

Certificate in Advanced EMDR Therapy Skills: Winter 2024-2025 Live Cohort

Instructor: Dr. Jennifer Sweeton, PsyD, MS, MA

Total CE Credits: 30.5 CE

General Admission Price: \$900 USD

Delivery Format: Live, Interactive Webinar

Zoom Link: Sent 24-48 hours prior to each event

Training Schedule

Day 1: Thursday, January 2, 2025

Time: 9:00 AM - 4:30 PM CST / 10:00 AM - 5:30 PM ET / 7:00 AM - 2:30 PM PT

Module: EMDR Skills for Trauma Treatment – Part 1

- **Overview:** Introduction to EMDR, BLS (Bilateral Stimulation) and Adaptive Information Processing Theory.
 - **Objectives:**
 - History of BLS and its role in desensitizing clients.
 - Understanding EMDR's effect on the brain.
 - Introduction to the 8 Phases of the original EMDR model.
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Day 2: Friday, January 3, 2025

Time: 9:00 AM - 4:30 PM CST / 10:00 AM - 5:30 PM ET / 7:00 AM - 2:30 PM PT

Module: EMDR Skills for Trauma Treatment – Part 2

- **Overview:** Deeper dive into the 8-Phase Model and techniques for client stabilization and building positive neural networks.
 - **Objectives:**
 - Understanding resourcing techniques and pendulation.
 - Applying EMDR strategies for building positive cognitions.
 - Exploring mirror neurons and their role in the therapeutic alliance.
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Day 3: Monday, January 6, 2025

Time: 9:00 AM - 4:30 PM CST / 10:00 AM - 5:30 PM ET / 7:00 AM - 2:30 PM PT

Module: Advanced EMDR Skills for Complex Trauma

- **Overview:** Advanced techniques for attachment-focused EMDR and handling complex trauma scenarios.
- **Objectives:**
 - Incorporating attachment-based EMDR techniques.

- Working with interweaves and distancing techniques.
 - Identifying resourcing methods to enhance treatment.
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Day 4: Friday, January 10, 2025

Time: 10:30 AM - 12:30 PM CST / 11:30 AM - 1:30 PM ET / 8:30 AM - 10:30 AM PT

Module: Must-Have EMDR Skills for Teletherapy

- **Overview:** Adapting EMDR for online therapy, including techniques for psychological distancing and BLS via telehealth.
 - **Objectives:**
 - Understanding how psychological distancing can be used in online therapy.
 - Differences between resource and desensitization tapping.
 - Incorporating BLS into teletherapy effectively.
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Day 5: Thursday, January 23, 2025

Time: 11:00 AM - 2:00 PM CST / 12:00 PM - 3:00 PM ET / 9:00 AM - 12:00 PM PT

Module: EMDR Skills: Practical Modifications for Children & Other Populations

- **Overview:** Adjusting EMDR for children, minority identity individuals, and other specialized populations.
 - **Objectives:**
 - EMDR adaptations for children (ages 5 and 10).
 - Differences between conducting EMDR with adults vs. children.
 - Involving parents in EMDR sessions and adaptations for minority populations.
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Day 6: Thursday, January 30, 2025

Time: 8:30 AM - 4:30 PM CST / 9:30 AM - 5:30 PM ET / 6:30 AM - 2:30 PM PT

Module: EMDR for Anxiety & Depression: Basic EMDR Skills & Modifications

- **Overview:** Applying EMDR for treating anxiety and depression with tailored interventions.
 - **Objectives:**
 - Learning and practicing phase 2, 4, and 5 techniques.
 - Understanding the differences between anxiety, trauma, and depression.
 - Techniques for using the “future template” and 3-pronged approach in treating anxiety.
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Additional Program Details

- **Consultation/Practice Labs:** Attendees must register for at least 2 one-hour consultation/practice lab events with Dr. Sweeton (published on our Live Consultations page).
 - **Zoom Link Access:** Zoom link(s) for all sessions will be sent 24-48 hours in advance of the training start date. We will place this information in the “Live” course module enrolled to your Dashboard, and we will also email it directly to you.
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Learning Objectives Overview

Each module contains specific, measurable objectives focused on expanding your EMDR knowledge base and skills. Participants will leave each session equipped with actionable techniques to implement in their practice.

- **Trauma Treatment (Days 1 & 2):** You will deepen your understanding of EMDR’s 8-phase model and its practical applications, such as using EMDR for stabilization and emotional resourcing.
- **Complex Trauma & Advanced Skills (Day 3):** Focus on handling complex trauma with advanced EMDR techniques, including attachment-based EMDR and the use of interweaves.
- **Teletherapy (Day 4):** Learn how to adapt EMDR for online therapy environments, ensuring that BLS is effective and psychological distancing is used properly.
- **Child & Minority Population Adaptations (Day 5):** Understand how to modify EMDR techniques when working with children or minority identity individuals.
- **Anxiety & Depression (Day 6):** Learn practical EMDR modifications to treat common co-occurring mental health issues like anxiety and depression.