

Required Reading:

Eye Movement Desensitization and Reprocessing 2nd Edition, by Francine Shapiro.

Recommended Reading:

Getting Past Your Past, by Francine Shapiro

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

Understand the Adaptive Information Processing Model AIP
Understand how to appropriately screen and prepare Clients for EMDR Therapy
Be able to identify Client's core issues and develop an EMDR Treatment Plan to address them
Understand and be able to apply the Standard 8 Phase 3 Prong EMDR Protocol
Understand how to begin integrating the AIP and EMDR Therapy into one's Clinical Practice

Weekend 2: Building on the Foundations of EMDR

An in depth review of the Standard EMDR protocol and the AIP
Applying EMDR to Complex Cases and Complex Clients
Using Extended Resourcing and other techniques and strategies for Client stabilization
Using Cognitive Interweaves to get blocked processing going again
Using EMDR with Special Populations including Children, 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

EMDR Support Network
Presents an
EMDRIA Approved

EMDR Basic Training

Hosted by:
Catholic Social Services

Guadalupe Center
2241 'O' Street
Lincoln, NE 68510



Weekend One
October 7, 8, & 9, 2016
Weekend Two
January 27, 28, & 29 2017

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
Understand preparation for EMDR including the role of State Change Strategies
Understand the 8 Phases and 3 Prongs of the Standard EMDR Therapy Protocol
Understand EMDR's use with Recent Events
Use Resourcing to strengthen adaptive neural networks

WEEKEND 2:

Begin conceptualizing how EMDR Therapy might be used with complex clients and complex cases.
Strengthen understanding of the 8 Phases and 3 Prongs of the Standard Protocol
Using Cognitive Interweaves to get blocked processing going again
Use Extended Resourcing for stabilization, preparation and increases in adaptive functioning
Using EMDR 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
Contact**

**Gary Scarborough
EMDR Support Network**

Gary.D.Scarborough@Gmail.com

479-518-0287