

# **EMDR Therapy Training: Part I**

**8:00am-4:30pm EST each day**

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## **Day 1: Fundamentals of Trauma, Adaptive Information Processing, & EMDR Therapy**

Introductions & Orientation (8:00am-8:30am)

Fundamentals of Trauma Part I: Perspectives on General Traumatology (8:30am-9:30am)

Break (9:30am-9:45am)

Fundamentals of Trauma Part II: The Adaptive Information Processing Model & Trauma The History of EMDR Therapy (9:45am-12:00pm)

Lunch Break (12:00pm-1:00pm)

EMDR Therapy Demonstration: The 8 Phases in Action (1:00pm-2:45pm)

Break (2:45pm-3:00pm)

EMDR Therapy Demonstration Discussion: Model, Methodology, Mechanism The 8 Phases within the 3-Pronged Protocol (3:00pm-4:30pm)

## **Day 2: Fundamentals of Trauma-Informed Stabilization & EMDR Phases 1-2**

Supervised Practicum Session: Phase 1 (8:00am-9:45am)

Break (9:45am-10:00am)

Fundamentals of Mindful Trauma Stabilization & EMDR Therapy Preparation Skills (Phase 2) (10:00am-12:00pm)

Lunch Break (12:00pm-1:00pm)

Supervised Practicum Session: Phase 2 within a Trauma-Informed Model of Care (1:00pm-2:45pm)

Break (2:45pm-3:00pm)

Moving from Phases 2 to 3 Setting Up a Targeting Sequence (Phase 3) and “Going with That” & Daily Wrap Up (3:00pm-4:30pm)

### **Day 3: Fundamentals & Practice of The Standard EMDR Protocol Supervised**

Practicum Session: Focus on EMDR Phases 3-7 (8:00am-12:00pm) (Break at small group leader's discretion)

Lunch Break (12:00pm-1:00pm)

Fundamentals of Abreaction & Related Issues (1:00pm-2:15pm)

Break (2:15pm-2:30pm)

Supervised Practicum Session: Focus on EMDR Phases 3-8, Handling Abreactions, Unfinished Business from Earlier Practicum Sessions (2:30pm-4:00pm)

Day 3 Wrap Up: Discussing Consultation Options & Continued Support (4:00pm-4:30pm)