

Required Reading:

Eye Movement Desensitization and Reprocessing 3rd Edition, by Francine Shapiro.

CEs:

For information about continuing education credit, please see:

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

Virtual Training:

Training in a virtual environment, practicing EMDR skills in the Therapist, Client, and observer roles gives one a heads up to begin putting EMDR into play in your telementalhealth practice.

Training will be conducted via a secure Zoom platform. It is recommended that participants use a laptop or tablet – phones can work, but it is easier to do the work in the practice sessions with a bigger screen.

It is recommended to hard wire the computer to the internet if possible. Please select a location with strong internet service.

We will take breaks to reduce Zoom fatigue. Stepping outside for a few minutes, walking at lunch, etc. all seem to help. Please select comfortable seating, a private location, sort out a game plan to avoid interruptions. Make sure we have your phone number in case there are technological difficulties. Our Trainees have found this an effective, fun and convenient way to learn 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
EMDRIA Approved

Virtual EMDR Basic Training From the Comfort of Home

Choice 1
University of Nebraska
Lincoln Cohort

Weekend One – August 13, 14, and 15, 2021
Weekend Two – October 15, 16, and 17, 2021

Choice 2
(Cohort 21-E)
Weekend One – September 10, 11, and 12, 2021
Weekend Two - November 12, 13, and 14, 2021

Choice 3
(Cohort 21-F)
Weekend One – October 29, 30, and 31, 2021
Weekend Two - December 10, 11, and 12, 2021

**We take an attachment informed
approach using elements of
ego state and somatic principles
in our training.**

EMDR Support Network
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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 Central Standard Time CST
DAY 2: 8:00AM- 5:00PM CST
DAY 3: 8:00AM- 4:00PM CST

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

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