

EMDR THERAPY REFRESHER COURSE | ON DEMAND PORTION
With Elizabeth Legg, PhD, LPC, NCC
The Road Less Traveled Counseling Center
AGENDA

- **Module 1 Video – 1:39:22**
 - Introduction, orientation, and overview for course
 - Adaptive Information Processing (AIP) Model
 - Phase 1: Client History and Treatment Planning
- **Module 2 Video – 1:04:05**
 - Phase 2: Preparation
 - Adaptations for Working with Children and Adolescents
 - Resource Development and Installation/Extended Preparation
 - Somatic Awareness
 - Window of Tolerance
 - Porges' Polyvagal Theory
 - Management of Dissociation in Preparation Stage
 - Affect Tolerance Tools
 - Mindfulness Tools
- **Container Exercise Video – 09:09**
- **Calm Place Exercise Demonstration Video – 26:02**
- **Ally Exercise Video – 14:25**
- **Module 3 Video – 20:48**
 - Phase 3: Assessment
 - Adaptations for Working with Children and Adolescents
- **EMDR Standard Protocol Demonstration Video (Phases 3-7)– 1:05:27**
- **Module 4 Video – 1:09:38**
 - Phase 4: Desensitization
 - Adaptations for Working with Children and Adolescents
 - Strategies for Blocked Processing
 - Optimize Dual Attention
 - Cognitive/Clinical Interweaves
 - Complex PTSD
 - Attachment Trauma
 - Telescopic or Restricted Processing
 - Fractionation of Target
- **Module 5 Video – 37:06**

- Phase 5: Installation
 - Adaptations for Working with Children and Adolescents
 - Attachment Trauma
- Phase 6: Body Scan
 - Adaptations for Working with Children and Adolescents
- Phase 7: Closure
 - Adaptations for Working with Children and Adolescents
- Phase 8: Re-evaluation
 - Adaptations for Working with Children and Adolescents

- **Module 6 Video – 34:13**
 - Dissociation
 - Structural Dissociation and Parts Work
 - Anxiety Disorders

- **Module 7 Video – 35:44**
 - Addictions
 - Hase's CravEx
 - Popky's DeTUR
 - Miller's FSAP
 - Knipe's LOUA

TOTAL COURSE HOURS: 7 hours and 58 minutes