

EMDR Basic Training

Course Agenda:

Day 1 – 8:30 to 4:30

- 8:30 - Introductions
Re-defining trauma
Contributors to trauma
PTSD as symptoms, not the cause, of trauma
Floatback experience - connecting triggers with source trauma
- 10:00 - Break
- 10:15 - Neurobiology of trauma
Tasks of trauma processing
Phase models of trauma treatment
Adaptive Information Processing (AIP) Model - how EMDR works
History of EMDR
EMDR Research
EMDR applications
- 12:15 - Lunch
- 1:15 - Evaluation Phase - elements (history taking, trauma history, dissociation assessment, case formulation)
Skills introduction: awareness, breathwork, basic affect management
Practicum: awareness and breathwork
Trauma history taking - practicum
Towards trauma-informed meaning of behavior case formulation
- 2:45 - Break
- 3:00 - Practicum: meaning of behavior and case formulation
Trauma-informed goals for children, adolescents and adults
Trauma-informed treatment plan for children, adolescents and adults
- 4:30 - End of day

Day 2 - 8:30 to 4:30

- 8:30 - Q&A and review of trauma concept from Day 1
Trauma metaphors
Overview of Phases 1-8 of EMDR's 8-Phase model
Introduce the 4-phase model of this training
Possible mechanisms explaining how EMDR works
EMDR session video
- 10:00 - Break
- 10:15 - Review of evaluation phase
Tripartite Preparation phase - stability, skills/resources (external network and internal imagery-based state change and strength building), short-term successes.
Elements of stabilization/case management



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- Short demonstration of skills for internal state change, affect management, grounding
Imagery based resources - template for developing images (the image as key to internal state change and to positive quality development)
Practica: safe place and container
- 12:15 - Lunch
- 1:15 - Resource development (via imagery) and installation (strengthening via bilateral stimulation through eye movement and/or bilateral tapping).
Practicum: resource development
Creating short-term successes with imagery-based skill rehearsal (“movies”)
Practicum: use of resource in skill rehearsal “movie” (imaginal skill rehearsal)
Practice using case formulation script (written exercise) on one client.
- 2:45 Break
- 3:00 Dissociation defined
Dissociative continuum (Watkins & Watkins)
Dissociation screens and diagnostic inventories
Practicum: take the Dissociative Experience Scale (DES)
Client education regarding dissociation
Dissociation skills training
Client readiness
Explaining EMDR to clients
Explaining the EMDR experience to clients
Target sequencing (how to determine the order in which “target” traumatic memories are to be processed).
Home tasks (practicing skills, resources and case formulation with clients)
- 4:30 End of day

Two hours of consultation in between Days 2 and 3

Day 3 - 8:30 to 4:30

- 8:30 - Q&A from Day 2
Review of phase model
Contraindications and cautions in use of EMDR - ethical and legal considerations
Practicum: Bilateral stimulation (eye movement)
Alternative forms of bilateral stimulation (auditory, tactile)
Phase 3 - Assessment (questions to gain access to and to stimulate a memory)
Negative and positive cognitions
- 10:00 Break
- 10:15 Practicum: scenarios requiring negative and positive cognitions
Practicum: assessment phase, group practice
Phase 4 - description of desensitization process
Three questions to ask when returning to original target (OT)[memory]
Processing continuum: EMD, EMDr, EMDR (levels of restricting free association)
Phase 5 - installation of positive cognition (inserting positive instead of negative cognition in presence of the memory)



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| | Phase 6 - Body scan |
| 12:15 | Lunch |
| 1:15 | Organizing target memories to be processed |
| | Video of EMDR session |
| | Practicum: EMDR processing |
| 2:45 | Break |
| 3:00 | Practicum: EMDR processing |
| 4:30 | End of day |

Day 4 - 8:30 to 4:30

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| 8:30 | Q&A and review of Day 3 processing |
| | Review of phases 3-6 |
| | Procedures at the end of a channel of processed information |
| | When to check for SUDs (subjective unit of disturbance scale) |
| | Options when processing is stuck |
| | Phase 7 - closure |
| | Phase 8 - re-evaluation and integration |
| 10:00 | Break |
| 10:15 | Practicum: EMDR processing |
| 12:15 | - Lunch |
| 1:15 | - Q&A from morning practicum |
| | Review - target sequencing (organizing order of memories to be processed) |
| | Some processing challenges |
| | Recent Events Protocol (processing memory no older than 90 days) |
| | Treating a cluster of memories (memories with same pattern, abuser, etc.) |
| 2:45 | Break |
| 3:00 | Practicum |
| 4:30 | End of day |

Two-hour consultation between Days 4 and 5.

Day 5 - 8:30 to 4:30

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| 8:30 | - Re-evaluation of personal reactions to processing (when trainee was client in practicum) |
| | Q&A |
| | Review of target memory organization and processing continuum |
| | Floatback technique (using present trigger to associate back to earlier, root trauma) |
| | Three-pronged approach: past, present, future |
| | Live demonstration |
| 10:00 | Break |
| 10:15 | - EMDR approach to anxiety and phobias |
| | Metaphoric thinking |
| 12:15 | - Lunch |



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| 1:15 | Review of options for getting past stuck processing Cognitive Interweave technique (briefly providing missing or inaccessible information when processing is stalled) Examples of cognitive interweave options Cognitive themes: responsibility, safety, value, powerlessness (RSVP) Practicum: includes cognitive interweave |
| 2:45 | Break |
| 3:00 | Practicum |
| 4:30 | End of day |

Day 6 - 8:30 to 4:30

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| 8:30 | Q&A Review of cognitive interweave EMDR with children - 4 phase lens Video - EMDR with children |
| 10:00 | Break |
| 10:15 | Practicum |
| 12:15 | Lunch |
| 1:15 | EMDR with dissociation and ego states EMDR with medical issues |
| 2:45 | Break |
| 3:00 | EMDR with eating disorders EMDR with addictions EMDR with couples EMDR with early crisis intervention Flash technique (method to reduce SUDs as preparation for EMDR processing) Information about EMDRIA Resources and send off. |
| 4:30 | End of day |

Day 7 - 8:30 to 4:00

Trainees present case formulation and video to demonstrate basic mastery of EMDR as a psychotherapy (case formulation) and protocol (memory processing).

These six hours complete the EMDR requirement for **10 hours of consultation**. **The remaining four hours of consultation** take place via two 2-hour consultations, one between Days two and three and the other between Days four and five.

