

# 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, 2nd Edition, 2001.

## 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

## WORKSHOP SCHEDULE

Friday

8:00 AM Coffee/Registration

8:30 AM – 5:00 PM Session

Saturday

8:30 AM – 5:00 PM Session

Sunday

8:30 AM – 4:00 PM Session

## PRESENTER:

Mark Nickerson, LICSW

## SPACE LIMITED

Early registration recommended

## WHERE:

The Artful Life Counseling  
Center and Studio  
142 Canal Street  
Salem MA 01970

## WHEN:

Part 1: Dec. 4-6, 2020

Part 2: March 3-5, 2021

Both Parts Fri-Sun

## COST:

\$1495 includes two 3-day of trainings and 10 hours of clinical consultation

\$1295 is a discounted rate for clinicians working for non-profit agencies

\$450 fee for Basic Training Refresher Course (for previously EMDR trained clinicians. Cost covers Part 1 or Part 2 but not additional consultation.) \$300 for morning didactic only.

## INQUIRE ABOUT GROUP

## DISCOUNT RATES:

info@emdradvancedtrainings.com

## Local sponsors:

Madelene Pario  
madelene@artfullifecenter.org  
978-219-9222

## 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, is on the EMDR Institute Faculty as a lead Trainer. The EMDR Institute was developed by Francine Shapiro as the first and foremost training in EMDR therapy. Mark has been a psychotherapist in Amherst, MA for 35 years, is an EMDRIA Approved Consultant, served on the EMDR International Association Board for eight years and was Board President in 2014. He is the Director of EMDR Advanced Training and Distance Learning, LLC:  
EMDRadvancedtrainings.com



Mark conducts a range of advanced EMDR trainings nationally and internationally on topics including cultural competence in EMDR therapy, treatment for problem behaviors, problematic anger and violence, 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:

For questions about the course content or registration information contact:

Mark Nickerson  
markinickerson@gmail.com

## Logistical site-related questions to:

Madelene Pario  
madelene@artfullifecenter.org  
978-219-9222

Upon completion, you will receive a certificate authorized by the **EMDR Institute** and the **EMDR International Association** verifying that you are

## Trained in EMDR Therapy

### Certificate of Training in EMDR Therapy Requirements:

- Completion of Part 1 and Part 2 3-Day Trainings
- Reading the textbook, EMDR: Basic Principles, Protocols and Procedures (Shapiro 2018)
- 10 hours of case consultation with an EMDR Institute Approved Consultant (included)

A CE certificate for 20 credits will be issued upon completion of Part 1 and 20 credits upon completion of Part 2

**Note:** Unlike many EMDR basic trainings, this training includes 10 hours of small group clinical consultation coordinated and **included in the cost of the training.**

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