

## EMDR training Objectives

Participants will:

List the eight phases of EMDR

Describe how the eight phases of EMDR work together as a cohesive psychotherapy

Summarize the AIP model

Summarize the history of EMDR

Summarize the research basis for EMDR

Practice the safe calm place exercise

Practice the container exercise

Discuss dissociation and how to screen for dissociation

Discuss cultural and diversity issues relating to the practice of EMDR

Practice EMDR Treatment planning including the EMDR Float back

Practice the EMDR standard protocol script both as the therapist and the client

Practice the future template

Practice EMD

Demonstrate two forms of dual attention stimulus including bilateral eye movements and self administered tapping.

Describe the ideal seating arrangement for providing bilateral eye movements as dual attention stimulus

Recall the process of becoming a member of emdria

Describe the difference between the titles of “EMDR Trained therapist” and “EMDR Certified therapist”

Practice cognitive interweaves

Describe the importance of “getting out of the way” as the therapist while providing EMDR

Display the ability to take feedback and to apply feedback