

EMDR Therapy Training



EMDR THERAPY TRAINING OVERVIEW

The EMDR Therapy Training, comprised of Part 1 and Part 2, is designed for licensed mental health practitioners who treat clients in a clinical setting (See Qualifications Section below). EMDR is a complex approach to psychotherapy that accelerates the treatment of a wide range of pathologies and self-esteem issues related to upsetting past traumatic events and present life conditions. This approach has been empirically tested with clients evincing a considerable range of presenting complaints, including, loss of a loved one, sexual assault, combat, trauma and natural disaster. As a therapeutic treatment model that has been developed with an understanding of human behavior, EMDR addresses clinical issues relevant to behavior in the social environment.

GOAL OF THE EMDR THERAPY TRAINING

This experiential training will familiarize participants with a broad spectrum of EMDR applications sufficient for comfortable and efficient use with a wide range patients and situations. Special attention will be given to the therapeutic needs of clients (client centered approach).

Francine Shapiro, PhD, the founder of this technique developed a protocol that has been empirically tested and has shown significant effectiveness for clients improved mental health; therefore, this training follows Dr. Shapiro's format directly by the protocol taught by her since 1990. The training will consist of lecture, experiential demonstrations and supervised practice for participants. EMDR is a specialized approach that requires supervised training for full therapeutic effectiveness and client safety. The training trainer/facilitator Heather V. Kight, LCSW is an EMDRIA Certified Therapist in EMDR and she is also an Approved Consultant/Approved Trainer. Heather V. Kight is one of the only Approved Trainers in the state of Virginia. The training's goals are to provide comprehensive information necessary for appropriate client selection and effective utilization of EMDR. The trainer/facilitator adhere to the ethical standards of APA, social work, nursing and mental health boards.

TRAINING HIGHLIGHTS

- Physiological overview
- Specialized history-taking to identify focal patterns and beliefs
- Desensitization of traumatic memories and present anxieties
- Installation of positive belief structures
- Applications to natural disasters and recent events
- Applications to family and couples therapy
- Applications to PTSD and military
- Applications to addictions, grief and somatic disorders
- Applications to children and adult survivors of abuse
- Personal use for therapist to process vicarious overflows from traumatized patients

Certificate of Completion Requirements

* All participants will receive the Certificate of Completion by mail after the required is complete:

- Attending Part 1 and Part 2 (40 hours) with required 10 consultation hours.
- Required reading for the EMDR basic training includes the following materials:
 1. Shapiro, Francine (2018). Eye Movement Desensitization Reprocessing (EMDR) Therapy, Third Edition: Basic Principles, Protocols and Procedures. New York: Guildford Press
 2. Go With That Magazine Fall 2020, Volume 25, Issue 3 (EMDR & Racial Trauma)
 3. Guidelines for Virtual EMDR Therapy (Spring 2020)
- 10 hours of case consultation with an EMDRIA Approved Consultant or a Consultant in Training
- 5 hours of consultation are required prior to Part 2; and 5 hours after Part 2

Please note: Certificate of Completion will be given after Part 2 and 10 hours of consultation are completed.

***Trainees who begin the EMDR basic training must complete the entire training within 12 months from their initial start date.**



APA: AEI is approved by the American Psychological Association to sponsor continuing education for **psychologists**. AEI maintains responsibility for this program and its content.

APA Provider Statement: Advanced Education Institute (AEI) is approved by the American Psychological Association to sponsor continuing education for **psychologists**. AEI maintains responsibility for this program and its content. 40 hours of CE credit are available for attendees who are present for the entire program. *Most be requested at registration and requires an additional fee.

CASE CONSULTATION

- 10 hours of case consultation are required to complete the EMDR Therapy Training
- 5 hours required prior to attending Part 2 and 5 hours post Part 2

Qualifications for Attending

A clinical background is necessary for the effective application of EMDR. Attendance at the trainings is limited to all levels of social workers and mental health professionals who have a master's degree or higher in the mental health field and are licensed or certified through a state or national board which authorizes independent practice.

Intern/Graduate Student Requirements

Completion of graduate level coursework at an accredited school and is on a licensing track under state sanctioned supervision by a licensed clinician. Please submit a current supervisor's letter with his/her degree and license number. The current eligibility requirements for EMDR basic training are (<https://www.emdria.org/eligibility-requirements-for-emdr-training/>).

*The Americans with Disabilities Act (<https://www.ada.gov/>). (ADA) prohibits discrimination and ensures equal opportunity for persons with disabilities.

PART 1 LEARNING OBJECTIVES

- Identify 3 components of the EMDR Approach designed to provide effective treatment with clients
- Describe 3 important existing research studies
- Name the 8 phases of EMDR for comprehensive treatment and how to implement the phases with clients
- Identify the parameters treatable with EMDR to safely and effectively implement EMDR with clients
- Describe 3 aspects of the AIP Model for effective case conceptualization and treatment planning
- List 6 types of client complaints treatable with EMDR
- Describe the criteria for client selection and how to apply to client cases
- Describe 3 safety measures for effective and safe use of EMDR

PART 2 LEARNING OBJECTIVES

- Describe 3 strategies to identify and effectively resolve problem areas in the utilization of EMDR
- Describe protocols for closing down incomplete sessions
- Describe 3 resources to use with difficult or resistant clients
- Describe a treatment plan to choose and prioritize targets appropriate for EMDR treatment
- Describe strategies for dealing with highly emotional responses
- Describe strategies for dealing with dissociative symptoms and phobias
- Describe strategies to treat more complex trauma-related disorder

EMDR Part 1 Fees and Registration:

(Day 1) 8:00 a.m.-2:00 p.m.

(Day 2) 8:00 a.m.-5:00 p.m.

(Day 3) 8:00 a.m.-4:00 p.m.

***Deadline for registration payment for the Part 1 Training is 30 days prior to training.**

Cost: \$850.00 per person (Includes: Part 1 training, manual, mandatory 5 hours of consultation for EMDR therapy, breakfast on the first day/lunch on the second and third day of training).

***Location: Cavalier Golf and Yacht Club, 1052 Cardinal Rd., Virginia Beach, VA 23451.**

Registration: Send check or money order made payable to Kight & Kenslow Training and Consulting, LLC with the registration form provided below mailed to: Heather V. Kight, 921 First Colonial Road, Suite 1707, Virginia Beach, VA 23454. Attendees can also charge the registration payment to a credit card (see below registration form).

EMDR Part 2 Fees and Registration:

Cost: \$850.00 per person (Includes: Part 2 training, manual, mandatory 5 hours of consultation for EMDR therapy, breakfast fourth day/lunch on the fifth and sixth day of training).

Registration payment for Part 2 is due 30 days prior to dates.

(Day 4) 8:00 a.m. to 2:00 p.m.

(Day 5) 8:00 a.m. to 5:00 p.m.

(Day 6) 8:00 a.m. to 4:00 p.m.

***Refunds are not given a month prior to training. Credit is given for future trainings only within that training year.**

Training Course Registration Form

Date: _____

EMDRTherapy for Part 1 and Part 2/Dates: _____

Name of Individual or Group: _____

E-mail address: _____

Profession: _____

Contact Phone # _____

Amount Enclosed or Payment on website: \$_____

Make Checks/Money Orders payable to: Kight & Kenslow Training and Consulting, LLC and mail to: 921 First Colonial Road Suite 1707, Virginia Beach, VA 23454. Indicate check is included here _____

OR

Pay with credit card on website (www.wavespsychotherapyservices.com) via PayPal. Indicate paid via credit card here _____

There will be a convenience charge of 3.9% added to the total amount charged.

***Please note: Confirmation/receipts are sent only via e-mail.**

Please don't forget to include your email above in order to receive confirmation.