

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, rape, sexual molestation, combat veterans 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 facilitator Heather Boynton, LCSW is an EMDRIA Certified Therapist in EMDR and is also an Approved Consultant/Approved Trainer. Heather V. Boynton is one of the only Approved Trainers in the state. The training's goals are to provide comprehensive information necessary for appropriate client selection and effective utilization of EMDR. The facilitator adheres 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

- Completion of EMDR Therapy Training Part 1 and Part 2 trainings will provide participant 50 total EMDRIA credits
- Reading the textbook, EMDR: Basic Principles, Protocols and Procedures (Shapiro 2001) 3rd Edition
- 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 for 25 credits will be issued upon completion of Part 1 and 25 credits upon completion of Part 2.

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.

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 disorders

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 two weeks prior to training.**

Cost: \$800.00 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: Waves Psychotherapy Services; 921 First Colonial Road Suite 1707; Virginia Beach, VA 23454.**

Registration: Send check or money order made payable to Waves Psychotherapy Services, P.C. with the registration form provided below mailed to: Heather V. Boynton, 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: \$800.00 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 two weeks 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 for future trainings only.**

Training Course Registration Form

Date: _____
Name of Training Course/Date: _____
Name of Individual or Group: _____
E-mail address: _____
Profession: _____
Home/Cell Phone # _____
Business Phone # _____
Amount Enclosed: \$ _____

Make Checks or Money Orders Payable to: Waves Psychotherapy Services, P.C.
and mail to: 921 First Colonial Road Suite 1707, Virginia Beach, VA 23454.

OR

Pay with credit card on website (www.wavespsychotherapyservices.com) via
PayPal.

There will be a convenience charge of 3.5% 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.