

# EMDR THERAPY BASIC TRAINING

**THIS TRAINING IS DESIGNED SPECIFICALLY FOR PROFESSIONS WORKING IN THE ADDICTION AND RECOVERY FIELD (SEE DETAILS)**

**For many, trauma is the fire and compulsive behaviors are the smoke.  
Learn how to help your clients decrease their vulnerability to  
substance use disorders and compulsive behaviors by addressing the underlying trauma.**

The EMDR Therapy Basic Training (Parts 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 client difficulties and self-esteem issues related to disturbing past events and present life conditions. EMDR therapy is practiced throughout the world. This interactional, standardized approach has been empirically validated in over 40 randomized controlled studies with trauma patients, and hundreds of published case reports evaluating effectiveness with a considerable range of presenting complaints, including PTSD, 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 EMDR originator Francine Shapiro, PhD, Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures Guilford Press, NY, 2nd Edition, 2018.

## TRAINING HIGHLIGHTS

- 20 hours of didactic presentation + 20 hours of supervised practice
- Supervised small group practice on each training day
- Overview of the human information processing system
- Treatment for a full range of trauma and other disturbing life events
- Methods to reduce acute symptoms and achieve comprehensive mental health
- Specialized history-taking to identify dysfunctional patterns and causes
- Treatment planning to address past events, current triggers and future needs
- Stabilization techniques and strength-based resource development
- Applications to addictions, grief, anxiety, depression and somatic disorders
- Applications to combat trauma and first responders
- Cultural adaptations and treating culturally based trauma and adversity
- Applications for accidents, illness and community shared natural and man-made trauma
- Personal use for therapist to process vicarious traumatization

## PART 1 LEARNING OBJECTIVES CONTENT INCLUDES:

- Understanding the EMDR Therapy approach
- Keys to effective treatment with adults and children
- Evidence-based, research-validated components
- Implementing the EMDR therapy 8-Phases, three-prong approach
- Familiarity with standard scripted protocols and procedures
- Client selection and treatment parameters
- Safety and strength-based resource development
- Cultural considerations and adaptations
- Client complaints treatable with EMDR therapy
- Criteria for client selection and how to apply to client cases
- Safety measures for effective and safe use of EMDR therapy

## PART 2 LEARNING OBJECTIVES CONTENT INCLUDES:

- AIP model for complex case conceptualization and treatment planning
- Distinguishing adult-onset trauma from developmental trauma
- EMD protocol compared to standard EMDR protocol
- Addressing client barriers to effective treatment
- Resources to use with clients with difficult or resistant presentations
- Protocols for closing down incomplete sessions
- Strategies to identify and effectively resolve problem areas in the utilization of EMDR therapy
- Treatment planning to choose and prioritize targets appropriate for EMDR treatment
- Strategies for dealing with highly emotional responses
- Strategies for dealing with dissociative symptoms and phobias
- Strategies to treat more complex trauma-related disorders
- EMDR treatment considerations in treatment of addictions and compulsive behaviors

## TRAINING SCHEDULE

Wednesday  
8:30 AM – 5:00 PM Session  
Thursday  
8:30 AM – 5:00 PM Session  
Friday  
8:30 AM – 4:00 PM Session

**PRESENTER:**  
Mark Nickerson, LICSW

**SPACE LIMITED**  
Early registration recommended

**WHERE:**  
This will be a Virtual Training  
(same content and practicum  
as on-location trainings)

**WHEN:**  
Part 1: Wednesday—Friday  
April 28-30, 2021  
Part 2: Wednesday—Friday  
July 14-16, 2021

**COST:**  
\$1495 includes two 3-day  
trainings and 10 hours of  
clinical consultation  
\$1395 - discounted rate for  
clinicians working for non-profit  
agencies

Plus:  
\$195 for additional day of  
EMDR for addictions treatment  
and consultation

\$600 fee for Basic Training  
Refresher Course (for  
previously EMDR trained  
clinicians). Cost covers  
attendance at morning didactic  
section only.

**Sponsored by:**  
EMDR Advanced Trainings and  
Distance Learning, LLC.

Registration at:  
[markinickerson.com](http://markinickerson.com)

**Questions to:**  
[info@emdradvancedtrainings.com](mailto:info@emdradvancedtrainings.com)

## THIS EMDR TRAINING IS SPECIFICALLY FOR PROFESSIONALS WORKING IN THE ADDICTION AND RECOVERY FIELD

As an integrative psychotherapy approach, EMDR is compatible with other contemporary treatment paradigms. EMDR has been used extensively as a primary or adjunct treatment for addictions and recovery. While this EMDR training will cover the essential components to become EMDR trained, clinical examples and case conceptualization will illustrate how to address trauma in a safe and planful way with this vulnerable population including addressing concerns about triggering relapse.

The training will include an optional but highly recommended 7th day of training at a discounted price. This training day will feature how to target urges, cravings and relapse triggers using EMDR therapy and will be led by specialist, Hope Payson, LCSW, LADC.

### 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 was designed by the originator of EMDR therapy, Francine Shapiro, PhD. Lead trainer Mark Nickerson, LICSW was selected and trained by Dr. Shapiro to provide the comprehensive information necessary for appropriate client selection and effective utilization of EMDR therapy. Practicum facilitators have 10-20 years experience. This training program was developed and originally taught by Dr. Shapiro beginning in 1990 and has been updated to include current research and developments in EMDR therapy. EMDR Advanced Trainings and the EMDR Institute adhere to the ethical standards of APA, social work, nursing and other mental health boards.

### ABOUT THE TRAINER

**Mark Nickerson, LICSW** is a senior lead trainer for the EMDR Institute Faculty. The EMDR Institute was developed by Francine Shapiro as the first and foremost training in EMDR therapy internationally. Mark has been a psychotherapist in Amherst, MA for over 35 years, is an EMDRIA Approved Consultant, served on the EMDR International Association Board for eight years and was Board President in 2014, and is Chair of the Clinical Practice Group of the Council of Scholars. He is the Director of EMDR Advanced Training and Distance Learning, LLC: [EMDRadvancedtrainings.com](http://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.

### TRAINING FACILITATOR AND CONSULTANT

**Hope Payson, LCSW, LADC** is a licensed clinical social worker, alcohol and drug counselor and an EMDRIA Approved Consultant who specializes in the treatment of substance use disorders, behavioral addictions and complex trauma. She has over 30 years of experience working in community mental health in a variety of capacities. She currently coordinates a group private practice in Winsted, CT and provides EMDR consultations and training internationally to clinicians working in private and community settings. Hope is also the co-producer of the documentary "Uprooting Addiction," a film that explores the connection between trauma and addictive disorders.

### QUALIFICATIONS FOR ATTENDING:

A clinical background is necessary for the effective application of EMDR therapy. Qualified participants include 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.

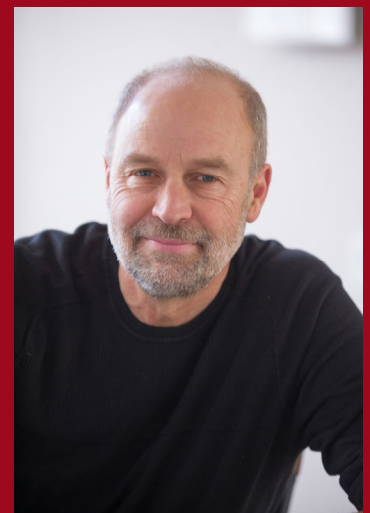
LADC licensed professionals must also have a masters level license eligible mental health degree.

### INTERN/ GRADUATE STUDENT QUALIFICATIONS:

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 /their degree and license number.

### QUESTIONS OR CONCERNS?

Mark Nickerson  
[info@emdradvancedtrainings.com](mailto:info@emdradvancedtrainings.com)



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 both Part 1 and Part 2.

**Note:** Unlike many EMDR basic trainings, this training registration fee includes the cost of the required 10 hours of small group clinical consultation.