

EMDR Basic Training Schedule

(8:00am PT – 5:00pm PT)

PART ONE

Day 1	Day 2	Day 3
<p>7:30am – 12:00pm (Didactic)</p> <ul style="list-style-type: none"> • Orientation & Intros • EMDR Therapy Overview • EMDR History & Development • Adaptive-Information Processing (AIP) Model • EMDR Research & Efficacy • When to Use EMDR • Phases 1 -3 • Case Conceptualization & Treatment Planning • Resourcing: Container, Ally & Calm Place (with video demonstrations) • Affect Tolerance • Stabilization & Window of Tolerance <p>12 – 1pm – Lunch</p> <p>1 – 5pm – (Practicum)</p> <ul style="list-style-type: none"> • Phase 1 Exercise: Case Conceptualization • Phase 1 Exercise: Treatment Planning • RDI Exercise • Phase 2 Exercise • Stabilization practice • Phase 3 Exercise 	<p>8:00am – 12:00pm (Didactic)</p> <ul style="list-style-type: none"> • Standard Protocol (Phases 3-8) • Cognitions • Feeder Memories & Blocking Beliefs • Float back Technique • Incomplete Sessions • Abreactions • EMDR Demonstration video <p>12 – 1pm – Lunch</p> <p>1 – 5pm – (Practicum)</p> <ul style="list-style-type: none"> • Group Practice (triads) Phases 3-8 with target from a past experience • Debrief of practice session • Q&A Consultation 	<p>8:00am – 12:00pm (Didactic)</p> <ul style="list-style-type: none"> • Three-pronged approach • Reevaluation • Cultural Responsiveness • Legal & Ethical Issues • Mechanism of Action (Neurobiology) • Blocked Processing • Recent Events, Prolonged Adverse Experiences & Ongoing Traumatic Stress • Collective Trauma including Racial and Cultural Marginalization • Dissociation <p>12 – 1pm – Lunch</p> <p>1 – 5pm – (Practicum)</p> <ul style="list-style-type: none"> • Group Practice (triads) Phases 3-8 with target from a present experience • Debrief of practice session • Q&A Consultation

PART 2

Day 1	Day 2	
<p>8:00am – 12:00pm (Didactic)</p> <ul style="list-style-type: none"> • Review of AIP • Review Phases 1-8 • 3 prongs • Case conceptualization & Treatment Planning • Dissociation preparation • Complex PTSD & Acute Stress • Future Template • Cognitive interweaves • EMDR Therapy Demonstration with abreactions & dissociation <p>12 – 1pm – Lunch</p> <p>1 – 5pm – (Practicum)</p> <ul style="list-style-type: none"> • Group Practice (triads) Phases 3-8 with the future template • Debrief of practice session • Q&A Consultation 	<p>8:00am – 12:00pm (Didactic)</p> <ul style="list-style-type: none"> • EMDR and Grief • Group EMDR with Couples & Families • Physical illnesses, Chronic pain & Somatic awareness • Anxiety disorders & Phobias • Flashforwards targets • EMDR with pre-verbal trauma <p>12 – 1pm – Lunch</p> <p>1 – 5pm – (Practicum)</p> <ul style="list-style-type: none"> • Group Practice (triads) Phases 3-8 with the flashforward technique • Debrief of practice session • Q&A Consultation 	