

# Program Outline – 5-day Intensive Certification: EMDR Therapy Skills

## Day 1:

- Intros and expectations
- Objectives
- Importance of safety, vulnerability, and practice
- What EMDR is
- How EMDR is different from other modalities
- The goals of EMDR
- Definition of EMDR
- Framework of EMDR and Theories
- AIP Model
- Example of how the brain responds to trauma (Amy)
- How the brain stores and encodes trauma and danger
- Phase 1: Dissociation, trauma timeline, and resiliency factors
- Phase 2: Goals of resourcing strategies, restoration team categories, restoration team exercise
- BLS: Eye movement, auditory, and tactile
- Restoration Team
- Calm Place directives
- Container directives and guidelines: demo, questions, and experiences
- Wrap up for the day: Q&A

## Day 2:

- Q&A
- Body scan awareness
- Review of phase 2: Educating on EMDR, distancing strategies, not moving forward until resourcing is complete
- Client's role and clinician's role in EMDR
- Phase 3: Goals of this phase, 'staying out of the way,' demo
- Phase 4: Goal of this phase, BLS during this phase, mile markers, demo, breakout rooms with one partner, questions
- Phase 5: Goal of this phase, rating VOC, checking in on PC and change if needed, interweaves to increase VOC, installation, mini installation
- Phase 6: Check in with physical sensations, tap out any discomfort
- Phase 7: Closure and reflecting back insights
- Incomplete Sessions: How to follow up at the next session and how to close an incomplete session
- Pacing of sessions and how to space EMDR sessions
- Demo video of Susan's EMDR session: teaching throughout.

### Day 3:

- Follow up questions from Day 2 and those that processed
- Continuation of demo video with Susan and teaching alongside
- Setting up protocol with partners in front of the group
- Review of sets and phase 4: pacing and questions
- Interweaves
- Blocked Processing
- Parts exercise as a group and how to use as interweave
- The Path Meditation
- Consultation
- Recordings
- Practice expectations between now and part 2

*\*\*\*\*Consultation break – Register for and attend at least 2, one-hour live consultations available [here](#)\*\*\*\**

### Day 4:

- Check in
- Bridge back and forward
- Restricted Processing
- Restricted processing demo
- Restricted processing break out rooms
- Q&A
- Rating and accessing parts (LOUP, LOU) and how to find a part
- Loving eyes
- Breakout rooms to practice parts work with dyads for befriending
- Demo of Gail

### Day 5:

- Pain Protocol
- Affect Tolerance
- Affect Tolerance Breakout Rooms
- Demo with Kiti on Pain Protocol and teaching
- How to create resources out of process with affect tolerance
- RDI Development
- Sleep dream protocols
- Addictive Feeling State
- Practice Protocol and Switch
- Ongoing Consultation Questions
- Eye movements and how to do it
- Q&A