

EMDR Therapy Basic Training

Abstract

Since the development of EMDR therapy in the early 1990s, a large body of research has shown that it is efficacious for treating PTSD. Clinicians and researchers have also found positive treatment effects beyond PTSD for more complicated conditions. However, clinicians discovered early on that EMDR seemed to move patients with complex trauma into dysregulated states rather than towards the expected, adaptive resolution when targeting traumatic memories. Stories of uncontrolled abreactions, the unanticipated emergence of dissociated self-states, and subsequent destabilization leading to major setbacks or harm prompted some clinicians to dismiss EMDR as a viable treatment option for persons with dissociative features. Although some advanced EMDR therapy trainings and publications consider these complexities and potential risks, initial EMDR therapy training historically has not.

Consisting of four modules and a total of 81 didactic, practicum, and consultation hours, this training is the beginning of a learning journey in the practice of EMDR therapy to resolve unprocessed life experiences and resultant symptomatic disturbances. Over the course of the four modules, participants will learn the skills necessary to work with persons dealing with the 'simpler' trauma-related presentations in an EMDR therapy frame, as well as basic and intermediate foundational knowledge in assessment and treatment of persons experiencing pathological dissociation. Although participants will not learn to use the advanced EMDR therapy methods needed to treat persons with dissociative disorders, they will learn much about becoming attuned to the presence and forms of simpler trauma, complex trauma, and dissociation. Context for the application of basic protocols for treating some issues faced by persons with more complex trauma histories will be addressed.

To aid different learning styles, the training will follow three fictitious, composite clients experiencing different severities of trauma and dissociation to illustrate the procedures of EMDR therapy. Francine Shapiro (2018, Chapter 4 and Appendices A and E) notes that some clients may not yet be ready, or may be inappropriate candidates, for EMDR therapy. Accordingly, both the standard 'red flags' for each of these composite clients, additional indications to proceed with caution, and explicit contraindications will be highlighted.

The training is overseen and provided by members of the International Society for the Study of Trauma and Dissociation (ISSTD), approved by the ISSTD Board of Directors, and accredited by the EMDR International Association (EMDRIA). All instructors are EMDRIA Approved Virtual Trainers. At the conclusion of all four training modules and the required consultation hours that comprise this training—and during which learners are required by EMDRIA to discuss case material from actual use of EMDR therapy methods with appropriate clients in their clinical practice—participants will receive a certificate of completion, at which point they will be "EMDR therapy trained" clinicians. Participants will have had the opportunity to learn and practice the skills to determine client suitability and readiness for trauma accessing in general, and the use of EMDR therapy methods for containment, stabilization, and trauma resolution for clients with simple and moderately complex trauma presentations, within their established area(s) of expertise.

Required Materials

- Shapiro, F. (2018). *Eye movement desensitization and reprocessing (Emdr) therapy: basic principles, protocols, and procedures*. New York: The Guilford Press.
- LINK: [Go With That Magazine Fall 2020. Volume 25. Issue 3 \[EMDR & Racial Trauma\]](#)
- LINK: [Guidelines for Virtual EMDR Therapy \(Spring 2020\)](#)
- ISSTD EMDR Therapy Training Manual (*pdf format; provided at no additional cost*)

Preparatory Reading

Prior to each training module, participants should prepare by completing the following minimum reading from the required materials:

Module I

1. Readings from Shapiro (2018)
 - Chapter 1. Background (pp. 1-24)
 - Chapter 2. Adaptive Information Processing: The Model as a Working Hypothesis (pp. 25-51)
 - Chapter 3. Components of EMDR Therapy and Basic Treatment Effects (pp. 65-71 only)
 - Chapter 4. Phase One: Client History (pp. 85-112)
 - Chapter 6. Phases Four to Seven: Desensitization, Installation, Body Scan, and Closure (Phase Seven, pp. 155-159 only)
 - Chapter 12. Theory, Research, and Clinical Implications (pp. 349-428)
 - Appendix E. Client Safety, EMDR Dissociative Disorders Task Force Recommended Guidelines: A General Guide to EMDR's Use in the Dissociative Disorders (pp. 498-502)
2. Readings from ISSTD EMDR Therapy Training Manual (see detailed agenda below)
3. Additional Required Reading
 - [Go With That Magazine Fall 2020. Volume 25. Issue 3 \[EMDR & Racial Trauma\]](#)
 - [Guidelines for Virtual EMDR Therapy \(Spring 2020\)](#)

Module II

1. Readings from Shapiro (2018)
 - Chapter 5. Phases Two and Three: Preparation and Assessment (pp. 113-135)
 - Chapter 6. Phases Four to Seven: Desensitization, Installation, Body Scan, and Closure (pp. 136-161)
 - Chapter 7. Working with Abreaction and Blocks (pp. 162-190)
 - Chapter 8. Phase Eight: Reevaluation and Use of the EMDR Therapy Standard Three-Pronged Protocol
2. Readings from ISSTD EMDR Therapy Training Manual (see detailed agenda below)

Module III

1. Readings from Shapiro (2018)
 - Chapter 10. The Cognitive Interweave: A Proactive Strategy for Working with Challenging Clients
2. Readings from ISSTD EMDR Therapy Training Manual (see detailed agenda below)
3. Additional Required Reading
 - Piedfort-Marin, O. (2018). Transference and countertransference in EMDR therapy. *Journal of EMDR Practice and Research*, 12(3), 158-172.

Module IV

1. Readings from Shapiro (2018)

- Chapter 9. Standardized Protocols and Procedures for Special Situations (pp. 213-255)
- Chapter 11. Selected Populations (pp. 283-348)
- Appendix E. Client Safety, EMDR Dissociative Disorders Task Force Recommended Guidelines: A General Guide to EMDR's Use in the Dissociative Disorders (pp. 498-502)

2. Readings from ISSTD EMDR Therapy Training Manual (see detailed agenda below)

Content Level

- Modules I & II: Introductory/Beginner
- Modules III & IV: Intermediate

Learning Objectives

Module I

Day One

- Define simple trauma, complex trauma, and traumatic dissociation
- Define the elements of the Window of Tolerance framework and its relevance for understanding autonomic nervous system arousal, survival and defensive responses, and attachment challenges
- Define EMDR therapy
- Name, and provide a brief description for, the eight phases and three prongs of EMDR therapy
- Describe the major features of the Adaptive Information Processing (AIP) model that informs case conceptualization and treatment in EMDR therapy
- Describe the Polyvagal Theory and its contribution to understandings about EMDR therapy and dissociative processes
- Name at least five characteristics, clinical signs, or symptoms of traumatic dissociation
- Name, and provide a brief description for, the three stages of trauma treatment

Module I

Day Two

- Name at least three informal/relational signs of trauma-related symptoms and dissociation
- Identify at least five trauma-related screening and assessment options
- Describe how to score a dissociation screening instrument (the MID-60 and/or Dissociative Experiences Scale (DES-II))
- Describe the purpose of EMDR Phase VI: Closure

Module I

Day Three

- Name at least three 'Red Flags' for pathological dissociation
- Name and briefly describe Kluff's three Treatment Trajectories
- Name at least three indicators of readiness for standard EMDR therapy

Module II

Day One

- Define Bilateral Dual Attention Stimulus (BL-DAS) and name three forms typically used in EMDR therapy

- Name at least two strategies for stabilizing and containing traumatic material
- Name and describe the seven elements of EMDR Phase III: Assessment
- Name and describe the purpose of the three reprocessing phases of EMDR therapy
- Describe the difference between complete and incomplete closure of an EMDR therapy reprocessing session

Module II

Day Two

- Name at least two potential challenges that can surface in EMDR Phase III: Assessment
- Name three strategies to link to explicitly held experience to support continued reprocessing in EMDR therapy
- Name and briefly describe the three domains of experience for Negative and Positive Cognitions in EMDR therapy
- Describe the purpose of EMDR Phase VIII: Reevaluation, and identify when it occurs
- Name and briefly describe three unexpected, and potentially unfavorable, post-processing effects in EMDR therapy

Module II

Day Three

- Name three interventions to help a client manage intrusive/disturbing images during EMDR therapy reprocessing
- Name at least three signs that client may have exceeded their Window of Tolerance
- Name at least one intervention to aid a client with simple trauma/wounding remain alert and 'grounded'
- Name at least one intervention that can help a client with intrusive dissociative symptoms remain 'grounded'
- Recognize and describe the difference between EMDR, EMDr, and EMD
- Describe the purpose and main elements of a Future Template
- Name at least three professional or legal considerations when employing EMDR therapy with clients

Module III

Day One

- Name and describe 5 target selection approaches in EMDR therapy
- Recognize 3 indicators of blocked processing in EMDR Phase IV: Desensitization
- Name and describe 3 interventions to address blocked processing in EMDR Phase IV: Desensitization
- Articulate the function of a cognitive interweave, and when to use this intervention
- Describe the process of EMDR Phase VII: Reevaluation within each of the 3 Prongs
- Describe the difference between a future target and future template

Module III

Day Two

- List at least four populations which have been the subject of EMDR research and publications
- Name the basic steps involved in setting up a 3-Prong treatment plan

Module III

Day Three

- List at least four specific issues or situations for which there are established specialized EMDR protocols available
- List the basic steps of utilizing the Recent Traumatic Events protocol
- Describe the scope and limitations of self-use applications of EMDR therapy

Module IV

Day One

- Describe at least 3 strategies to aid recognizing and addressing over-accessing or over-activation of traumatic material
- Identify when to expand EMDR Phase II: Preparation for more complex client presentations
- Describe the difference between first-level and second-level interventions in EMDR Phase II: Preparation
- Describe the purpose and steps of Resource Development and Installation (RDI)

Module IV

Day Two

- Describe at least three potential legal and ethical issues that commonly arise in application of EMDR therapy
- Describe modifications to treatment planning based on simple PTSD, complex trauma, and dissociative case presentation examples
- Name at least three modified/expanded EMDR therapy techniques for treating persons with complex trauma and dissociation
- Name least two differences between treating children and adults using EMDR therapy

Detailed Agenda | Timed Outline

MODULE I

Three days via online live interactive webinar format (14.5 hours didactic, 1.0 hour practicum)

NOTE: Page numbers in bold type refer to the ISSTD EMDR therapy basic training manual.

Module I, Day One (6.5 hours didactic)

9:30am - 9:45am (15 min): Welcome and Overview

- What to Expect in Module I
- Our Approach in this Training

9:45am - 11:00am (75 min): What is Trauma? What Becomes Trauma, and Why?

- Basic Hardware of the Brain (**pp. 10-11**)
- The Window of Tolerance Model, and How Our Brain Responds When We're Overwhelmed (**pp. 12-13; 17**)
- Attachment, Neuroception, and the Polyvagal Theory (**pp. 14-15**)
- Trauma and Posttraumatic Stress (**pp. 17-26**)

11:00am - 11:15am (15 min): Brief Break

11:15am – 12:45pm (90 min): Overview of EMDR Therapy & the AIP Model

- History and origins of EMDR therapy (**p. 55**)
- Adaptive Information Processing (AIP) Model (**pp. 56-58**)
- Clinical Implications of the AIP Model (**p. 59**)
- EMDR Therapy Meets Dissociation (**p. 71**)
- The Eight Phases of EMDR Therapy (**p. 72**)

12:45pm - 1:45pm (60 min): Meal Break

1:45pm - 3:15pm (90 min): EMDR Therapy Mechanisms of Action and Clinical Outcomes (**pp. 62-70**)

- Hypothesized mechanisms of action (**pp. 62-63**)
- Neurobiological studies (**p. 64**)
- Are eye movements necessary? (**p. 65**)
- Clinical outcome studies (**pp. 66-67 and Appendix E**)
- What sets the AIP model and EMDR therapy apart? (**pp. 68-70**)

3:15pm - 3:30pm (15 min): Brief Break

3:30pm – 4:30pm (60 min): Beyond PTSD: Complex Trauma, Dissociation, and the Dissociative Disorders (**pp. 27-36**)

- What is Complex Trauma?
- What is Dissociation? (**pp. 27-29**)
- DSM-5 Classifications and Comorbidity (**pp. 30-35**)
- Different Cultures, Different Understandings of Trauma and Dissociation (**p. 36**)
- Seeing and Not Seeing Dissociation: Myths and Facts

4:30pm – 5:15pm (45 min): Foundational Concepts in the Treatment of Complex Trauma and Dissociation

- Three Stages of Complex Trauma Treatment (**pp. 37-40**)
- Working Models of Dissociation (**pp. 41-48**)
- Dissociative Phobias (**pp. 49-50**)

5:15pm - 5:30pm (15 min): Questions and Day 1 Wrap-up

Module I, Day Two (5.5 hours didactic, 1.0 hour practicum)

9:30am - 9:45am (15 min): Q&A and Review from Day 1

9:45am - 10:00am (15 min): What's the Frame: Starting Therapy Safely (Stage 1, Phase I) (**p. 73**)

10:00am – 10:30am (30 min): EMDR Phase I: History Taking (**pp. 75-80**)

10:30am – 11:00am (30 min): Informal Screening for Trauma-Related Symptoms and Pathological Dissociation (**pp. 49-53**)

- Why Recognizing and Understanding Dissociation Matters
- How Dissociation May Show Up in Your Office (**pp. 49-53**)

11:00am - 11:15am (15 min): **Brief Break**

11:15am – 11:45am (30 min): Formal Screening for Trauma-Related Symptoms and Pathological Dissociation (**pp. 80-84**)

11:45am – 12:45pm (60 min): Practicum #1: Self-Administering/Scoring a Dissociation Screening Tool

- Self-administration and scoring of a screener
- Reflecting on the experience of completing a dissociation screen

12:45pm - 1:45pm (60 min): **Meal Break**

1:45pm – 2:15pm (30 min): Formal Screening for Trauma-Related Symptoms and Pathological Dissociation (cont'd.; **pp. 80-84**)

- Interpreting Initial Screening Results in Context (known history/client presentation)
- Conducting a Follow-Up Interview

2:15pm – 3:15pm (60 min): Formal Assessment and Diagnosis of Pathological Dissociation (**pp. 80-84**)

- Current Diagnostic Instruments
- A Brief Introduction to the Multidimensional Inventory of Dissociation

3:15pm - 3:30pm (15 min): **Brief Break**

3:30pm – 4:30pm (60 min): History Taking and Case Conceptualization: Pablo (Large Group Exercise) (**pp. 85-88**)

4:30pm - 5:00pm (30 min): EMDR Phase VII: Closure (**pp. 142-144**)

- Using the Container
- TICES Log

5:00pm - 5:30pm (30 min): Q&A and Day 2 Wrap-up

Module I - Day Three (2.5 hours didactic)

9:30am - 9:45am (15 min): Q&A and Review from Day 2

9:45am – 10:30am (45 min): What if Your Client Isn't Pablo, Part I: Elise (**pp. 54, 86-87**)

- History taking, red flags, screening and diagnostic results
- Shapiro's 'Red Flags' in the context of dissociative phobias (**pp. 45-46**)

10:30am – 11:00am (30 min): What if Your Client Isn't Pablo, Part II: Carol (**pp. 54, 87-88**)

- History taking, red flags, screening and diagnostic results

11:00am - 11:15am (15 min): Brief Break

11:15am - 12:00pm (45 min): Integrating the Three Stages and EMDR Phases I and VII into Your Practice

- Treatment Trajectories (**p. 41**)
- Client Readiness and Moving Forward (**p. 85**)
- Scope of Practice (**refer to pp. 156-157**)
 - Treatment of Dissociative Disorders (**pp. 177-178**)

12:00pm - 12:15pm (15 min): Q&A and Module 1 Wrap-Up

- Tasks to Complete for Consultation #1
- Closure (Container Exercise)

CONSULTATION #1 (2 hrs; time/date as scheduled)

- Phase I: Diagnostic Evaluation and History Taking with actual clients

MODULE II

Three days via online live interactive webinar format (9.25 hours didactic; 12.25 hours practicum)

NOTE: Page numbers in bold type refer to the ISSTD EMDR therapy basic training manual

Module II – Day One (5 hours didactic; 2.5 hours practicum)

9:30am - 10:00am (30 min): Review from Module I - Distillation of Phase I in AIP Frame

10:00am - 10:45am (45 min): Stage I, Phase II: Preparation (for trauma resolution) (**pp. 89-97**)

- Educating the client: explaining the procedures and effects in EMDR therapy (including DAS) (**pp. 89-95**)

- Evaluating and widening the Window of Tolerance (Calm/Safe Place) (**pp. 96-97**)
- Instruction for virtual or remote sessions and how to use DAS remotely

10:45am – 11:15 am (30 min): Preparation Decision Tree (**p. 98**)

- Case Example #1: Pablo (simple preparation)
- Case Example #2: Elise (expanded preparation)

11:15am - 11:30am (15 min): **Brief Break**

11:30am – 12:00pm (30 min): Demo/Video: Preparation/Resourcing

- Calm Place (standard, for non-dissociative persons + what to do if person can't calm)
- Q&A – address questions before practice

12:00pm - 1:00pm (60 min): **Practicum #2:** Preparation/Resourcing (1.0 hr)

- Break-out groups - Introductions, what are we doing? (10 min)
- Calm Place - Triads (50 min)

1:00pm - 2:00pm (60 min): **Meal Break**

2:00pm - 2:30pm (30 min): Stage 2, Phase III: Assessment (Activation of Trauma Memory) (**pp. 102-110**)

- Case Example: Pablo (**pp. 109-110**)

2:30pm - 3:30pm (60 min): Stage 2, Reprocessing Trauma in EMDR Phases IV, V, and VI

- Phase IV: Desensitization (**pp. 117-131 up to 'When Blocking Beliefs are Present', p. 137**)
- Phase V: Installation (**p. 138**)
- Phase VI: Body Scan (**p. 140**)

3:30pm - 3:45pm (15 min): Review/Questions

3:45pm - 4:00pm (15 min): **Brief Break**

4:00pm - 4:30pm (30 min): EMDR Phase VII: Closure (**pp. 142-145**)

4:30pm – 5:00 pm (30 min): VIDEO: EMDR Phases III-VII

5:00pm - 6:30pm (90 min): **Practicum #3:** Target Setup and Eye Movements/DAS (1.5 hrs)

- Break-out groups - what are we doing? (5 min)
- Target Setup with Vignettes (45 min)
- Setting up eye movements/DAS (30 min)
- Q&A and Day One Wrap-up (10 min; small groups)

Module II - Day Two (1.75 hour didactic; 5.75 hours practicum)

9:30am - 9:45am (15 min): Q&A and Day 1 Review

9:45am - 10:15am (30 min): Stage 2, Phase III: Assessment Revisited

- Assessment Decision Tree (p. 111)
- Red flags in Phase III: Assessment (p. 112)
- Selecting appropriate target memories for current level of training

10:15am - 10:45am (30 min): EMDR Phase VIII: Reevaluation (pp. 148-150)

- Case Example: Pablo (p. 150)

10:45am - 11:15am (30 min): Present and Future Prongs (pp. 151-152).

- Case Example: Pablo

11:15am - 11:30am (15 min): Brief Break

11:30am - 1:00pm (90 min): **Practicum #4**: Phases III-VII (1.5 hrs)

- Small Groups: what are we doing? (5 min)
- Triads: past prong (85 min)

1:00pm - 2:00pm (60 min): Meal Break

2:00pm - 6:30pm (255 min): **Practicum #4 (cont'd)**: Phase VIII; Phases III-VII (4.25 hrs + 15 min floating break)

- Triads: past/present prong
- **Practicum #5: Phase VII: Closure**
- Q&A and Day Two Wrap-up: Successes and Challenges (small groups)

Module II - Day Three (2.5 hours didactic; 4.0 hours practicum)

9:30am - 9:45am (15 min): Q&A and Review from Day 2

9:45am - 10:00am (15 min) When to Intervene During Reprocessing, Part II

- Special cases: blocking beliefs and feeder memories (pp. 130-131)

10:00am – 10:30am (30 min): An EMDR Therapy 'First Aid' Kit (pp. 154-155)

- Evaluating scope of and restricting (re)processing
- Protocols and procedures for restricted (re)processing (EMD, EMDr)

10:30am – 11:15am (45 min): Case Example: EMD with Elise (pp. 159-164)

11:15am - 11:30am (15 min): Brief Break

11:30am - 1:00pm (90 min): **Practicum #4** (cont'd): Phase VIII; Phases III-VII (1.5 hrs)

- Triads: Past/Present Prong

1:00pm - 2:00pm (60 min): Meal Break

2:00pm - 4:45pm (150 min): **Practicum #4** (cont'd): Future Template (2.5 hrs + 15 min floating break)

- Triads: Future Prong

4:45pm – 5:15 pm (30 min): Professional and Legal Issues: The Basics (**pp. 156-158**)

5:15pm - 5:30pm (15 min): Q&A and Day 3 Wrap-Up (large group)

- Instruction for practice, consultations

CONSULTATION #2 (2 hrs) and #3 (2 hrs) *Time/date as scheduled*

- Phase I: History Taking and Phase II: Preparation (required) with actual clients
- Phases III-VII: Reprocessing a Single Target Memory (time allowing) with actual clients

CONSULTATION #3 (2 hrs) *Time/date as scheduled*

- Phases III-VII: Reprocessing a Single Target Memory (required) with actual clients
- Phase VIII: Reevaluation (time allowing) with actual clients

MODULE III

Three days via online live interactive webinar format (12.5 hours didactic; 9.5 hours practicum)

NOTE: Page numbers in bold type refer to the ISSTD EMDR therapy basic training manual

Module III - Day One (6.5 hours didactic; 1.0 hour practicum)

9:30am - 10:00am (30 min): Overview of Module III

10:00am - 11:30am (90 min): Selecting the Target Memory: Zooming In (**p. 80, pp. 102-105, plus handout**)

11:30am - 11:45am (15 min): Brief Break

11:45am - 1:15pm (90 min): Phase III: Assessment: Review & Digging Deeper (**pp. 108-112**)

1:15pm - 2:15pm (60 min): Meal Break

2:15pm - 3:00pm (45 min): Interweaves: When the Train Has Ground to a Halt (**pp. 134-136**)

3:00pm - 4:00pm (60 min): **Practicum #6:** Cognitive Interweave (1.0 hrs)

- Small group exercise: cognitive interweaves w/vignettes

4:00pm - 4:15pm (15 min): Brief Break

4:15pm - 5:15pm (60 min): Phase VIII: Reevaluation - Review and Digging Deeper (**pp.148-150**)

- After a complete session, incomplete session, past prong, present prong, after a completed 3-prong treatment plan

5:15pm - 5:45pm (30 min): Future Prong (**p. 151, worksheet**)

5:45pm - 6:15pm (30 min): Case Example: 3 Prongs with Pablo

6:15pm - 6:30pm (15 min): Q&A and Day 1 Wrap-up

Module III - Day Two (2.0 hours didactic; 5.5 hours practicum)

9:30am – 9:45am (15 min): Q&A and Day 2 Overview

9:45am – 10:30am (45 min): Working with Specific Populations (**pp. 166-167 and Appendix E**)

- Children*, couples, sexual abuse victims, complex PTSD/DESNOS*, dissociative clients*, military personnel and combat veterans, first responders, LGBTQI+, BIPOC, spirituality/religious practices and beliefs

**expanded focus in Module IV of training*

10:30am – 11:30am (60 min): 3-Prong Treatment Planning

11:30am - 11:45am (15 min): **Brief Break**

11:45am - 1:15pm (90 min): **Practicum #7**: 3-Prong Treatment Plan (1.5 hrs)

- Successfully address a current life issue with EMDR therapy
- Issue-driven 3-prong treatment plan
- Triads: each complete EMDR Phases I-VI on past prong, then rotate

1:15pm - 2:15pm (60 min): **Lunch Break**

2:15pm - 6:30pm (240 min): **Practicum #7 cont'd** (4.0 hrs + 15 min floating break)

- Continue past prong rotations
- Triads: once all past prongs complete, rotate through again to address EMDR Phase VIII: Reevaluation, then present and future prongs
- Practice EMDR Phase VII: Closure
- Q&A and Day Two Wrap-up (small groups)

Module III - Day 3 (4.0 hours didactic; 3.0 hours practicum)

9:30am – 9:45am (15 min): Q&A and Day 3 Overview

9:45am – 10:00am (15 min) - State Change vs. Trait Change & 3 Dimensions of Experience (**pp. 152-153**)

- Revisit: what sets the AIP model and EMDR therapy apart? (**pp. 68-69**)
- Integrating what you're learning with what you already know

10:00am – 11:30am (90 min): Conceptualizing and Treating Issues beyond PTSD (**pp. 158-166 and Appendix E**)

- Addictions, anxiety and phobias, depression, illness and somatic disorders, grief/loss
- Recent traumatic event protocols, performance enhancement
- Self-use

11:30am - 11:45am (15 min): Brief Break

11:45am - 1:15pm (90 min): Live demo session: Phases III-VII

1:15pm - 2:15pm (60 min): Meal Break

2:15pm – 5:30pm (150 min): **Practicum #8** (3 hrs + 15 minute floating break)

- Triads: practice EMDR Phase VII: Reevaluation, resume treatment plan
- Goal = completion of 3 prongs w/issue identified
- Practice EMDR Phase VII: Closure
- Closure/containment/debrief (15 min)

5:30pm - 6:00pm (30 min): Q&A and Module III Wrap-up (large group)

CONSULTATION #4 (2 hrs) **and #5** (2 hrs) *Time/date as scheduled*

- Knowledge consolidation/practice learning of 8-phase standard protocol, 3 prongs, and cognitive interweaves with actual clients

Module IV

Two days via online live interactive webinar format (10.0 hours didactic)

NOTE: Page numbers in bold type refer to the ISSTD EMDR therapy basic training manual

Module IV - Day 1 (5.0 hours didactic)

9:30am - 10:00am (30 min): Review of Modules I-III

- Review three stages of complex trauma treatment (**pp. 33-37**)

10:00am – 11:00am (60 min) EMDR Therapy with Children and Younger Adolescents

11:00am - 11:15am (15 min): Brief Break

11:15am - 12:45pm (90 min): Advanced Considerations, Part I (Phases II-III)

- Phase II: Preparation (**pp. 100-101**)
 - Resource Development & Installation (RDI)
- Phase III: Assessment (**pp. 113-116**)

12:45pm - 1:45pm (60 min): Meal Break

1:45pm – 3:15pm (90 min): Advanced Considerations, Part II (Phases IV-VIII)

- Phase IV: Desensitization (**Troubleshooting sections, pp. 117-126, pp. 132-133**)
- Phase V: Installation (**p. 139**)
- Phase VI: Body Scan (**p. 141**)
- Phase VII: Closure (**pp. 146-147**)
- Phase VIII: Reevaluation (**p. 150-151**)

3:15pm - 3:30pm (15 min): Brief Break

3:30pm – 4:00pm (30 min): Q&A and Day One Wrap-Up

Module IV – Day Two (5.0 hours didactic)

9:30am – 9:45am (15 min): Q&A and Day 2 Overview

9:45am – 11:00am (75 min): Complex Professional and Legal Issues: Case Vignettes (**pp. 156-157**)

11:00am – 11:15am (15 min): Brief Break

11:15am - 12:45pm (90 min): Overview of Established Modifications of EMDR Therapy for Complex Trauma and the Dissociative Disorders (**pp. 168-174**)

- Stage 1 – stabilization and containment
- Stage 2 – memory processing techniques to reduce dissociation
- Modified EMDR therapy interventions spanning all 3 stages of trauma treatment

12:45pm - 1:45pm (60 min): Meal Break

1:45pm - 2:45pm (60 min): Treatment Planning, Revisited: Elise and Carol

- Elise (**p. 175**)
- Carol (**p. 176**)

2:45pm – 3:15pm (30 min) Where You Are Now: Bringing It All Together, Moving Beyond the Basics

3:15pm - 3:30pm (15 min): Brief Break

3:30pm - 4:00pm (30 min): Q&A and Day Three Wrap-up (large group)

CONSULTATION #6 (2 hrs) *Time/date as scheduled*

- Knowledge consolidation/practice learning of 8-phase standard protocol across the 3 prongs with actual clients

Didactic learning: 46.25 hours

Practicum learning: 22.75 hours (**not eligible for CE credit**)

Consultation: 12 hours (**not eligible for CE credit**)

Training Total: 81 hours

Training Total Eligible for CE Credit: 46.25 hours