

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.

60 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 and practical skills will be covered in Part 1.
3 days (21 hours) October 13, 14, & 15, 2022 =>9:00am-5:30pm CST (lunch 12:30-1:30)
 - Includes 10 hours of didactic instruction
 - Includes 11 hours of practicum
 - Pre-learning materials/videos
- **Part 2** builds on the foundation, providing advanced instruction on treating complex pathology (e.g., complex trauma and dissociation). We will apply the 8 phases to complex trauma as well as introduce working with special populations and advanced protocols.
3 days (21 hours) November 24, 25 & 26, 2022 =>9:00am-5:00pmCST (lunch 12:00-1:00)
 - Includes 11.25 hours of didactic instruction
 - Includes 7.75 hours of practicum
 - Includes 2 hours of group consultation (consultation #1)
- **Part 3** continues to build on the foundation, providing an introduction to specific protocols (e.g., illness and pain conditions, addictions).
2 days (13 hours) January 12 & 13, 2023 =>9:00am-5:00pm CST (lunch 12:00-1:00)
 - Includes 7 hours of didactic instruction
 - Includes 3 hours of practicum
 - Includes 3 hours of group consultation (consultation #3)

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 for consultation meetings and a written case demonstrating your use of Phases 1-8 at the end of training.

- 2 hours at Part 2 training (November 24)
- 3 hours at Part 3 training (January 12)
- 2.5 hours after Part 2 (options in December)
- 2.5 hours after Part 3 (options in February)

Course Schedule

Part 1		
Day 1	Day 2	Day 3
<p>Morning 9:00-12:30 CST -EMDR Therapy Overview -Adaptive Information Processing Model -Mechanisms of Action -Trauma defined -3-Pronged Protocol, Past Prong - Phase 1 & 2</p> <p>Afternoon 1:30-5:30 CST Practicums: Phases 1 and 2</p> <p>Discussion, Q & A</p>	<p>Morning 9:00-12:30 CST Phase 2 & 3 Phase 4 - Back to Target, SUDs, BLS - Abreactions - Blocked Processing - Process Interweaves</p> <p>Afternoon 1:30-5:30 CST Practicums: Phases 3, 4, 7</p> <p>Discussion, Q & A</p>	<p>Morning 9:00-12:30 CST Review Phases 5 - 8 2nd Prong 3rd Prong</p> <p>Afternoon 1:30-5:30 CST Practicums: Phases 5, 6, 7 & 8</p> <p>Discussion, Q & A</p>

Part 2		
Day 1	Day 2	Day 3
<p>Morning 9:00-12:00 CST Review Intro to complex trauma Phase 1 & 2 adaptations ACE Study Phase 3</p> <p>Afternoon 1:00-5:00 CST Consultation (2 hours)</p> <p>Practicum: Phase 3</p> <p>Instruction: Phase 4 Cognitive Interweaves Discussion, Q & A</p>	<p>Morning 9:00-12:00 CST Phase 4 - Review: Cognitive Interweaves - EMD & EMDr</p> <p>Phase 5-8 review</p> <p>Afternoon 1:00-5:00 CST Practicum: Phases 3-8 (Past memory)</p> <p>Discussion, Q & A</p>	<p>Morning 9:00-12:00 CST Working with Special Populations - Military - Sexual abuse survivors - Children and Adolescents</p> <p>Afternoon 1:00-5:00 CST Practicum: Phases 3-8 (Present Trigger)</p> <p>Review Discussion, Q & A</p>

Part 3	
Day 1	Day 2
<p>Morning 9:00-12:00 CST Review Special Situations Protocols - Recent Events Protocols - Complicated Grief</p> <p>Afternoon 1:00-5:00 CST Consultation (3 hours)</p> <p>Discussion, Q & A</p>	<p>Morning 9:00-12:00 CST Special Situations Protocols - Anxiety, pain/somatic, addictions, phobias Resource Development Installation (RDI)</p> <p>Afternoon 1:00-5:00 CST Practicum: RDI Future Template</p> <p>Discussion, Q & A</p>

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
- 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 about and understand the importance of assessing for dissociation
 - Learn about adverse childhood experiences
- Learn advanced skills for working with complex trauma clients in Phases 1-8
- Understand how and when to use cognitive interweaves during reprocessing work
- Learn about working with special populations (military, sexual abuse survivors, children and adolescence)
- Demonstrate EMDR skills through practicum

➤ **Part 3 Objectives**

- Learn the Resource Development and Installation (RDI) protocol
- Be introduced to EMDR protocols and procedures for using EMDR with a range of presenting problems
 - Learn about recent events protocols
 - Learn about how to work with somatic/pain conditions, addictions, complicated grief, phobias
- 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 12 months for online trainings.

Course Materials

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

- Course materials and handouts are updated on a regular basis

Online classroom on Canvas Infrastructure which includes additional material (online links, protocols, videos)

Pre-learning materials are posted on the Canvas classroom

Required Reading

Textbook: Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures* (3rd Edition). New York, NY: The Guildford Press. – please purchase or ask for Kelly for assistance with ordering

Go With That Magazine Fall 2020, Volume 25, Issue 3

https://mkoemdrias99osg9utnb.kinstacdn.com/wp-content/uploads/2021/05/GWT.2020.Vol_25.Issue_3.RacialTrauma.ALL_.pdf

Guidelines for virtual therapy

https://www.emdria.org/wp-content/uploads/2020/04/virtual_tg_report_for_member.pdf

Course manuals developed by Kelly Penner Hutton

Course Size

Kelly provides the opportunity for small group learning with her individualized attention. This course will take a minimum of 9 participants to a maximum of 27 participants. You will learn directly from Kelly and have the opportunity for discussion and consolidation of material. Kelly supports her participants in learning, implementing, and consolidating EMDR Therapy skills. She will work directly with each participant. You may also work with other EMDRIA Approved Consultants or Consultants-in-Training during practicums and consultations.

Course Fees

- **Early bird rate: \$2200 + \$110GST = \$2310.00 CAD**
 - If *paid in full* by a specified date for each training
- **\$2400 + \$120GST = \$2520.00 CAD**
 - Includes Parts 1, 2, and 3 instruction and practicum
 - Includes 10 hours of group consultation with an EMDRIA Approved Consultant or Consultant-in-Training
 - 58.5 hours of direct training (instruction, practicums, and consultations) plus additional online pre-learning and video examples
 - 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 7 days prior to the start date of Part 1 training (by email transfer payable to drkelly@peaceofmindemdr.ca or credit card). Additional processing fee of \$30 for credit card transactions.
- 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: Fees can be transferred to a future training pending availability and approval from the training provider. A fee of \$250 will apply for transfers.
 - Cancellations for Parts 2 or 3: Consult with the trainer to discuss alternate arrangements to take Parts 2 or 3 at a later date. A \$250 transfer fee will apply. 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 lifespan. 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.”