steps required for memory reconsolidation.
- Describe the state of the research on Flash.
- Implement Flash with a client.

of CE Credits available: 52

Bibliography

Bisson, J., Roberts, N.P., Andrew, M., Cooper, R. & Lewis, C. (2013). Psychological therapies for chronic post-traumatic stress disorder (PTSD) in adults (Review). *Cochrane Database of Systematic Reviews 2013*, DOI: 10.1002/14651858.CD003388.pub4

Greenwald, R. (2020). *Slaying the dragon: Overcoming life's challenges and achieving your goals*. Northampton, MA: Trauma Institute.

Lee, C. W., & Cuijpers, P. (2013). A meta-analysis of the contribution of eye movements in processing emotional memories. *Journal of Behavior Therapy and Experimental Psychiatry, 44*, 231-9.

Shapiro, F. (2017). *Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures, 3rd Edition*. NY: Guilford.

Wilson, G., Farrell, D., Barron, I., Hutchins, J., Whybrow, D., & Kiernan, M. D. (2018) The Use of eye-movement desensitization reprocessing (EMDR) therapy in treating post-traumatic stress disorder—a systematic narrative review. *Frontiers In Psychology, 9*, 923. doi: 10.3389/fpsyg.2018.00923

Location, Dates/Time, Costs, and Registration Info are listed on the web site, for any given program

Cancellation Policy

As posted here: <http://www.trauma.info/policies/cancellations/>

If TI & CTI cancels a course, participants will be offered a full refund, or may choose to apply their registration fee to another scheduled course.

If the participant cancels at least 15 days before the first course meeting, TI & CTI will provide a full refund less a \$50 processing fee*.

If the participant cancels less than 15 days before the first course meeting, TI & CTI will provide a full refund less a \$50 processing fee*, as long as the participant's slot in the course is filled. There will be no refund of the registration fee if the slot is not filled.

Substitutions may be made (i.e., the participant may send another otherwise eligible participant in his/her place) for a \$50 processing fee.

No refund if the participant no-shows or cancels/withdraws on or after the day of the first course meeting.

No refund for the in person EMDR Group Consultation unless the slot is filled, in which case the \$50 processing fee will apply.

No refund for the web-video-based EMDR or PC Group Consultation.

No refund for distance learning programs or recorded webinars.

Participants who cancel due to medical emergencies or other special circumstances may explain these circumstances in writing (e-mail is ok) and request special consideration. In such circumstances TI & CTI may, at its sole discretion, offer special arrangements.

*The cost of any materials already sent to the participant will also be charged; a text book plus binder/handout will usually cost about \$75. The participant has the option of returning any unused/undamaged materials, at their own cost, to avoid this charge. Electronic books cannot be returned if they have already been accessed.

Contact for Grievances: Wendy Payson, our managing director. As posted here:
<http://www.childtrauma.com/policies/questions/>