

# CLEARPATH

## *Training Center*

### Content of EMDR Basic Training – 7 Days

#### Day 1:

- Trauma-informed treatment.
- Evaluation.
- Case formulation.
- Treatment planning

#### Day 2:

- Introduction to EMDR
- Phase 2: Preparation – Dissociation, skills, resources

#### Day 3:

- Preparation & Cautions in EMDR processing
- Phases 1-7
- Target memory set-up.
- Practice EMDR

#### Day 4:

- Review/Questions
- Closure/Containment
- Trouble-shooting
- Simple protocol variations
- More practice with EMDR

#### Day 5:

- Phase 8: Re-evaluation
- Three-pronged approach: past, present, future.
- Phase model of trauma-informed tx for a range of presenting problems.
- Float-back.
- Keeping wayward sessions under control
- More practice.

#### Day 6:

- Cognitive Interweave.
- EMDR with kids.
- Specialty populations
- More practice!
- Case consultation.
- EMDR information & resources.

#### Day 7:

- Consultation