

## Required Reading:

**Eye Movement Desensitization and Reprocessing** 3<sup>rd</sup> Edition, by Francine Shapiro.

### CEs:

For information about continuing education credit, please see:

<https://emdrsupport.net/#tab-id-1>

### What to Bring:

Based on participating in many training events we offer some suggestions.

Please bring comfortable clothing and shoes. It is a good idea to bring a sweater/something warm to cover up with-temperatures get a little iffy at times-particularly over the weekends. We are all professionals- dress for your comfort and well being.

Feel free to bring your laptop, pad or device for note taking. As therapists we understand that any one of us might receive urgent communications during the training. However for the best possible learning experience for you, and possibly those around you, broad scale multitasking is quite likely to impair your learning experience.

Bring your business cards. Training is a good place to meet others, network and form informal support groups. Peer support, learning and encouragement is one of the biggest helps to successfully implementing, skill building and sustaining practice with EMDR.

## Basic Training Overview

**Presented in Two Sessions**  
**Each Session of the Training Includes:**  
**10 hours Lecture/10 hours Facilitated Practice**

### Weekend 1: The Foundations of EMDR

Describe the Adaptive Information Processing Model AIP.

Describe how to screen and prepare Clients for EMDR Therapy.

Demonstrate how to identify Client's core issues and develop an EMDR Treatment Plan to address them.

Describe and be able to use the Standard 8 Phase 3 Prong EMDR Protocol.

Demonstrate how to begin integrating the AIP and EMDR Therapy into Clinical Practice.

### Weekend 2: Building on the Foundations of EMDR

Identify components of the Standard EMDR protocol and the AIP.

Demonstrate techniques for use of EMDR with complex trauma.

Use Extended Resourcing and other techniques and strategies for client stabilization.

Use Cognitive Interweaves to restart blocked processing.

Identify ways to use EMDR with special populations including children, clients with dissociation and dissociative disorders, medical issues and pain, phobias, and grief.

### Consultation: 10 hours of Consultation are Required

Consultation is included in the price of the Basic Training

Consultation hours will be offered via phone, teleconferencing, or face to face as is practical for Presenter to provide.

Only EMDR Support Network Approved Consultants may provide Consultation for this Basic Training  
No CEs available for Consultation hours.

**EMDR Support Network**  
Presents an  
**EMDRIA Approved**

## EMDR Basic Training

**Hosted by:**

**University of Nebraska at Lincoln  
Marriage and Family Program**

**Lincoln East Campus  
Home Economics Building  
1650 N. 35<sup>th</sup> Street  
Lincoln, NE 68503**

**Weekend One  
September 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>, 2019**

**Weekend Two  
November 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup>, 2019**

**Jill McCoy Archer, MS, NCC LIMHP  
Gary Scarborough, MEd, LPC**

**EMDR Support Network  
PO Box 97  
Clarksville, AR 72830  
[Gary.D.Scarborough@Gmail.com](mailto:Gary.D.Scarborough@Gmail.com)**

## WORKSHOP OBJECTIVES

### WEEKEND 1:

Identify the origins of EMDR and the possible mechanisms of action  
Describe the Adaptive Information Processing Model  
Identify the 3 Informational Plateaus in re Positive and Negative Cognitions  
Evaluate Clients for Readiness for EMDR  
Describe preparation for EMDR including the role of State Change Strategies  
Identify the 8 Phases and 3 Prongs of the Standard EMDR Therapy Protocol  
Describe EMDR's use with Recent Events  
Use Resourcing to strengthen adaptive neural networks

### WEEKEND 2:

Identify how EMDR Therapy might be used with complex clients and complex cases.  
Apply the 8 Phases and 3 Prongs of the Standard Protocol  
Use Cognitive Interweaves to get blocked processing going again  
Identify how Extended Resourcing is used for stabilization, preparation and increases in adaptive functioning  
Identify how EMDR is used with Special Populations including Children and Adolescents, Dissociation and Dissociative Disorders, Medical Issues and Pain, Phobias, and Grief

## AMERICANS WITH DISABILITIES ACT (ADA)

All Workshops will be held in facilities that are understood to comply with the Americans with Disabilities Act (ADA) Contact EMDR Support Network if special accommodations are required.

## FACILITATED PRACTICE

Each weekend has 4 small group practicums with a Facilitator (10-1 ratio) where participants get to experience and practice the EMDR interventions being taught.

## WORKSHOP SCHEDULE

DAY 1: 8:00AM- 5:00PM

DAY 2: 8:00AM- 5:00PM

DAY 3: 8:00AM- 4:00PM

## QUALIFICATIONS

### Attendance is limited to:

Psychiatrists  
Mental Health Professionals with a Masters Degree or Higher and are Licensed by a State or National Board to practice psychotherapy Including:  
Licensed Counselors  
Psychologists  
Social Workers  
Clinical Nurses  
**Interns**  
Must have completed an accredited school program and be on a licensing track & have a letter from their supervisor.  
**Graduate Students**  
Must be in a practicum or internship experience and have a letter from their Supervisor.

## CERTIFICATE OF COMPLETION

After satisfactorily completing Weekend 1 and 2 and the 10 hours of Consultation participants will receive a Certificate of Completion for EMDR Basic Training. (This is not EMDRIA Certification which requires 20 hours of Consultation AFTER receiving a Certificate of Completion for EMDR Basic Training.)

## FEE FOR COMPLETE TRAINING (Includes Weekend I & II and Consultation)

-**\$1400** Regular

-**\$1100** (Full time non- profit/Student)

**\*Payment Arrangements Available\***  
**-See Registration Form for Details-**

**EMDR Support Network  
PO Box 97  
Clarksville, AR 72830**

**For Registration Information  
and Participant Agreement  
Go To Website and click on  
Trainings page:**

<https://emdrsupport.net/>

or contact  
Gary Scarborough  
EMDR Support Network  
For further  
questions/needs/arrangements

[Gary.D.Scarborough@Gmail.com](mailto:Gary.D.Scarborough@Gmail.com)

479-518-0287