

# EMDR THERAPY BASIC TRAINING

The EMDR Therapy Basic Training Courses offer 40 CE Credits

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, 3rd Edition, 2017.

## 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

## WEEKEND 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

## WEEKEND 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
- Protocols for closing down incomplete sessions
- Resources to use with clients with difficult or resistant presentations
- 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

Friday  
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:**  
Virtual Training (same content and practicum as on-location trainings)

**WHEN:**  
Part 1: September 24-26, 2021  
Part 2: November 19-21, 2021

**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

\$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

**Questions to:**  
info@emdradvancedtrainings.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 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.

## INTEGRATING EMDR THERAPY WITH OTHER APPROACHES

As an integrative psychotherapy approach, EMDR therapy is compatible with other contemporary treatment paradigms including, psychodynamic, cognitive-behavioral, experiential and systemic approaches. EMDR methods treat substance and behavioral addiction and support recovery.

## 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 of clients and situations.

## 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



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. 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 degree and license number.

## QUESTIONS OR CONCERNS? CONTACT:

Mark Nickerson  
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 2017)
- 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.

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