

# **EYE MOVEMENT DESENSITIZATION AND REPROCESSING THERAPY (EMDR) OVERVIEW AND ADAPTATIONS FOR CHILDREN**

**Presented by Debra Wesselmann, MS, LIMHP**

**Region V Systems  
Friday, June 24, 2016  
9:00 a.m.—12:00 p.m.**



**This presentation will provide a brief overview of the 8 phases of EMDR therapy. Through lecture and discussion, participants will gain a basic understanding of EMDR case conceptualization and preparation as well as a general overview of the desensitization phases of EMDR. The presentation will describe possible obstacles to EMDR therapy as well as adaptations of the protocol with children, especially those with a complicated history. Videos will help illustrate the teaching points.**

Sponsored by:

**REGION V SYSTEMS**

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## Learning Objectives

Participants will:

- Name the 3 prongs of EMDR therapy.
- Identify at least two ways in which EMDR and CBT are different.
- Identify at least one way in which EMDR therapy can be customized to help children stay regulated throughout trauma work.

## Speaker Biography

**Debra Wesselmann, MS, LIMHP** has specialized in treating trauma resolution and attachment problems in adults, children, and families for the past 25 years. She is co-founder and member of the treatment team at The Attachment and Trauma Center of Nebraska in Omaha, Nebraska. She is part of the team that developed the EMDR and family therapy integrative protocol for the treatment of attachment trauma in children and the integrative parenting method for raising traumatized children. She is a co-trainer for professionals and parents with The Attachment and Trauma Center Institute.

Ms. Wesselmann has been on the faculty at the University of Nebraska at Omaha and collaborates with faculty at the University of Nebraska at Lincoln for research and development of effective trauma treatment methods. She is an EMDR consultant and has been on the faculty of the EMDR Institute since 1998.

She is co-author of a book on EMDR treatment for attachment trauma in children, 2 books related to parenting, and a number of chapters and articles related to trauma and attachment. Ms. Wesselmann has been invited to present or keynote for numerous professional conferences and workshops nationally and internationally, including invited presentations at the Menninger Clinic, EMDRIA, and conferences in Rome, Amsterdam, Hamburg, Cologne, Madrid, The Netherlands, Hong Kong, and Costa Rica.

## Who Should Attend

- ◆ Behavioral healthcare providers
- ◆ Therapists

- ◆ Social workers
- ◆ Peer specialists
- ◆ Community

## Agenda

8:30 a.m.	Registration and light refreshments
9:00 a.m.—10:30 a.m.	Overview of the EMDR 8 phases, EMDR research, and theoretical underpinnings.
10:30 a.m.—10:45 p.m.	Break
10:45 a.m.—12:00 p.m.	Adaptations of the 8 phases with children who have experienced single-incident trauma and for children with a history of complex trauma.

## General Information

- ◆ Seating is limited so please register early. Please call to cancel if you are unable to attend. Substitutions are acceptable.
- ◆ Your registration form (below) must accompany your registration fee and be mailed to Region V Systems in advance. No refunds will be made after June 17, 2016.
- ◆ 2.75 hours of credit are awarded to meet the criteria for the state of Nebraska Continuing Education Units for the following professions: LMHP, LMFT, Social Work, and Professional Counseling.
- ◆ If you have questions regarding this workshop please contact Jean Barton at [jbarton@region5systems.net](mailto:jbarton@region5systems.net) or phone (402) 441-4336

## Location

This workshop will be held at:  
Region V Systems  
1645 N Street  
Lincoln, Nebraska

Free parking is available in the Region V Systems lot on the northeast corner of 17th & N Streets.



REGISTRATION FORM  
Register Early—Seating is Limited

### EMDR Therapy Overview and Adaptations for Children

June 24, 2016

9:00 a.m.—12:00 p.m.

Region V Systems

Registration Deadline: June 17, 2016

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

**NO REFUNDS AFTER June 17, 2016**

\$5 — Region V Systems provider network

\$10 — All other attendees

Please make checks payable to: Region V Systems

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