**TRAUMA INSTITUTE AND CHILD TRAUMA INSTITUTE**

**EMDR TRAINING by**

**Annie J. Monaco, Ann Beckley-Forest and Lisa Prefontaine**

**Description**

Eye Movement Desensitization and Reprocessing (EMDR) Therapy 52 CE hour training for mental health professionals

EMDR Therapy Training (EMDRIA-Accredited)

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 (EMDRIA), 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 read and 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.

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 approach.

**Instructors:**

| Annie Monaco, LCSW-R, RPT | Ann Beckley-Forest, LCSW-R, RPT-S, Lisa Prefontaine, MS, LMHC

**Text books:**  
Greenwald, R. (2007). [EMDR Within A Phase Model Of Trauma-Informed Treatment.](https://www.ticti.org/resources/books/emdr-4/) NY: Haworth. (included with course materials)  
Shapiro, F. (2017). Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic principles, protocols, and procedures, 3rd Edition. NY: Guilford.

**Who may attend:** 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 (or province or country) 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](https://www.ticti.org/training/emdr/supervisor-letter-support/) from their supervisor. This training is geared to participants at all professional levels (beginner, intermediate, advanced). Trauma Institute & Child Trauma Institute can answer your questions regarding eligibility for training.

**Time to completion:** Normally, you’ll complete your EMDR training with your group, as scheduled. However, if you should miss one or more days, you’ll have a year from the first class session to make it up (9 months for online trainings). Up to an additional year may be allowed in exceptional circumstances, and with the approval of TICTI.

**Continuing education:**Review the information regarding continuing education [here](https://www.ticti.org/wp-content/uploads/2021/11/2021-11-2-CTI-CE-EMDR-Basic-Training.pdf). It is important to check with your state board to verify your requirements. *Continuing education hours are not available for consultation time, reading requirements, or prerequisites.*

This is a ***hands-on clinical skills training*** for using EMDR and integrating it with your psychotherapy approach — with adults as well as children. This [research-supported](https://www.ticti.org/research) top-of-the-line training program features:

* Exceeds EMDRIA’s criteria for training in EMDR Therapy.
* No “Parts” or “Levels” — this is the whole package, including all required consultation hours.
* Bonus training modules on attachment work, dissociation, the flash technique and working with children
* 52 contact hours over several months to support mastery.
* Two full pre-EMDR days on trauma treatment approach and interventions.
* Small group size (max of 48, most courses smaller).
* Instructor to participant ratio of at least 1:10.
* Training manual (one of the text books) and other materials included.
* Competitive cost.
* On-site training option minimizes travel costs for your group.
* Online training option eliminates travel costs.

The training program involves lecture, demonstration, in-class practice, and on-the-job practice with your clients. This is an experiential training, and part of the learning is to practice the interventions with other participants. Because participants are working on their own material during the practice sessions, some individuals have reported that their participation led to facing personal issues; participants are always in charge of what they disclose in class.

Training can be provided at your location. Scheduling is flexible and can be designed to suit the needs of your organization or group.  Contact Annie Monaco for information at Monaco.training.center@gmail.com