

# Virtual EMDR Basic Training (Part 1 & 2)

## Agenda and Schedule

### EMDR BASIC TRAINING: PART 1

Part I of the EMDR Basic Training covers the development of EMDR Therapy, the Adaptive Information Processing Model, the 8-Phase EMDR therapy approach, and Resource Development and Installation (RDI). Specific learning objectives include:

- Describe the eight phases of EMDR Therapy.
- Identify three elements of the Adaptive Information Processing Model.
- Utilize the criteria for client screening for EMDR treatment.
- Develop a treatment plan to prioritize targets for EMDR processing.
- Describe the protocol for closing incomplete sessions.

After Part I of the EMDR Basic Training, clinicians will begin using EMDR Therapy with clients and participate in consultation with an EMDRIA-Approved Consultant or Consultant-in-Training approved by the trainer. Participants are responsible for arranging and scheduling consultation. Group consultation options will be provided following the Part I Training. Four hours (of the total 10 hours required) must be completed between Parts I and II.

#### **Day 1**

8:00 – 8:30 Technology Orientation

8:30 – 9:00 Orientation and Introductions

9:00 – 9:15 Tips to Optimize Learning and Overview of Training

9:15 – 9:35 Adaptive Information Processing Model

BREAK (9:35-9:45)

9:45 – 10:00 Discussion re: History and Overview Section, Demonstration Sessions, AIP Model

10:00 – 10:20 Mechanism of Action Underlying EMDR Therapy (Neurobiology)

10:20 – 11:00 Overview EMDR Therapy Methodology

11:00 – 12:15 Phase One: Client History & Treatment Planning

LUNCH (12:15 – 1:15)

1:15 – 1:45 Phase One Big Group Treatment Planning Exercise

1:45 – 2:45 Phase One Small Group Target Selection Exercise

BREAK (2:45-2:55)

2:55 – 4:15 Phase Two: Preparation

4:15 – 5:30 Phase Two Exercise (dyads)

#### **DAY 2**

8:30 – 9:00 RDI Exercise

9:00 – 9:15 Phase Three: Assessment

9:15 – 9:45 Phase Three Exercise  
9:45 – 10:15 Phase Four: Desensitization  
BREAK (10:15-10:25)  
10:25 – 10:40 Strategies with Blocked Processing  
10:40 – 11:05 Phase Five: Installation Phase Six: Body Scan Phase Seven: Closure  
11:05 – 12:30 Demonstration of an EMDR Therapy Session and Q&A  
LUNCH (12:30 – 1:30)  
1:30 – 5:00 Group Practice Sessions  
5:00 – 5:30 Debrief Practice Sessions

### **DAY 3**

8:30 – 9:00 Phase Eight: Reevaluation  
9:00 – 9:20 Phase Eight Exercise (same triads)  
9:20 – 9:35 Demo Incomplete Session  
9:35 – 9:55 Practice Closing Incomplete Session  
9:55 – 10:05 Extended Preparation Phase  
BREAK (10:05-10:15)  
10:15 – 10:50 RDI Exercise  
10:50 – 12:15 Cultural & Diversity Issues  
12:15 – 12:30 Additional Protocols; Legal and Ethical Issues with EMDR Therapy; Steps Prior to Part II  
LUNCH (12:30 – 1:30)  
1:30 – 4:45 Group Practice Sessions  
4:45 – 5:30 Debrief Practice Sessions

### **EMDR BASIC TRAINING: PART 2**

Part II of the EMDR Basic Training follows about 6-10 weeks later and addresses EMDR Therapy with Complex PTSD, Anxiety Disorders, Addictions, Chronic Pain/Illness, Couples, and Children/Adolescents. Specific learning objectives include:

- Clarify my use of the eight phase EMDR Therapy approach.
- Implement three strategies to assist with blocked processing.
- Describe two strategies to use with complex PTSD clients.
- Provide two strategies to use with dissociative clients.
- Apply EMDR therapy to present day symptoms.

After Part II of the EMDR Basic Training, clinicians complete the remaining hours of the 10 required hours of consultation with an EMDRIA-Approved Consultant or Consultant-in-Training

approved by the trainer. The entire process of training from beginning Part I to finishing the 10 required hours of consultation must be completed within a 9-month period to qualify for the Certificate of Completion.

EMDR Basic Training (Parts I and II) includes lecture, discussion, experiential exercises, live demonstrations, and small group practice (as both therapist and client). Each dyad/triad will meet online in breakout rooms to practice the trauma protocol. They will be provided with an electronic copy of a comprehensive manual for Part I and Part II.

The entire EMDR Basic Training (Parts I and II) includes 20 hours of instruction, 20 hours of practicum, and 10 hours of consultation, at which point a certificate of completion (40 continuing education contact hours) is given to participants. EMDR Basic Training (Parts I and II) prepares clinicians to use EMDR Therapy with clients. However, this training does not result in EMDR Certification. This is a first step toward EMDR Certification (see [www.emdria.org](http://www.emdria.org) for information about EMDR Certification).

### **Day 1**

8:30 – 9:10 Introductions; Clinical Experience with EMDR

9:10 – 9:25 Review Adaptive Information Processing (AIP) Model

9:25 – 10:00 Review Phases 1-2 of EMDR Therapy

BREAK (10:00-10:10)

10:10 – 11:00 Review Phases 3-8 of EMDR Therapy

11:00 – 12:30 Demonstration of EMDR Session Phases 3-7

LUNCH (12:30 – 1:30)

1:30 – 2:15 Strategies with Blocked Processing; Cognitive Interweave

2:15 – 2:40 Application Exercise

2:40 – 3:10 EMDR, Complex PTSD: Introduction & Phase 1

BREAK (3:10-3:20)

3:20 – 3:40 EMDR, Complex PTSD: Phase 2 Tools for Somatic Awareness, Affect Tolerance, Mindfulness

3:40 – 4:20 Practice Exercise

4:20 – 5:20 EMDR with Complex PTSD: Phases 3-7

5:20 – 5:30 Case Consultation & Other Questions

### **Day 2**

8:30 – 9:00 EMDR with Attachment Trauma

9:00 – 9:05 EMDR with Complex PTSD: Phase 8

9:05 – 9:40 EMDR and Dissociation

9:40 – 10:00 Case Consultation & Other Questions

BREAK (10:00-10:10)

10:10 – 10:40 Treatment Planning Exercise

10:40 – 11:30 Demo of EMDR Session Phases 4-7 (Complex trauma, interweaves)

11:30 – 12:00 EMDR with Children

12:00 – 12:30 Anxiety Disorders

LUNCH (12:30 – 1:30)

1:30 – 1:50 Anxiety Disorders Cont'D

1:50 – 5:00 Group Practice Sessions (Trauma Protocol: Present Issue/Symptom)

5:00 – 5:30 Debrief Practice Sessions

### **Day 3**

8:30 – 9:30 Chronic Pain; Chronic Physical Illness

9:30 – 10:30 Addictions

BREAK (10:30-10:40)

10:40 – 11:30 Case Consultation & Other Questions

11:30 – 12:05 EMDR and Future Target/Template; Performance Enhancement

12:05 – 12:30 Additional Protocols; Next Steps After Part II

LUNCH (12:30 – 1:30)

1:30 – 4:30 Group Practice Sessions (Trauma Protocol: Future Target)

4:30– 5:30 Debrief Practice Sessions