

# EMDR THERAPY BASIC TRAINING

The EMDR Therapy Basic Training Courses offer 40 CE Credits

The EMDR Therapy Basic Training (Weekend 1 and 2) is designed for licensed mental health practitioners who treat adults and children in a clinical setting. EMDR is a comprehensive psychotherapy that accelerates the treatment of a wide range of pathologies and self-esteem issues related to disturbing events and present life conditions. This interactional, standardized approach has been empirically tested in over 20 randomized controlled studies with trauma patients, and hundreds of published case reports evaluating effectiveness with a considerable range of presenting complaints, including depression, anxiety, phobias, excessive grief, somatic conditions and addictions. EMDR therapy is guided by the Adaptive Information Processing model which addresses the unprocessed memories that appear to set the basis for a wide range of dysfunction. A number of neuro-physiological studies have documented the rapid post treatment EMDR effects. The training is based upon the textbook by Francine Shapiro, PhD, Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures Guilford Press, NY, 3rd Edition, 2018.

## TRAINING HIGHLIGHTS

- Supervised small group practice on each training day
- Physiological overview of the information processing system
- Specialized history-taking to identify dysfunctional patterns and causes
- Treatment planning to address past events, current triggers and future needs
- Stabilization techniques across the attachment spectrum
- Reduction of overt symptoms and achieving comprehensive mental health
- Addressing the full range of trauma and other disturbing life events
- Applications to combat trauma and first responders
- Applications to addictions, grief, anxiety, depression and somatic disorders
- Applications to natural and man-made disasters
- Applications to family and couples therapy
- Personal use for therapist to process vicarious traumatization

## WEEKEND 1 LEARNING OBJECTIVES

- 10 hours of didactic + 10 hours of supervised practice
- Identify 3 components of the EMDR Approach designed to provide effective treatment with clients
- Describe 3 important existing research studies
- Name the 8 phases of EMDR therapy for comprehensive treatment and how to implement the phases with clients
- Identify the parameters treatable with EMDR therapy to safely and effectively implement EMDR therapy with clients
- Describe 3 aspects of the AIP Model for effective case conceptualization and treatment planning
- List 6 types of client complaints treatable with EMDR therapy
- Describe the criteria for client selection and how to apply to client cases
- Describe 3 safety measures for effective and safe use of EMDR therapy

## WEEKEND 2 LEARNING OBJECTIVES

- 10 hours of didactic + 10 hours of supervised practice
- Describe 3 strategies to identify and effectively resolve problem areas in the utilization of EMDR therapy
- Describe protocols for closing down incomplete sessions
- Describe 3 resources to use with difficult or resistant clients
- Describe a treatment plan to choose and prioritize targets appropriate for EMDR treatment
- Describe strategies for dealing with highly emotional responses
- Describe strategies for dealing with dissociative symptoms and phobias
- Describe strategies to treat more complex trauma-related disorders

**Weekend 1: June 28-30, 2019**

**Weekend 2: Sept. 27-29, 2019**

**Amherst, MA**

### Training Schedule

Friday

8:30 AM – 5:00 PM Session

Saturday

8:30 AM – 5:00 PM Session

Sunday

8:30 AM– 4:00 PM Session

### TRAINER:

Mark Nickerson, LICSW

### SPACE LIMITED

Early registration recommended

### WHERE:

447 West Street  
Amherst, MA 01002

### WHEN:

Weekend 1: June 28-30, 2019

Weekend 2: Sept. 27-29, 2019

### COST:

\$1450 for two weekends of training and 10 hours of consultation

\$1150 discounted rate for Community Mental Health Clinicians

\$450 Basic Training Refresher Course (For those who previously completed EMDR Basic Training, but want a refresher to strengthen your EMDR fundamentals. Cost covers Part 1 or Part 2 and does not include consultation. Participants must send a certificate of completion from initial training.)

Questions:

info@markinickerson.com

## AUTHORIZED FORMAT

EMDR therapy is a specialized approach that requires supervised training for full therapeutic effectiveness and client safety. The training will consist of lecture, live and videotaped demonstrations and supervised practice. The format of this workshop has been designed by the originator of EMDR therapy, Francine Shapiro, PhD. The workshop leaders have been individually selected and trained by her to provide the comprehensive information necessary for appropriate client selection and effective utilization of EMDR therapy. This is the workshop program which has been taught by Dr. Shapiro since 1990. EMDR Institute adheres to the ethical standards of APA, social work, nursing and other mental health boards.

## INTEGRATING EMDR THERAPY WITH OTHER APPROACHES

As an integrative psychotherapy approach, EMDR is compatible with all contemporary paradigms including, psychodynamic, cognitive-behavioral, experiential and systemic approaches.

## GOAL OF THE EMDR BASIC TRAINING

This experiential training will familiarize participants with a broad spectrum of EMDR therapy applications sufficient for comfortable and efficient use with a wide range patients and situations. Special attention will be given to the therapeutic needs of clients.

## ABOUT THE PRESENTER



Mark Nickerson, LICSW, a psychotherapist in Amherst, MA for 30 years, is an EMDRIA Approved Consultant, an EMDR Institute Trainer, has served on the EMDRIA Board for six years and was Board President in 2014. He is the Director of EMDR Advanced Training and Distance Learning, LLC. [EMDRadvancedtrainings.com](http://EMDRadvancedtrainings.com)

He conducts a range of advanced EMDR trainings nationally and internationally on topics including treatment for problem behaviors, problematic anger and violence, cultural competence, and the effective use of EMDR protocols. He has developed award winning innovative programs designed to reduce and resolve interpersonal conflict and is the originator of the

Cycle Model as an approach to assessing and treating problem behaviors.

He is editor/author of Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy: Insights, Strategies and Protocols (Springer, 2016) and The Wounds Within (Skyhorse, 2015), an expose on the challenges for war veterans and their families.

## QUALIFICATIONS FOR ATTENDING:

A clinical background is necessary for the effective application of EMDR therapy. Participation is welcome for all levels of mental health professionals who have a masters degree or higher in the mental health field and are licensed or certified through a state or national board which authorizes independent practice.

## INTERN/ GRADUATE STUDENT REQUIREMENTS:

Completion of graduate level coursework at an accredited school and be on a licensing track under state sanctioned supervision by a licensed clinician. Please submit a current supervisor's letter with his/her degree and license number.

## QUESTIONS OR CONCERNS:

If you have questions or concerns about the course content, references or content evaluation, contact Mark Nickerson: [markinickerson@gmail.com](mailto:markinickerson@gmail.com)

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## EMDR INSTITUTE PARCHMENT CERTIFICATE OF COMPLETION

### Certificate of Completion Requirements:

- Completion of Weekend 1 and Weekend 2 Trainings
- Reading the textbook, EMDR: Basic Principles, Protocols and Procedures (Shapiro 2001)
- 10 hours of case consultation with an EMDR Institute Approved Consultant (included)
- 5 hours are required prior to Weekend 2; 5 hours after Weekend 2

**PLEASE NOTE:** A CE certificate for 20 credits will be issued upon completion of Weekend 1 and 20 credits upon completion of Weekend 2

### Case Consultation:

- 10 hours of case consultation are required to complete the EMDR Basic Training and are included as part of the training
- Workshop fees include case consultation

**More information and registration at [markinickerson.com](http://markinickerson.com)**