

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 Science, History & Development • Adaptive-Information Processing (AIP) Model • EMDR Research & Efficacy • When to Use EMDR • Phases 1 & 2 • 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"> • Case Conceptualization exercise • Explaining EMDR to clients exercise • Practicum Exercises: Case Conceptualization; Calm Place; Container Exercise & Ally Exercise 	<p>8:00am – 12:00pm (Didactic)</p> <ul style="list-style-type: none"> • Big picture understanding of EMDR • Standard Protocol (Phases 3-8) • Cognitions • Phase 3 Breakout Activity • Feeder Memories • Floatback Technique • Incomplete Sessions • Abreactions • Contact Statements • TICES Log • EMDR Demonstration video • Target Selection Exercise <p>12 – 1pm – Lunch</p> <p>1 – 5pm – (Practicum)</p> <ul style="list-style-type: none"> • Emotional Safety Exercise • 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"> • Finishing an incomplete sessions • Three-pronged approach • Reevaluation • Cultural Responsiveness • Legal & Ethical Issues • Dissociation • Providing EMDR with Children & Adolescents • Bilateral stimulation (BLS) equipment <p>12 – 1pm – Lunch</p> <p>1 – 5pm – (Practicum)</p> <ul style="list-style-type: none"> • Re-evaluation exercise • Group Practice (triads) Phases 3-8 with target from a past experience (incomplete target from yesterday or work on a new target) • 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 • Window of tolerance • Strategies for blocked processing • Dissociation & abreactions • Cognitive interweaves • EMDR Therapy Demonstration with abreactions & dissociation <p>12 – 1pm – Lunch</p> <p>1 – 5pm – (Practicum)</p> <ul style="list-style-type: none"> • Emotional safety exercise • Group Practice (triads) Phases 3-8 with a present trigger • Debrief of practice session • Q&A Consultation 	<p>8:00am – 12:00pm (Didactic)</p> <ul style="list-style-type: none"> • How to complete the training & get certified • EMDR and Attachment • EMDR with pre-verbal trauma • EMDR and Systemic Oppression/Racism • EMDR and Grief • Group EMDR • Physical illnesses, Chronic pain & Somatic awareness • Anxiety disorders & Phobias <p>12 – 1pm – Lunch</p> <p>1 – 5pm – (Practicum)</p> <ul style="list-style-type: none"> • Future Template explanation and video • Group Practice (triads) Phases 3-8 with the future template • Debrief of practice session • Q&A Consultation 	