

## EMDR Training 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 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, 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 have 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 “unstick” distressing memories to allow 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.

### 71.5 hours of training!

- **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.  
1 evening and 4 days (28 hours)
  - Includes 18.4 hours of instruction
  - Includes 9.6 hours of practicum
- **Part 2** builds on the foundation, providing advanced instruction on treating complex pathology (e.g., complex trauma and dissociation). We will apply Phases 1 & 2 to complex trauma.  
2 days of instruction, practicum and consultation (13 hours)
  - Includes 5 hours of instruction
  - Includes 5.5 hours of practicum
  - Includes 2.5 hours of group consultation (consultation #2)
- **Part 3** continues to build on the foundation, providing advanced instruction in treating complex trauma (phases 3-8 for complex trauma) and recent traumatic events as well as an introduction to applying the EMDR foundation for special populations (e.g., phobias, complicated grief, illness and pain conditions, and addictions).  
4 days (26 hours)
  - Includes 16 hours of instruction
  - Includes 9 hours of individual practicum and 1 hour of group practicum

### Consultation

Group consultation will be provided by an EMDRIA Approved Consultant or Consultant-in-Training and is included in EMDR training. There is a total of **10 consultation hours** provided. Consultation is scheduled throughout training to support your growth as you incorporate EMDR Therapy into your practice with clients. You will prepare case presentations to present at consultation meetings and a written case at the end of training.

- 2.5 hours after Part 1
- 2.5 hours at Part 2 training
- 2.5 hours after Part 2
- 2.5 hours after Part 3

## 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 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 1-3
- Demonstrate EMDR skills through practicum

➤ **Part 3 Objectives**

- Learn advanced skills for working with clients who experience dissociation in Phases 4-8
- 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
- Learn to apply EMDR skills to advanced protocols and procedures for using EMDR with a range of presenting problems
  - Learn skills for how to work with phobias
  - Learn skills for how to work with complicated grief
  - Learn skills for how to work with illness and somatic disorders
  - Learn skills for how to work with pain conditions
  - Learn skills for how to work with addictions
- Demonstrate EMDR skills through practicum

Parts 1, 2, and 3 are required for completion of EMDR Training. Completion of all components of EMDR Training (Parts, 1, 2, and 3 as well as consultation hours) is required to obtain a certificate for EMDR Basic Training. These components must be completed within a 24-month period from the start of Part 1 for in-person trainings and 9 months for online trainings (online training completion times are currently under review by EMDRIA).

**Course Materials (included in the fee and ordered at time of registration in the course)**

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 EMDR Training Parts 1, 2, and 3 developed by Kelly Penner Hutton

- Course materials and handouts are updated on a regular basis

## Course Fees

- **Early bird rate: \$2200 + \$110GST = \$2310**
  - If paid in full by a specified date for each training
- **\$2400 Canadian + \$120GST = \$2520.00**
  - Includes Parts 1, 2, and 3 instruction and practicum
  - Includes 10 hours of group consultation with an EMDRIA Approved Consultant or Consultant-in-Training
  - 71.5 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, is to be paid 14 days prior to the start date of Part 1 training (by cash, cheque, money order, or email transfer payable to Kelly Penner Hutton or drkelly@peaceofmindemdr.ca)
- 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 Training course pending availability and approval from the training providers.
  - 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 EMDRIA requires that all components of training be completed within a certain time period.
- Already taken EMDR Training? Contact the training provider to determine if space is available to audit the course at a reduced cost (does not include consultation hours)
- Non-profit organization or student? Contact the trainer for more information
- Payment plan upon request

## Training Provider: Kelly Penner Hutton

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 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, Dialectical Behaviour Therapy (DBT) skills, mindfulness, play therapy and equine assisted therapy when working with clients.”