

EMDR Protocols for Treating Anxiety and Phobias: Featuring the Flash-Forward Protocol

(practicum included)

Presented by Mark Nickerson, LICSW

This workshop repeats last year's format of practical information about key EMDR protocols and ample opportunity for practicum experiences to get familiar with the protocols. All at a new and roomier site by the bay!

This year's training will cover an array of EMDR approaches to anxiety beginning with the *EMDR Standard Protocol for Current Anxiety and Behavior Problems* and the *Standard Phobia Protocol for simple and process phobias*.

Additionally, special protocols and procedures will be reviewed for treating Panic Disorder, Agoraphobia, Avoidance, Social Anxiety Disorder, Somatization Disorder, and anxiety driven behaviors such as trichotillomania and hoarding. The use of specific skill training will be discussed.

Special attention will be given to a relatively newly defined EMDR approach called ***The Flash Forward Procedure*** (developed by Ad De Jongh of the Netherlands and Robin Logie from the UK). This approach to "confronting the catastrophe" targets the "flash forward" intrusive fears of the future. These instinctive aversions that have gone haywire leave the client dreading highly improbable scenarios with debilitating levels of fear and they can exist even when old related trauma either doesn't exist or has been reprocessed. Flash forward phobias may be related to: animals; natural environment issues like height or thunder phobia; medical procedures such as dental or surgery; situational factors such as fear of flying or enclosed spaces; or other exaggerated feared future event like the death of a loved one.

The workshop is designed for participants to be familiar with the array of approaches to anxiety and to have a range of tools to approach this work.

Useful handouts will be provided.

Friday, March 6, 2015

9:00am - 5:00pm

Lunch 12:15pm - 1:45pm

New and delightful location!

SAVE THE BAY CENTER
100 Save The Bay Drive
Providence, RI 02905

*Sponsored by the Psychological Centers/
NAFI Professional Training Program. Local
coordinator: Suzanne Borstein, Ph.D.*

Early discount fee: \$125 by February 9th
Full fee: \$150 after February 9th
(\$30 discount for 30+ hr/wk CMHC)

includes 6 EMDRIA CE credits for participants who have completed EMDRIA-approved Basic Training

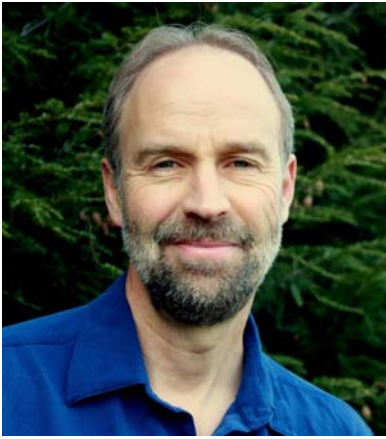
Option for 6 CE credits for APA, SW, MFT, LMHC, and psych. nurses for an additional fee of \$15 payable at the training.

Friday, March 6, 2015

Practicums:

Morning and afternoon practicum experiences will be provided with time allotted to talk about those experiences and discuss clinical applications.

In the practicums, participants will be in the role of both "therapist" and "client." As client, participants may work on personal issues, or role-play either a real or fictitious client.



Mark Nickerson, LICSW, a psychotherapist in Amherst, MA for 30 years, is an EMDRIA Approved Consultant, HAP trainer, EMDRIA Regional Coordinator of Western Massachusetts, and 2014 President of the EMDRIA Board of Directors. Mark has presented and trained at EMDRIA conferences and specialty trainings locally, nationally, and internationally on topics including EMDR Treatment of Problematic Anger and Related Behaviors, Problem Behaviors, EMDR Interventions for Social Stigma/Oppression and Prejudice, and the Strategic Use of Special Protocols.

He is author of *The Wounds Within*, an expose on the challenges for war veterans and their families.

Learn about upcoming and past trainings at markinickerson.com

Participant Feedback from past trainings:

- "Something I can use immediately."
- "Mark's knowledge is exceptional... teaching style is engaging, organized, clear and thoughtful."
- "Very practical, useful information, thank you!"
- "Love to have this kind of high quality presentation locally."
- "Best handouts I've ever received - thank you!"
- "Loved it! So useful - immediately relevant. So clearly presented!"
- "Really well constructed and presented! Thanks!"

Local Coordinator: Suzanne Borstein, Ph.D. can be reached at ssb@drborstein.com

The Psychological Centers/NAFI Professional Training Program is an APA and ASWB approved sponsor of professional CE training and maintains responsibility for this program and its content. Mark Nickerson, LICSW, is an EMDRIA Approved Credit Provider and has received EMDRIA approval for this program.

Online registration at: markinickerson.com Questions? markinickerson@gmail.com

Name

Discipline and License #

Address

City, State, Zip

Email _____ Phone _____

Level of EMDR Training

Objectives - Participants at this workshop will be able to:

- Describe the purpose of three protocols to address anxiety
- Describe types of client issues appropriate for three protocols
- List one or more important features of three protocols
- With the aid of the script if necessary, be able to use three protocols with an appropriate client

Schedule:

9a-9:15a	registration
9:15a-12:15p	didactic, practicum, discussion
12:15p-1:45p	lunch
1:45p-5p	didactic, practicum, discussion

Program Fees

\$125 by February 9th
 \$150 after February 9th
 \$30 discount for Community Mental Health Clinicians (30+ hours a week)

75% refunds until one week before the training.

Fee includes EMDRIA credits.

For APA, NASW, LMFT and LMHC credits, additional \$15 fee paid at the training

My payment of \$ _____ is enclosed. Mail checks made payable to:
 Mark Nickerson, LICSW
 368 Middle Street, Amherst, MA 01002