

EMDR RENEWAL

REVIEW, PRACTICE, UPDATE

YOUR EMDR PROTOCOL

Topics being covered

- Review of 8 phases
- Review of 3-prong approach
- Case formulation
- Negative and positive cognitions
- Target selection and organization
- Treatment planning
- Bonus: The Power of Mindful Awareness
- Bonus: Four steps to emotional competence
- Resource development
- Movies (past and future templates)
- Strategies for stuck processing
- Advanced case consultation

PERSONAL THERAPEUTIC RETREAT

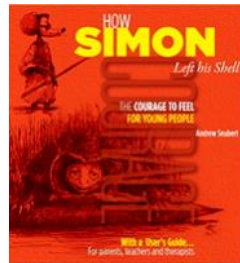
A personal therapeutic retreat (PTR) is an opportunity to set aside larger blocks of time to focus more intensively on issues that persistently interrupt one's growth towards a happier and more fulfilled life. It can also be a time for retreat from the busyness we all experience and a chance to return to our deeper values and core Self. Retreat times are planned in advance with Andrew and start with one 8 hour day.

PRESENTER - ANDREW SEUBERT, LMHC, NCC



Andrew is an EMDRIA-approved consultant and trainer with extensive background in an Existential-Gestalt approach to growth and therapy. Always drawn to forms of therapy that address the entire person—mind, body, emo-

tions, creativity and spirit, Andrew has developed an extremely holistic approach in his work with individuals, couples, families and groups. He has published peer-reviewed articles and book chapters, as well as his two books, "The Courage to Feel", and his recently released book and workbook "How Simon Left His Shell: The Courage to Feel for Young People."



Andrew is a highly engaging, interactive retreat/workshop facilitator whose passion about his work is expressed in his use of music, creative imagination, experiential approaches and humor. His many years of working with a broad spectrum of therapeutic issues, particularly trauma and PTSD, eating disorders and relationship therapies, through the use of EMDR, informs his approach in his training events that adds depth and knowledge. His passion for an integration of psychotherapy and spirituality is a driving force, whether in individual sessions, workshops or intensive Personal Therapeutic Retreats.

The usefulness of the training, supervision and consultation that I received from Andrew was immeasurably helpful in my work with clients. Andrew shared his wealth of knowledge in a way that made it applicable to my every day practice. His gentle, supportive manner allowed me to take risks to better myself as a therapist.
Julia Baker Wallace, LCSW-R



EMDRIA Approved

Training Events

For Therapists

Working with all Ages

with Andrew Seubert
LMHC, NCC - Trainer

In Burdett, NY or at
a location Near You.

www.ClearPathTrainingCenter.com

EMDR Basic Training

EMDR Renewal

Becoming Known

Group Teleconferences

Supervision/Consultation

EMDR Certification Package

EMDR Basic Training

Description: Eye movement desensitization and reprocessing (EMDR) is an effective and efficient method of treating traumatic memories and related problems. This program has no "parts" or "levels" - this is the complete EMDR training as defined by the EMDR International Association (EMDRIA). This is a **hands-on clinical skills training** for using EMDR and integrating it with your psychotherapy approach. This program is designed to help participants learn when and how to use EMDR, and to gain competency with EMDR over a period of several months.

The training program involves lecture, demonstration, in-class practice, and on-the-job practice with your clients. This is an experiential training, including practice with other participants.

Objectives: Participants will be able to:

- Develop & implement a comprehensive trauma-informed treatment plan.
- Prepare clients for EMDR.
- Conduct an EMDR session.
- Problem-solve a difficult session.
- Use EMDR with a wide range of clients.

Program features:

- Approved by the EMDR International Association (EMDRIA).
- 49 contact hours over several months to support mastery.
- Starts with a 2-day focus on trauma treatment approach & interventions.
- Small group size (max of 10).
- Text book and other materials included.
- Follow-up group consultation sessions included (10 hours)
- Competitive cost.

Who may attend: EMDR training is open to mental health professionals licensed (or certified or registered) by their state for independent practice. The training is also open to advance graduate students, interns, and other mental health professionals on a licensure track, **who must provide an explanation of their status and a letter of support for participation from their supervisor.**

In Burdett, NY or at a location Near You.

Becoming Known: A Relational Model for Ego State/Parts Therapy

This two-day workshop covers the integration of "parts" or ego state practice with a trauma-informed phase model from a highly relational perspective.

The workshop has evolved from Andrew's work as an EMDR consultant and trainer, during which Andrew realized the crucial need for ego state competence when working with trauma and dissociation (this workshop will NOT address extreme forms of dissociation, viz., DDNOS and DID).

Topics include:

- Theories of Dissociation and Ego State Traditions
- Indicators of Dissociated States
- Four Steps in parts work – RUG-C
- Conference Room Technique
- Understanding Parts
- Creating goals with parts
- Collaboration/Helper Parts
- Blame Game
- Negative Introjects
- RUG-C to trauma processing

EMDR Certification Program

The Complete Package - EMDRIA Approved

- ◇ EMDR Basic Training - 7 Days Includes 10 Hours Consultation
49 CEU's Available
- ◇ Becoming Known: A Relational Model for Ego State/Parts Therapy - 2 Days
12 CEU's Available
- ◇ Group & Individual Consultation - 20 hours

www.ClearPathTrainingCenter.com

Group or Individual Supervision/Consultation and Teleconference Packages

Extend your skills in EMDR practice - Andrew is an EMDRIA approved consultant. Consequently, his consultation and supervision, both group and individual, can be applied towards requirements for EMDR certification. Andrew offers a special Group Supervision via Teleconference \$125.00 for package of four one-hour sessions