

# EMDR Basic Training Schedule

(8:00am – 5:00pm)

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## PART ONE

| Day 1   | Day 2  | Day 3   |
|---|--|---|
| <p><b>8:00am – 12:00pm (Didactic)</b><br/>           Orientation &amp; Intros<br/>           EMDR Therapy Overview<br/>           EMDR Effectiveness &amp; Results<br/>           Adaptive-Information Processing (AIP) Model</p> <p><i>10-min BREAK approx. 9:25am (ish)</i></p> <p>AIP model &amp; 3 pronged approach<br/>           Fight, fight, freeze mode<br/>           Phase 1: History-taking<br/>           Comprehensive EMDR Treatment Planning</p> <p><i>10-min BREAK approx. 10:45am (ish)</i></p> <p>EMDR Phase 2 - Resourcing:<br/>           Container, Calm Place/Resourced State &amp; Supportive/Nurturing Figure &amp; RDI protocol</p> <p>Emotional Safety Exercise</p> <p><b>12 – 1pm – Lunch</b></p> <p><b>1 – 5pm – (Practicum)</b><br/> <i>Participants take their own breaks in the afternoons during the Breakout Group Sessions</i></p> <p>Learn MCB Treatment Planning &amp; Floatback technique<br/>           Practice Resources: Container exercise; Calm Place/Resourced State Guide; Supportive/Nurturing Figure Guide; RDI</p> | <p><b>8:00am – 12:00pm (Didactic)</b><br/>           Cognitions (positive and negative)<br/>           Phase 3</p> <p><i>10-min BREAK approx. 9:10am (ish)</i></p> <p>Phases 4-7<br/>           EMDR Demonstration</p> <p><i>10-min BREAK approx. 10:35am (ish)</i></p> <p>Important consideration with EMDR, such as attunement, nonverbals, etc.<br/>           Closing the target</p> <p><b>12 – 1pm – Lunch</b></p> <p><b>1 – 5pm – (Practicum)</b><br/> <i>Participants take their own breaks in the afternoons during the Breakout Group Sessions</i></p> <p>Group Practice (Phases 3-7) with target from a past experience<br/>           Debrief and Q&amp;A</p> | <p><b>8:00am – 12:00pm (Didactic)</b><br/>           Finishing an Incomplete Target<br/>           Reevaluation (Phase 8)<br/>           Providing EMDR with Children and Adolescents</p> <p><i>10-min BREAK approx. 9:20am (ish)</i></p> <p>Cultural Responsiveness<br/>           Dissociation 101</p> <p><i>10-min BREAK approx. 10:25am (ish)</i></p> <p>EMDR with Anxiety and Phobias<br/>           Flashforward technique<br/>           Demonstration video</p> <p><b>12 – 1pm – Lunch</b></p> <p><b>1 – 5pm – (Practicum)</b><br/> <i>Participants take their own breaks in the afternoons during the Breakout Group Sessions</i></p> <p>Bilateral Stimulation (BLS)<br/>           Equipment options<br/>           Reprocessing Group Practice (Phases 3-7) - <i>incomplete target from yesterday?</i><br/>           Debrief and Feedback</p> |

# EMDR Basic Training Schedule

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## PART 2

| Day 4  | Day 5   |
|--|---|
| <p><b>8:00am – 12:00pm (Didactic)</b><br/>Review of AIP model and 8 phases of EMDR therapy</p> <p><i>10-min BREAK approx. 9:20am (ish)</i></p> <p>Cognitive and Somatic Interweaves + breakout group activity</p> <p><i>10-min BREAK approx. 10:35am (ish)</i></p> <p>EMDR with Physical Illness, Chronic Pain &amp; Somatic Awareness<br/>ACEs video<br/>EMDR and Grief<br/>EMDR, EMD, EMDr + video</p> <p><b>12 – 1pm – Lunch</b></p> <p><b>1 – 5pm – (Practicum)</b><br/><i>Participants take their own breaks in the afternoons during the Breakout Group Sessions</i></p> <p>New groups: Emotional Safety Exercise with new group members<br/>Group practice of EMDR protocol with a past target (Phases 3-7)</p> | <p><b>8:00am – 12:00pm (Didactic)</b><br/>Window of Tolerance and Co-Regulation<br/>Acute Stress Disorder, PTSD &amp; Complex Presentation</p> <p><i>10-min BREAK approx. 9:40am (ish)</i></p> <p>EMDR with Attachment<br/>EMDR with Addictions</p> <p><i>10-min BREAK approx. 10:40am (ish)</i></p> <p>Intergenerational Trauma &amp; Historical Trauma with EMDR Therapy<br/>EMDR in a group setting<br/>Considerations for Excellence in Practice</p> <p><b>12 – 1pm – Lunch</b></p> <p><b>1 – 5pm – (Practicum)</b><br/><i>Participants take their own breaks in the afternoons during the Breakout Group Sessions</i></p> <p>Future Template + video<br/>Practice EMDR with a Future Template in Practicum Groups<br/>Debrief of the practice session, Q&amp;A, Evaluations, and Wrap Up</p> |