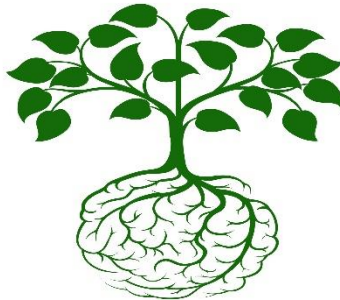


# EMDR Basic Training

**An in-person training opportunity 2023-2024**



**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. This training can be offered in-person or virtually. The Virtual Basic EMDR Training is Approved by the EMDR International Association ([www.emdria.org](http://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 10 hours of didactic + 10 hours of supervised practice**

- Learn the underlying adaptive information processing theory of EMDR therapy and other theoretical brain functioning and research issues
- Learn to assess the appropriateness of using EMDR therapy with your clients
- Learn to integrate EMDR therapy into a comprehensive treatment plan
- Develop the skill in using all eight phases of EMDR therapy
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## **PART 2 LEARNING OBJECTIVES 10 hours of didactic + 10 hours of supervised practice**

- Describe strategies to identify and effectively resolve problem areas in the utilization of EMDR
- Describe protocols for closing down incomplete sessions
- 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

### REGISTRATION COSTS

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

- \$1400.00—Private Practice or Employees of For-Profit Organizations
- \$1300.00—Employees of Non-Profit Organizations (25 hours+) & Students

**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 consults with non-profit agencies throughout the US.

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 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.

**This *in-person* training option will be offered in Litchfield, CT**

**The hours for each day of training are: 8:30-5:00**

#### **Part 1:**

**Tuesday 9/19/23**

**Wednesday 9/20/23**

**Thursday 9/21/23**

#### **Part 2:**

**Tuesday 11/14/23**

**Wednesday 11/15/23**

**Thursday 11/16/23**

**Consultation Sessions will be held via Zoom on Wednesdays 12:00-2:00 on these dates:**

**10/25/23**

**12/6/23**

**1/3/24**

**1/24/24**

**To register or for more information contact:**

Hope Payson

(860)830-6439

[hpaysonlcswh@gmail.com](mailto:hpaysonlcswh@gmail.com)