

## EMDR Basic Training Online Course Summary

Eye Movement Desensitization and Reprocessing (EMDR) is an evidence-based, powerful, and integrative therapy for treating symptoms stemming from stress and traumatic experiences. EMDR therapy has helped clients recover from traumas such as accidents, assaults, abuse, war, and disasters around the world. EMDR is also used to treat symptoms stemming from negative and stressful life events that manifest as anxiety, depressed mood, phobias, relationship and attachment issues, low self-esteem (e.g., with cognitions such as I'm not worthy/important, I don't deserve love), eating disorders, extended grief, and other symptoms. EMDR therapy allows clients to process events that have become "stuck in time" and lead to symptoms in the "here and now" (i.e., the present). Symptoms that clients experience now are often the result of past experiences that have not been adequately processed and integrated in the brain. During this training you will learn to safely and effectively "unstuck" distressing memories to allow for adaptive information processing to resume so that clients no longer relive the images, sensory and somatic experiences, emotions, and negative self-beliefs associated with the memory so that clients are better able to function and cope in the present.

- **Meet and Greet** provides an opportunity to become comfortable with Zoom, meet fellow participants and learn about the online learning format and Telehealth for clients.
  - 2 hours
- **Part 1** will provide you with a solid foundation in EMDR therapy through instruction and practicum experiences for work with children/adolescents and adults. Theory, research, and practical skills will be covered in Part 1.
  - 24.5 hours of instruction and practicum
- **Part 2** builds on the foundation, providing advanced instruction on treating complex pathology (e.g., complex trauma and dissociation) using the EMDR 8 phase framework as well as protocols for working with single traumatic events, recent traumatic events, and anxiety.
  - 22.0 hour of instruction and practicum
  - 2.5 hours of group consultation
- **Part 3** will occur approximately 3 months following Part 2 to allow for sufficient practice before learning advanced applications of EMDR for special populations (e.g., phobias, complicated grief, illness and pain conditions, and addictions).
  - 10.5 hours of instruction and practicum
  - 2.5 hours of group consultation

### Consultation

Group consultation will be provided by an EMDRIA Approved Consultant or Consultant-in-Training and is included in basic training. There is a total of **10 consultation hours** provided, with 5 hours at Part 2 & 3 trainings, and 5 hours in between trainings. Consultation is for the purpose of growth as an EMDR therapist. These hours are required as part of the training.

- **5 hours** will be scheduled in between Part 1 and 2, and in between Part 2 and 3 to assist with your transition to using this effective therapy and incorporating it in your current practice. This will occur either by tele- or e-conference or in person and scheduled at trainings
  - 2.5 hours after Part 1
  - 2.5 after Part 2
- **5 hours** of group consultation has been added to Part 2 and 3 trainings (2.5 each)

## Course Objectives

This training provides the knowledge and skills to utilize EMDR therapy in your practice. Course objectives will be achieved through direct instruction as well as practicum experiences and group consultation to integrate learned skills. This is a comprehensive course that will provide you with an excellent foundation to begin your EMDR practice.

### ➤ Overall Objectives through Parts 1 - 3

- Understand the basic procedural components of EMDR therapy
- Understand the Adaptive Information Processing model
- Understand the 8 phases of EMDR therapy and importance of sticking to protocol
- Understand the 3-pronged protocol (past, present and future)
- Learn variations of the basic/standard protocol for use with special populations
- Learn to troubleshoot problems when things don't go as planned

### ➤ Part 1 Objectives

- Understand the history of EMDR therapy and contributing theoretical orientations
- Understand the hypothesized mechanisms of EMDR therapy
- Understand neurobiological aspects of EMDR therapy
- Learn that EMDR therapy is an evidence-based therapy that is highly rated by the World Health Organization (2013), the American Psychiatric Association (2004 & 2009), and the International Society for Traumatic Stress (2000 & 2008)
- Understand the concept of trauma (with an introduction to DSM-5 diagnoses)
- Understand the purpose and components of each of the 8 phases of EMDR therapy
  - Phase 1: Client history and treatment planning, including appropriate clients and safety for processing
  - Phase 2: Understand how to prepare clients for EMDR therapy, including the development of coping and stabilization strategies
  - Phase 3: Understand how to assess the current target for processing and opening the memory network
  - Phase 4: Learn how to effectively work with clients to desensitize traumatic memories, including how to deal with abreactions and blocked processing
  - Phase 5: Learn to install a positive cognition with the memory
  - Phase 6: Learn to recognize the importance of the body and how trauma is held within the body thorough every phase as well as clearing somatic symptoms in Phase 6
  - Phase 7: Learn how to close therapy sessions to promote client emotional regulation
  - Phase 8: Learn to re-evaluate with clients
  - Learn to adapt the standard protocol when working with children and adolescents
- Demonstrate EMDR skills through practicum

➤ **Part 2 Objectives**

- Learn to adapt the standard protocol, phases 1 – 8, for working with complex cases, including working with complex trauma and dissociation.
  - Learn theories for understanding dissociation
  - Learn about adverse childhood experiences
  - Understand the importance of assessing for dissociation
  - Learn advanced skills for working with clients who experience dissociation in Phases 1 – 8
  - Understand how and when to use cognitive interweaves during reprocessing work
  - Learn and understand procedures for special situations, including:
    - Single traumatic events
    - EMD
    - EMDr
    - Anxiety protocol
    - Protocols for recent traumatic events
- Demonstrate EMDR skills through practicum

➤ **Part 3 Objectives**

- Learn to apply basic EMDR skills to advanced protocols and procedures for using EMDR with a range of presenting problems
  - Learn basic skills for how to work with phobias
  - Learn basic skills for how to work with complicated grief
  - Learn basic skills for how to work with illness and somatic disorders
  - Learn basic skills for how to work with pain conditions
  - Learn basic skills for how to work with addictions
- Demonstrate EMDR skills through practicum

Parts 1, 2, and 3 are required for completion of EMDR Basic Training. Completion of all components of EMDR Basic Training (Parts, 1, 2, and 3 as well as consultation hours) is required to obtain a certificate as a Basic EMDR Trained Therapist. These components must be completed within a 24-month period from the start of Part 1.

**Course Materials (included in the fee and provided at training)**

Textbook: Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures* (3<sup>rd</sup> Edition). New York, NY: The Guildford Press.

Manuals for Parts 1, 2, and 3 developed by Dr. Kelly Penner Hutton

- Course materials and handouts are updated on a regular basis

## Course Fees

- **\$2400 + \$120GST = \$2520.00 Canadian**
  - Includes Parts 1, 2, and 3 instruction and practicum
  - Includes 10 hours of group consultation with an EMDRIA Approved Consultant or Consultant-in-Training
  - 69.5 hours of training
  - Textbook and training manuals
- A non-refundable **deposit of \$200** is required at time of registration to hold your space and will be applied to the course fee
  - The balance, \$2320.00 (regular rate), is to be paid 14 days prior to the start date of Part 1 training (by email transfer payable to drkelly@peaceofmindemdr.ca)
- **Early bird rate:** \$2200 + \$110GST = \$2310
  - If paid in full 30 days prior to Part 1 start date
- **Refunds will be provided up to 14 days prior to the start** of Part 1 training, less a \$200 non-refundable deposit
  - Cancellations after the 14 day deadline: The balance (less \$200) can be transferred to a future training or an alternate EMDR Basic Training course pending availability and approval from the training provider
  - Cancellations for Parts 2 or 3: Consult with the trainer to discuss alternate arrangements to take Parts 2 or 3 at a later date. Keep in mind that EMRIA requires that all components of training be completed within a 24-month period.
- Already taken EMDR Basic Training? Contact the training provider to determine if space is available to audit the course for a reduced cost (does not include consultation hours)
- Payment plan upon request

## Training Provider: Kelly Penner Hutton, Ph.D., C.Psych

Dr. Penner Hutton is a Registered Clinical Psychologist who works in private practice in Winnipeg, Manitoba. She is the Clinic Director of Peace of Mind Therapy and Consultation, a multi-disciplinary clinic that provides therapy and assessment services. Dr. Penner Hutton obtained her EMDR Certification and is an Approved Consultant who has engaged in specialized training in working with Children and Adolescents, in addition to specialized training in working with Complex Trauma and Dissociation for all ages.

“I am an avid learner! I am constantly expanding my knowledge base. After taking the EMDR Basic Training, I was excited to attend advanced trainings in a variety of trauma-related areas. Focuses have included working with clients who experience trauma-related disorders, dissociative disorders, anxiety, depression, and other mental health conditions across the life-span. My training and practice has naturally led to a desire to train and consult with clinicians as they learn and become proficient in EMDR therapy. I have an extensive background working with children, adolescents, and adults. Having worked in school, medical, and wide-scale prevention programs, I have gathered a unique set of skills. Areas of interest include assessment and treatment of trauma and adverse life events, anxiety, depressed mood, learning disabilities, Attention Deficit Hyperactivity Disorder, self-harm, general stress, and issues related to childhood. I utilize Eye Movement Desensitization and Reprocessing (EMDR) therapy, Cognitive Behaviour Therapy (CBT), attachment-based interventions, mindfulness, play therapy and equine assisted therapies when working with clients.”