

EMDR Basic Training

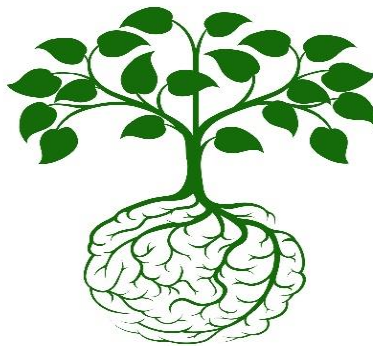
A **Virtual** Opportunity for the Fall of 2024

Part 1 & 2 will be offered online via Zoom

Part 1: Thursday 9/26, Friday 9/27 and Monday 9/30/24

Part 2: Thursday 11/14, Friday 11/15 and Monday 11/18/24

Keep your weekends off and to take a break in each part of the training because zoom fatigue is real 😊



What is EMDR Therapy? Eye Movement Desensitization and Reprocessing Therapy (EMDR) is a comprehensive psychotherapy that accelerates the treatment of a wide range of pathologies and self-esteem issues related to disturbing events and present life conditions. This interactional, standardized approach has been empirically tested in over 20 randomized controlled studies with trauma patients and hundreds of published case reports evaluating a considerable range of presenting complaints including, depression, anxiety, phobias, excessive grief, somatic conditions and addictions and compulsive disorders. EMDR Therapy is guided by the Adaptive Information Processing model which hypothesizes that unprocessed memories appear to set the basis for a wide range of dysfunction. A number of neurophysiological studies have documented the rapid post-treatment EMDR therapy effects.

How is the training set up? Trainees will learn via lecture, video, demonstrations, Q & A sessions, role play demonstrations, small group exercises and supervised practice sessions. Each participant will experience EMDR as both clinician and client through two training modules. The Virtual Basic EMDR Training is Approved by the EMDR International Association (www.emdria.org) and uses an innovative format designed to lead the participants in a sequential learning experience emphasizing conceptual clarity, procedural details, and skill development using lecture, discussions drawn from actual EMDR therapy sessions, video clips of EMDR sessions and supervised practicum. This training also provides the additional, required 10 hours of basic training consultation, to provide you with support as you integrate EMDR therapy into your clinical practice.

Part 1 Learning Objectives

- ❖ Discuss the model of EMDR Therapy
- ❖ Discuss the methods used in EMDR Therapy
- ❖ Discuss the mechanisms used in of EMDR Therapy
- ❖ Identify clinical problems treatable with EMDR Therapy
- ❖ Discuss 3 important EMDR research studies.
- ❖ Describe goals & procedures for Phases 1
- ❖ Describe 1 method for identifying specific target memories in the history taking process
- ❖ Describe goals & procedures for Phases 2
- ❖ Identify 2 specific resources that can be utilized in Phase 2
- ❖ Identify the 8 phases of the EMDR protocol
- ❖ List the components of memory accessed in Phase 3
- ❖ Identify the 7 questions within the Assessment phase.
- ❖ Describe the 3-prongs of the EMDR Therapy
- ❖ State how to measure the Validity of the Cognition (VOC)
- ❖ Describe how to measure the Subjective Units of Disturbance (SUD).
- ❖ Discuss strategies to manage the Desensitization Phase.
- ❖ List two blocking beliefs that result in blocked processing.
- ❖ Describe the goal of Phase 8 reevaluation
- ❖ Describe the steps to identify present triggers
- ❖ Describe how to desensitize present triggers
- ❖ Describe how to construct and utilize a future template.
- ❖ Describe the application of future templates
- ❖ Describe the EMDR treatment planning process
- ❖ Identify how to approach recent events using EMDR therapy
- ❖ Describe restricted processing and when to use EMD vs EMDR

Part 2 Learning Objectives

- ❖ Apply adaptive information processing theory to case conceptualization for complex trauma
- ❖ Describe at least one alternative history taking technique for clients with a more complex trauma histories
- ❖ Describe phase-2 resourcing options to use with individuals with a more complex presentation
- ❖ Provide examples of culture-based trauma or community-based adversity
- ❖ Discuss 3 possible negative cognitions that may result when individuals have histories of oppression or discrimination
- ❖ Describe the clinical themes of responsibility, safety, control and connection/belonging
- ❖ Develop treatment plans for individuals with complex trauma clinical presentation
- ❖ Describe what stuck processing looks like and why and when interweaves might be needed
- ❖ List 3 types of interweaves that can be used to address blocked processing
- ❖ Describe what a blocking belief is
- ❖ List 3 ways to address a blocking belief
- ❖ Identify procedural steps for closing an incomplete session

- ❖ Describe how EMDR therapy can be used to assist individuals who struggle with addiction
- ❖ Describe 3 clinical signs of dissociation
- ❖ Describe 2 strategies for dealing with dissociative symptoms
- ❖ Identify how to explain and the use the concept of the “window of tolerance”
- ❖ Describe how to use the “back of the head” or “side of the head” scale process
- ❖ Describe why using the CIPOS protocol might be helpful with individuals cannot tolerate thinking about a difficult memory yet want to work on it
- ❖ Identify the steps of Phase 8 Reevaluation
- ❖ Describe two modifications that can be made in Phases 1 and 2 of EMDR therapy when working with children
- ❖ Describe two modifications that can be made in Phases 3-8 of EMDR therapy when working with children

Trainee Requirements: All trainees must be licensed to practice mental health counseling within their State or be on the licensing track and under supervision. **STUDENTS:** The EMDR International Association requires that students who register for the training be enrolled in a master's or doctoral program in the mental health field (Counseling, Marriage and Family Therapy, Psychology, Psychiatry, Psychiatric Nursing, Social Work) or related mental health discipline. Students must have completed their core graduate academic coursework and must be in the practicum/internship portion of their graduate program. Graduate students must be on a licensing track and working under the supervision of a fully licensed mental health clinician. Unfortunately, some graduate students are not eligible to take the training. Therefore, as long as you meet the above criteria and will be starting your internship or practicum before the training takes place, you are eligible to register for the training.



EMDRIA Approved Trainer Hope Payson LCSW, LADC is a clinical social worker who specializes in the treatment of complex trauma and substance use disorders. Hope is a certified Eye Movement Desensitization Reprocessing (EMDR) therapist, an EMDRIA Approved Consultant, and an EMDRIA Approved Basic Trainer.

She has over 30 years of experience as a clinician in a variety of settings, she currently maintains a private practice in Winsted, CT while also teaching and training other practitioners. Hope assists private and non-profit agencies throughout the US and internationally in creating trauma informed systems of care.

Among her areas of expertise are working with clients who have histories of intergenerational trauma, incarceration or legal involvement, and financial hardship. Hope presents internationally at

conferences on topics ranging from EMDR, complex trauma, addiction, and ways to promote both individual and systemic recovery. She is also the co-producer of the film "Uprooting Addiction" Healing From the Ground Up", a documentary that explores how trauma and neglect increase vulnerability to developing addictive disorders. Hope also authored a chapter of the book "EMDR and Group Therapy: Emerging Principles and Protocols to Treat Trauma and Beyond".

Hope offers this basic EMDR training in collaboration with the Three Rivers Training Center. She additionally offers advanced EMDR training that addresses the issues of complex trauma and addictive disorders.

USEFUL INFORMATION

The training must be attended in its entirety. Partial credit will not be given. An EMDRIA Certificate of Completion of EMDR Basic Training will be provided upon completion of 50 hours of training (Part I and Part II) AND completion of 10 hours of case consultation (2 hours are offered during the Part 1 & 2, 2 hours following Part 1 and 6 hours following Part II). Continuing Education Credits are available for this training for an additional \$30.00 per Part—each Part has 20 CE credits.

This training will be offered virtually via Zoom

The hours for each day of training are: 8:30-5:00 in the **East Coast Time Zone**

Part 1: Thursday 9/26, Friday 9/27 and Monday 9/30/24

Part 2: Thursday 11/14, Friday 11/15 and Monday 11/18/24

The 10 required consultation sessions (2 hours are integrated into the training) will be held via Zoom and you have two options:

Option 1: Wednesday Morning 9-11:00 on 10/16, 11/6, 12/4 and 12/18/24

OR

Option 2: Thursday Afternoon 4-6:00 on 10/17, 11/7, 12/5 and 12/19/24

REGISTRATION COSTS

This fee includes the required additional 10 hours of basic training consultation

- \$1,500.00 per person for individuals working in private practice
- \$1,400.00 per person for individuals working full time (30 hour or more) in a non-profit setting or for full time students

To Register for this event contact hope@hopepayson.com

**Hope Payson maintains responsibility for this program in accordance with EMDRIA Standards
40 Continuing Education Credits offered by Ce-Classes.com**

Ce-Classes.com maintains responsibility for this program and its content. Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at

Ce-classes.com, entering a key code and completing an evaluation form. Licensed Professionals should contact their regulatory board to determine course approval.



40 continuing Education Credits offered by Ce-Classes.com and approved by:

- The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- Florida Certification Board
- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2025
- The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0225 Expires 02-2025
- The Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education
- The Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education
- Massachusetts Authorization Number: (TBD)
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260.
- New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
- The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2024 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2024.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.

Cancellation Policy: Full refund minus \$50.00 fee if cancelled with a 2-week notice, no refunds after.
Grievance Procedure: Grievances should and will be replied to within 10 days to: 18 Morgan Brook Road, Barkhamsted, CT 06063 Current research is limited to the application of EMDR to trauma-related disorders
This workshop is held in facilities which are in compliance with the Americans Disabilities Act. Please contact Hope Payson if special accommodation is required.

"There are no known commercial support or conflicts of interest for this program"

To register or for more information contact:

Hope Payson
(860)830-6439

hpaysonlcsw@gmail.com