

EMDR Basic Training

Part I Agenda and Schedule

DAY ONE

8:00 – 8:30	Agenda, Orientation and Logistics Review
8:30 – 9:00	Introductions, Practice Sessions, Positionality, Values
9:00 – 9:40	Adaptive Information Processing Model
BREAK	
9:55 – 10:20	Mechanism of Action Underlying EMDR Therapy (Neurobiology)
10:20 – 10:40	<i>Discussion (triads)</i>
10:40 – 11:05	Overview EMDR Therapy Methodology
11:05 – 11:40	<i>Practice: Introducing EMDR therapy (same triads)</i>
11:40 – 12:00	Debrief and Q&A

DAY TWO

8:00 – 8:30	Orientation, Agenda, Introductions
8:30 – 9:50	Phase One: Client History & Treatment Planning
BREAK	
10:05 – 10:30	<i>Phase One: Treatment Planning Exercise (altogether)</i>
10:30 – 10:55	<i>Phase One: Treatment Planning Exercise about Your Client (triads)</i>
10:55 – 12:00	Phase Two: Preparation
LUNCH (12:00 – 1:00)	
1:00 – 2:00	<i>Phase One: Target Selection Exercise (same triads)</i>
BREAK	
2:15 – 4:00	<i>Phase Two Exercise (dyads)</i>

DAY THREE

8:00 – 8:35	Phase Three: Assessment
8:35 – 9:15	<i>Phase Three Exercise (triads)</i>
9:15 – 10:05	Phase Four: Desensitization Strategies with Blocked Processing
BREAK	
10:20 – 10:55	Phase Five: Installation Phase Six: Body Scan Phase Seven: Closure
10:55 – 11:50	<i>Demonstration of EMDR Standard Trauma Protocol and Q&A</i>
LUNCH (11:50 – 12:50)	
12:50 – 4:00	<i>Group Practice Sessions (triads) and Debrief (15-Min BREAK built-in)</i>

DAY THREE

8:00 – 8:35	Phase Eight: Reevaluation
8:35 – 9:00	<i>Phase Eight Exercise (same triads)</i>
9:00 – 9:10	<i>Demo Incomplete Session</i>
9:10 – 9:35	<i>Practice Closing Incomplete Session (same dyads)</i>
BREAK	
9:50 – 9:55	Extended Preparation Phase
9:55 – 10:35	<i>RDI Exercise (same dyads)</i>
10:35 – 11:15	EMDR and More on Issues of Diversity, Inclusion, Equity, and Access
11:15 – 11:35	Additional Protocols; Legal & Ethical Issues with EMDR Therapy; Steps Prior to Part II
LUNCH (11:35 – 12:35)	
12:35 – 3:25	<i>Group Practice Sessions (same triads) (15-Min BREAK built-in)</i>
3:25 – 3:50	Debrief Practice Sessions, Review Follow-Up Resources and Equipment
3:50 – 4:00	<i>Lighstream Exercise for Closure</i>