

Kim Johnson, MSW, LCSW
Bio, Course Description, Learning Objectives and Daily/Hourly Timeline

Kim Johnson's Bio:

Kim Johnson, L.C.S.W. graduated from San Diego State University with a Masters in Social Work in 1990. Then, she was trained in EMDR Therapy in 2000. Additionally, she is an EMDR International Association (EMDRIA) Certified Therapist, Approved Consultant and Trainer for EMDR Therapy Basic Training and workshops regarding EMDR Therapy. Ms. Johnson has been providing EMDR Therapy Trainings for approximately eight years. Additionally, she has been in private practice for over 30 years, and she integrates EMDR with most of her clients. She specializes utilizing EMDR with children as young as age two and clients with dissociate disorders. Ms. Johnson has presented at the EMDRIA USA Conference and provided webinars for over 100,000 attendees worldwide. She has also traveled internationally to provide and teach EMDR Therapy. Therefore, her passion to transform lives is evident.

Course Description

This is the complete EMDR Basic Training approved by EMDR International Association. Participants will learn the EMDR psychotherapy approach, the 8-phase EMDR Standard Protocol, the Adaptive Information Process (AIP) Model, and how to incorporate EMDR into your clinical practice. This course will consist off didactic presentations, demonstrations, supervised practicums and case consultations. Participants must attend the full training and five 2-hour consultation groups to receive a certificate of completion and 42 CEs.

Objectives and Research Studies for EMDR Training

Objectives of Part 1:

1. Describe and practice the 8 phases of EMDR therapy for comprehensive treatment.
 - a. de Jongh, A., Amann, B. L., Hofmann, A., Farrell, D., & Lee, C. W. (2019). The status of EMDR therapy in the treatment of posttraumatic stress disorder 30 years after its introduction. *Journal of EMDR Practice and Research*, 13(4), 261-269.
2. Identify and apply the Three-Pronged Protocol of EMDR therapy.
 - a. Wang, S., He, Y., Hu, J., Xia, J., Fang, K., Yu, J., & Wang, Y. (2024). Eye movement intervention facilitates concurrent perception and memory processing. *Cerebral Cortex*, 34(5), bhae190. <https://doi.org/10.1093/cercor/bhae190>
3. Describe aspects of the Adaptive Information Process Model for effective case conceptualization and treatment planning.

- a. Landin-Romero, R., Moreno-Alcázar, A., Pagani, M., & Amann, B. .L (2021). The neurobiology of EMDR: Exploring the consensual model. *Journal of EMDR Practice and Research*, 15(1), 30-41.
4. Identify the parameters treatable with EMDR therapy to safely and effectively implement EMDR therapy with clients.
 - a. de Jongh, A., Bicanic, E., Matthijssen, S., Amann, B. L., Hofmann, A., Farrell, D. . . . & Maxfield, L. (2019). The current status of EMDR therapy involving the treatment of complex posttraumatic stress disorder. *Journal of EMDR Practice and Research*, 13(4), 284-290.
5. Describe 3 criteria for client selection.
 - a. Miller, P. (2024). The evolution and future of eye movement desensitization and reprocessing therapy. *BJPsych Advances, Online*, 1-3
6. Describe 3 safety measures for effective and safe use of EMDR Therapy.
 - a. Bakke, C. P. (2024). *A qualitative study of EMDR clinician treatment modality choice and client needs*. [Doctoral thesis, Liberty University, 6291].
7. Identify when you would apply the Future Template.
 - a. Rameckers, S. A., van Emmerik, A. A. P., Boterhoven-de Haan, K., Kousemaker, M., Fassbinder, E., Lee, C. W., Meewisse, M., Menninga, S., Rijkeboer, M., Schaich, A., & Arntz, A. (2024). The working mechanisms of imagery re-scripting and eye movement desensitization and reprocessing: Findings from a randomized controlled trial. *Behaviour Research and Therapy*, 175, 104492. Open access: <https://doi.org/10.1016/j.brat.2024.104492>
8. Distinguish between state change and trait change in EMDR therapy.
 - a. van der Hart, O., Groenendijk, M., Gonzalez, A., [Mosquera, D.](#), & [Solomon, R.](#) (2014). Dissociation of the Personality and EMDR Therapy in Complex Trauma-Related Disorders: Applications in Phases 2 and 3 Treatment. *Journal of EMDR Practice and Research*, 8(1), 33–48. <https://doi.org/10.1891/1933-3196.8.1.33>
9. Identify the purpose of the Assessment Phase of EMDR therapy.
 - a. *Journal of EMDR Research and Practice* Volume 13, Issue 4 (2019) presents a more recent review of EMDR therapy with PTSD as well as EMDR therapy use with other issues and diagnoses. View our blog post highlighting this issue here: <https://www.emdria.org/research/a-clinicians-guide-to-the-efficacy-of-emdr-therapy/>.
10. Identify the purpose of utilizing the SUD scale and what it stands for.
 - a. Servan-Schreiber, D., Schooler, J., Dew, M.A., Carter, C., & Bartone, P. (2006). Eye Movement Desensitization and Reprocessing for Posttraumatic Stress Disorder:

A pilot blinded, randomized study of stimulation type. *Psychotherapy and Psychosomatics*, 75(5), 290-297. <https://doi.org/10.1159/000093950>

11. Identify the purpose of the VOC scale and what it stands for.

- a. Haour, F., Dobbelaere, E., & Beaurepaire, C. D. (2019). Scientific evaluation of EMDR psychotherapy for the treatment of psychological trauma summary: Scientific evaluation of EMDR psychotherapy. *Journal of Neurology & Neuromedicine*, 4(2), 5-14. Open access: <https://www.jneurology.com/articles/scientific-evaluation-of-emdr-psychotherapy-for-the-treatment-of-psychological-trauma-summary-scientific-evaluation-of-emdr-psycho.html>

12. Describe one purpose for Safe/Calm Place utilization.

- a. Shapiro, F. (2018). The role of eye movement desensitization and reprocessing (EMDR) therapy in medicine: Addressing the psychological and physical symptoms stemming from adverse life experiences. *The Permanente Journal*, 22, 17-025.

Objectives for Part 2:

1. Describe a treatment plan to choose and prioritize targets appropriate for EMDR treatment.

- a. Grifoni, J., Pagani, M., Persichilli, G., Bertoli, M., Bevacqua, M. G., L'Abbate, T., Flamini, I., Brancucci, A., Cerniglia, L., Paulon, L., & Tecchio, F. (2023). Auditory personalization of EMDR treatment to relieve trauma effects: A feasibility study [EMDR+]. *Brain Sciences*, 13(7), 1050. Open access: <https://doi.org/10.3390/brainsci13071050>

2. Describe strategies to identify and effectively resolve clinical problem areas in the utilization of EMDR therapy.

- a. Shapiro, .F (2018). The role of eye movement desensitization and reprocessing (EMDR) therapy in medicine: Addressing the psychological and physical symptoms stemming from adverse life experiences. *The Permanente Journal*, 22, 17-025.

3. Describe 3 strategies to identify and effectively resolve clinical problem areas in the utilization of EMDR therapy.

- a. Maxfield, L. (2021). Low-Intensity Interventions and EMDR Therapy. *Journal of EMDR Practice and Research*, 15(2), 86–98. <https://doi.org/10.1891/EMDR-D-21-00009>

4. Distinguish between adult-onset trauma and developmental trauma.

- a. van Vliet, N. I., Huntjens, R. J. C., van Dijk, M. K., Bachrach, N., Meewisse, M-L., & de Jongh, A. (2021). Phase-based treatment versus immediate trauma-focused treatment for post-traumatic stress disorder due to childhood abuse: Randomized clinical trial. *BJPsych Open*, 7(6), E211. Open access: <https://doi.org/10.1192/bjo.2021.1057>
5. Identify when you would target an adult-onset trauma versus applying the standard protocol.
 - a. Ramallo-Machin, A., Gomez-Salas, F. J., Burgos-Julian, F., Santed-Germain, M. A., & Gonzalez-Vazquez, A. I. (2024). Factors influencing quality of processing in EMDR therapy. *Frontiers in Psychology*, 15. Open access: <https://doi.org/10.3389/fpsyg.2024.1432886>
6. Describe 2 clinical symptoms that may indicate the need to assess for dissociation.
 - a. van der Hart, O., Groenendijk, M., Gonzalez, A., [Mosquera, D.](#), & [Solomon, R.](#) (2014). Dissociation of the Personality and EMDR Therapy in Complex Trauma-Related Disorders: Applications in Phases 2 and 3 Treatment. *Journal of EMDR Practice and Research*, 8(1), 33–48. <https://doi.org/10.1891/1933-3196.8.1.33>
7. Describe 3 examples of specific resources to use with difficult or resistant clients.
 - a. Wadji, D. L., Martin-Soelch, C., & Camos, V. (2022). Can working memory account for EMDR efficacy in PTSD? *Preprint, BMC Psychology*. Open access: <https://doi.org/10.21203/rs.3.rs-1639383/v1>
8. Describe the protocol to initiate an incomplete session for processing to resolution.
 - a. Wang, S., He, Y., Hu, J., Xia, J., Fang, K., Yu, J., & Wang, Y. (2024). Eye movement intervention facilitates concurrent perception and memory processing. *Cerebral Cortex*, 34(5), bhae190. <https://doi.org/10.1093/cercor/bhae190>
9. Describe one therapy-interfering behavior that may need to be addressed in order for treatment to proceed.
 - a. Butler, S-J., & Ramsey-Wade, C. (2024). How do clients experience intensive EMDR for post-traumatic stress? An interpretive phenomenological analysis. *European Journal of Trauma and Dissociation*, 100479. <https://doi.org/10.1016/j.ejtd.2024.100479>
10. Describe a treatment plan to choose and prioritize targets appropriate for EMDR treatment.
 - a. Maxfield, L. (2019). A clinician's guide to the efficacy of EMDR therapy [Editorial]. *Journal of EMDR Practice and Research*, 13(4), 239-246. <http://dx.doi.org/10.1891/1933-3196.13.4.239>
11. Describe 3 strategies for dealing with highly emotional responses.

- a. Udo, I., Javinsky, T-R., & Awani, T. (2022). Eye movement desensitization and reprocessing: Part 1 – theory, procedure and use in PTSD. *BJPsych Advances*, 32, 1-10. <https://doi.org/10.1192/bja.2022.32>
12. Describe 3 strategies for dealing with dissociative symptoms.
 - a. Gonzalez, A. (2018). Eye movement desensitization and reprocessing (EMDR) in complex trauma and dissociation: Reflections on safety, efficacy and the need for adapting procedures. *Frontiers in the Psychotherapy of Trauma and Dissociation*, 2(2), 192–211. Open access retrieval from: <https://isstdworld.isstd.org/home/frontiers-open-access>
13. Identify how to process phobias with EMDR.
 - a. Begum, M. (2023). EMDR Therapy in Specific Phobia of Vomiting (SPOV). *Journal of EMDR Practice and Research*, 17(4), 239-249. <https://doi.org/10.1891/EMDR-2023-0010>
14. Describe 3 cautions for using EMDR therapy with addictions and compulsions.
 - a. Boosaeidi, K., Rajaei, A., & Bayazi, M. H. (2021). The effect of “eye movement desensitization and reprocessing (EMDR)” treatment on impulsivity, coping styles, and addiction symptoms of addicts. *Razi Journal of Medical Sciences*, 28(8), <http://rjms.iums.ac.ir/article-1-7070-en.html>
15. Identify one category of memory appropriate for targeting with combat veterans.
 - a. Hurley, E. C. (2018). *Effective Treatment of Veterans With PTSD: Comparison Between Intensive Daily and Weekly EMDR Approaches*. *Front Psychol*, 9, 1458. doi:10.3389/fpsyg.2018.01458
16. Describe 3 strategies to treat complex trauma-related disorders.
 - a. Chen, R., Gillespie, A., Zhao, Y., Xi, Y., Ren, Y., & McLean, L. (2018). The efficacy of eye movement desensitization and reprocessing in children and adults who have experienced complex childhood trauma: A systematic review of randomized controlled trials. *Frontiers in Psychology*, 9:534. Open access: <https://doi.org/10.3389/fpsyg.2018.00534>
17. Describe how to use EMDR with Children.
 - a. Barron, I. G., Bourgaize, C., Lempertz, D., Swinden, C., & Darker-Smith, S. (2019). Eye movement desensitization reprocessing for children and adolescents with posttraumatic stress disorder: A systematic narrative review. *Journal of EMDR Practice and Research*, 13(4), 270-283. <http://dx.doi.org/10.1891/1933-3196.13.4.270>
18. Recognize how to use EMDR with Depression.

- a. Seok, J-W., Kim, J. (2024). The efficacy of eye movement desensitization and reprocessing treatment for depression: A meta-analysis and meta-regression of randomized controlled trials. *Journal of Clinical Medicine*, 13(18), 5633. Open access: <https://doi.org/10.3390/jcm13185633>

Daily/Hourly Timeline

DAY 1

| | |
|-----------------|---|
| 8:30 - 10:00am | Welcome & Introductions, Overview of EMDR |
| 10:00 - 10:15am | Break |
| 10:15 - 12:00pm | Start Neurobiology |
| 12:00 - 1:00pm | Lunch |
| 1:00 - 3:00pm | Complete Neurobiology |
| 3:00 - 3:15pm | Break |
| 3:15- 5:30pm | Video of EMDR & Discussion |

DAY 2

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|-----------------|---------------------------------------|
| 8:30 - 10:00am | Brief Review & Phase 1—History Taking |
| 10:00 - 10:15am | Break |

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|-----------------|--|
| 10:15 - 12:00pm | Practicum |
| 12:00 - 1:00pm | Lunch |
| 1:00 - 3:00pm | Phase 2—Preparation (Calm Place & Container) |
| 3:00 - 3:15pm | Break |
| 3:15- 4:15pm | Practicum |
| 4:15- 4:30pm | Phases 3-7 Lecture |

DAY 3

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|-----------------|----------------------------------|
| 8:30 - 10:30am | Practicum |
| 10:30 - 10:45am | Break |
| 10:45 - 12:00pm | Phase 8-Reevaluation & Practicum |
| 12:00 - 1:00pm | Lunch |
| 1:00 - 2:00pm | Practicum |
| 2:00 - 2:15pm | Break |

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| 2:15- 4:15pm | Specialty Groups—Grief, Pain, Military, Dissociation |
| 4:15- 5:30pm | Q & A, Getting Started, Evaluations |

DAY 4

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|-----------------|--|
| 8:30 - 10:00am | Welcome Back—Review of Part 1 and Goals for Part 2 |
| 10:00 - 10:15am | Break |
| 10:15 - 10:45pm | Phase 1-Client History |
| 10:45 - 12:00pm | Practicum-Client History |
| 12:00 - 1:00pm | Lunch |
| 1:00 - 3:00pm | Phase 2-Preparation Lecture-Spiral Technique, Light Stream & RDI |
| 3:00- 3:15pm | Break |
| 3:15- 5:30pm | Practicum-Preparation Skills |

DAY 5

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|-----------------|--|
| 8:30 - 10:00am | Review Phases 3-7 |
| 10:00 - 10:15am | Break |
| 10:15 - 12:00pm | Complete Review of Phases 3-7 |
| 12:00 - 1:00pm | Lunch |
| 1:00 - 2:00pm | Practicum-Client/Therapist EMDR Therapy Processing |
| 2:00 - 2:15pm | Break |
| 2:15- 5:30pm | Finish Practicum |

DAY 6

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|-----------------|-------------------------|
| 8:30 - 10:30am | Phase 8 Overview, Q & A |
| 10:30 - 10:45am | Break |
| 10:45 - 12:00pm | Practicum-Reevaluation |
| 12:00 - 1:00pm | Lunch |

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|---------------|---|
| 1:00 - 2:00pm | Legal & Ethical Issues |
| 2:00 - 2:15pm | Break |
| 2:15- 4:15pm | Specialty Groups—Self Use, Couples, Complex PTSD, Future Template |
| 4:15 - 5:30pm | Q & A, Getting Started, Evaluations |