

EMDR Basic Training

Wellness Counseling Inc. in Partnership with Re-Soluciones and Dr. Linda Timme

The first weekend is June 21st – 23rd, 2024 and then second weekend is August 2nd- 4th , 2024

What is EMDR? (www.emdria.org)

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an extensively researched, effective psychotherapy method proven to help people recover from trauma and other distressing life experiences, including PTSD, anxiety, depression, and panic disorders. [You can click on the links below to learn more] **The American Psychiatric Association, the American Psychological Association, the International Society for Traumatic Stress Studies, the Substance Abuse and Mental Health Services Administration, the U.S. Dept. of Veterans Affairs/ Dept. of Defense, The Cochrane Database of Systematic Reviews, and the World Health Organization** among many other national and international organizations recognize EMDR therapy as an effective treatment. More specific information on treatment guidelines can be found on our **EMDR and PTSD page**.

Objectives:

When given information about the following concepts, strategies, and techniques of EMDR therapy,

1. History and overview of the approach (origin, EMD to EMDR, research)
2. Model, Mechanism, Methodology (AIP, action underlying EMDR, distinction from other models, eight phases, three prongs)
3. Advanced methodology
4. Professional, legal, ethical issues
5. Eye Movement Desensitization or EMD
6. Recent Events Protocol
7. Resource Development and Installation
8. Cognitive interweaves

you will demonstrate competency by the end of the basic training and consultation as evidenced by trainer and facilitator evaluation of performance in class activities and practicum sessions.

Note: EMDR International Association evaluates basic training competency measures, including the final written examination.

EMDRIA's instructional areas:

<https://www.emdria.org/emdr-training-education/emdr-training/>

Schedule and Themes for Each Day

Days 1 and 4	Days 2 and 5	Days 3 and 6
8:15-8:30 Registration	8:15-8:30 Registration	8:15-8:30 Registration
8:30-10:15 Lecture of Section A History of the approach, model, mechanism, method, review of pre-work module (Thinkific site)	8:30-10:15 Lecture, review of day 1 or 4 lecture, review of practicum, Sections 03-04 (parts of Section L on day 5) Phase 3 Target assessment, phase 4 Desensitization (section L on day 5)	8:30-10:15 Lecture, review of day 2 or 5 lecture, review of practicum, Section 08 (N on day 6) Phase 8 Reevaluation Future template Recent event protocol
10:15-10:30 Break	10:15-10:30 Break	10:15-10:30 Break
10:30-12:00 Lecture of Sections 01 and 02 and review (Section K in day 4) Phase 1: History taking & tx planning Phase 2: Resource, regulation building Resource Development & Installation (day 4)	10:30-12:00 Lecture of Sections 05, 06, 07 (parts of section L and Section M on day 5) Phase 5: Installation Phase 6: Body scan Phase 7: Closure	10:30-11:30 Lecture of Sections F, H, I ; Sections Y, Z (day 6) Working with children, families, REP Special populations (day 6) Other clinical situations (day 6) Themes of specialty training (day 6)
12:00-1:00 Lunch	12:00-1:00 Lunch	11:30-12:30 Lunch
1:00-5:00 Practicum (Section P) Phase 1: History-taking & tx planning Phase 2: Resource, regulation building	1:00-5:00 Practicum (Section P) Phases 3-7 Cognitive interweave (day 5)	12:30-3:30 Practicum (Section P) Phase 8 and then phases 3-7 Cognitive interweave Future template EMD

7

Cost:

This Training will be Hybrid – You can attend online or in Person – In Person in Bainbridge Island, WA

Total Cost for Training and 10 hours of Consultation: \$1,400 USD

Special Spring Discount: \$950 USD (This special is only until March 21st)

Early Registration Discount \$200 USD Until April 21st, 2024

Additional \$100 USD off if you identify as BIPOC or work in Community Mental Health

To Secure your Spot: \$500 USD Deposit (non-refundable)

Everyone Gets a Monthly Payment Plan. After paying deposit your reminded balance will be divided equally until balance is paid in full. Balance must be paid in full by the day before the start of the training.

If you have any other questions please contact Arilda Surrige at asurrige@wellnesscounselinginc.com

Terms and Conditions:

- Cancellation Policy: 50% Refund if Canceled 60+ days before Start of Retreat, 25% Refund if Canceled 30+ days before start of Retreat, No refund if canceled 29 days or less before the retreat. If the program must be canceled on the part of Wellness Counseling Inc. for unforeseen reasons, a full refund will be issued. In this case, Wellness Counseling Inc. holds no financial responsibility for changes to airfare and other miscellaneous charges
- There are no known conflicts of interest for this training.
- Wellness Counseling Inc. has no part in the financial agreement between you, the participant, and the hotel
- Grievances: All grievances must be in writing to admin@wellnesscounselinginc.com , and will be replied to within 5 - 10 business days.
- Audio and/or visual recording of the training is prohibited