

Practice Name: Wellness Counseling Inc.
Presenter Name: Arilda Surridge, MA, LMFT

Upcoming Training Date: June 2nd and 3rd, 2024
Intended Audience: Psychologists, Counselors, Social Workers, Mental Health Providers
Level: Intermediate, Advanced
Number of CEs: 12

Program: Treating Couples with EMDR

About the Program:

This program will demonstrate how to apply EMDR when Working with Couples. The program will review the AIP, 8 Phases of EMDR and treatment planning, and Review how Trauma Impacts the Relationship. Additionally, there will be an in-depth demonstration of skills and tools to utilize to resource couples that can be done individually or together. This program will also identify and discuss planning and moving forward with applying EMDR when working with couples.

About the Instructor:

Arilda Surridge is a Certified EMDR Therapist, an EMDRIA Consultant in Training, an approved Clinical Supervisor, and a Gottman Couples Therapy Level 3 trained therapist. She is also a Gottman Leader in Leading “7 Principles for Making a Marriage Work”. She is specialized in working with trauma, anxiety, depression, and couple’s. Additionally, she has focused and specialized experience with working with early trauma, complex PTSD, recent and ongoing traumatic stress, treating affairs, and treating other mental health providers.

Program Agenda:

Day 1.

- 9 am – Welcome and Introductions
- 9:15 am – Intro – Applying EMDR when Working with Couples
- 10:15 am Overview of AIP – EMDR
- 11:15 am – Contraindications and Group Discussions
- 12 pm - Break
- 1 pm – Couple History Interview, & Individual Interviews (EMDR Phase 1)
- 2 pm – Apply EMDR phase 1 Couples History Interview & Individual Interview
- 3 pm – Preparation Phase 2 EMDR
- 4 pm – End

Day 2:

- 9 am – Review From Day 1
- 10 am Apply Tools and Skills of Preparation Phase (EMDR Phase 2)
- 11:00 am – Review and Apply Assessment (EMDR Phase 3)
- 12 pm – Lunch
- 1 pm – Review and Apply Desensitization EMDR Phase 4, 5, 6, 7, 8
- 2 pm - Couples Process Session after EMDR, Making Plan for Future
- 3 pm – Apply Couples Process Session, and Making Future Plan
- 4 pm – End

Terms and conditions:

Cancelation Policy: 50% Refund if Canceled 60+ days before Start of Program, 25% Refund if Canceled 30+ days before start of Program, 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.

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

This workshop is held in facilities which are in compliance with the Americans Disabilities Act. Please contact admin@wellnesscounselinginc.com if special accommodation is required