

# Advanced EMDR Therapy Skills - EMDRPT-II® Certification Program Schedule

Fall 2025 Cohort

Hosted by Online CE Credits

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

**2025 Dates:** 9/26, 9/27, 10/10, 10/24, 11/14, 11/21

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## Day 1: Friday, September 26, 2025 (**\*\*All times listed in CT**)

**Time:** 8:30 AM – 4:00 PM CST / 9:30 AM – 5:00 PM ET / 6:30 AM – 2:00 PM PT

**Module:** EMDR Skills for Trauma Treatment – Part 1

### Description:

This module introduces participants to the foundational concepts of EMDR, including the autonomic nervous system's role in trauma and the neurobiological mechanisms that underlie the therapeutic process. Participants will learn the classic 8-phase EMDR protocol, essential for effectively treating trauma and anxiety.

- **08:30 AM – 09:00 AM:** Introduction & Overview
  - **09:00 AM – 10:30 AM:** The Role of the Autonomic Nervous System in Trauma
  - **10:30 AM – 10:45 AM:** Break
  - **10:45 AM – 12:15 PM:** Neurobiological Mechanisms of Change in EMDR
  - **12:15 PM – 01:15 PM:** Lunch Break
  - **01:15 PM – 02:45 PM:** The 8 Phases of the EMDR Protocol
  - **02:45 PM – 03:00 PM:** Break
  - **03:00 PM – 04:00 PM:** Clinical Applications and Case Studies
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## Day 2: Saturday, September 27, 2025 (**\*\*All times listed in CT**)

**Time:** 8:30 AM – 4:00 PM CST / 9:30 AM – 5:00 PM ET / 6:30 AM – 2:00 PM PT

**Module:** EMDR Skills for Trauma Treatment – Part 2

**Description:**

Building on Part 1, this module explores how EMDR creates dual awareness in clients to address trauma-related avoidance behaviors. Participants will also gain a deeper understanding of how EMDR techniques can reinforce safety, build therapeutic rapport, and activate positive neural networks in the healing process.

- **08:30 AM – 09:00 AM:** Recap & Q&A from Day 1
  - **09:00 AM – 10:30 AM:** Building Dual Awareness in Trauma Clients
  - **10:30 AM – 10:45 AM:** Break
  - **10:45 AM – 12:15 PM:** Safety in EMDR Sessions
  - **12:15 PM – 01:15 PM:** Lunch Break
  - **01:15 PM – 02:45 PM:** Adaptive Information Processing Theory
  - **02:45 PM – 03:00 PM:** Break
  - **03:00 PM – 04:00 PM:** Practical Application & Case Studies
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**Day 3: Friday, October 10, 2025 (*\*\*All times listed in CT*)**

**Time:** 8:30 AM – 4:00 PM CST / 9:30 AM – 5:00 PM ET / 6:30 AM – 2:00 PM PT

**Module:** Advanced EMDR Skills for Complex Trauma

**Description:**

This advanced module delves into the intricacies of treating complex trauma with EMDR. It covers advanced resourcing strategies, attachment-based interventions, and the use of EMDR with clients who have relational trauma and co-occurring conditions.

- **08:30 AM – 09:00 AM:** Introduction & Overview of Complex Trauma
- **09:00 AM – 10:30 AM:** Advanced Resourcing Strategies
- **10:30 AM – 10:45 AM:** Break
- **10:45 AM – 12:15 PM:** Attachment-Based EMDR for Relational Trauma
- **12:15 PM – 01:15 PM:** Lunch Break
- **01:15 PM – 02:45 PM:** Addressing Co-occurring Conditions with EMDR
- **02:45 PM – 03:00 PM:** Break

- **03:00 PM – 04:00 PM:** Clinical Demonstration & Role Plays
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**Day 4: Friday, October 24, 2025 (\*\*All times listed in CT)**

**Time:** 8:30 AM – 10:30 AM CST / 9:30 AM – 11:30 AM ET / 6:30 AM – 8:30 AM PT

**Module:** Must-Have EMDR Skills for Teletherapy

**Description:**

This module focuses on the adaptations necessary to apply EMDR in the online environment. Participants will learn how to use bilateral stimulation in teletherapy, manage psychological distancing, and adjust EMDR techniques for the unique challenges of virtual therapy settings.

- **08:30 AM – 09:00 AM:** Introduction to Teletherapy & Psychological Distancing
  - **09:00 AM – 10:00 AM:** Incorporating Bilateral Stimulation in Online Therapy
  - **10:00 AM – 10:30 AM:** Resource vs. Desensitization Tapping in Teletherapy
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**Day 5: Friday, November 14, 2025 (\*\*All times listed in CT)**

**Time:** 8:30 AM – 12:45 PM CST / 9:30 AM – 1:45 PM ET / 6:30 AM – 10:45 AM PT

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

**Description:**

This module explores how to modify EMDR for use with children and other special populations such as individuals with ADHD, addiction, or traumatic brain injury (TBI). Participants will learn specific techniques for engaging younger clients and adapting interventions to meet the needs of various populations.

- **08:30 AM – 09:00 AM:** Introduction to Child-Specific EMDR Modifications
  - **09:00 AM – 10:30 AM:** Conducting Desensitization with Children (5–10 years)
  - **10:30 AM – 10:45 AM:** Break
  - **10:45 AM – 12:15 PM:** Addressing ADHD, Addiction, and TBI with EMDR
  - **12:15 PM – 12:45 PM:** Parent Involvement in EMDR for Children
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**Day 6: Friday, November 21, 2025 (\*\*All times listed in CT)**

**Time:** 8:30 AM – 4:00 PM CST / 9:30 AM – 5:00 PM ET / 6:30 AM – 2:00 PM PT

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

**Description:**

The final module covers the application of EMDR for treating anxiety and depression, with a focus on both the standard 8-phase protocol and necessary modifications. Participants will explore how to use EMDR to target specific areas of the brain related to these conditions and practice phase techniques aimed at alleviating symptoms.

- **08:30 AM – 09:00 AM:** Introduction to EMDR for Anxiety and Depression
- **09:00 AM – 10:30 AM:** Understanding Key Brain Areas Involved in Anxiety & Depression
- **10:30 AM – 10:45 AM:** Break
- **10:45 AM – 12:15 PM:** EMDR Techniques for Treating Anxiety and Depression
- **12:15 PM – 01:15 PM:** Lunch Break
- **01:15 PM – 02:45 PM:** Modifications to the 8-Phase Model for Anxiety & Depression
- **02:45 PM – 03:00 PM:** Break
- **03:00 PM – 04:00 PM:** Clinical Demonstrations & Final Q&A

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**Post-Training Certification Requirement:**

**Important:** To receive the EMDRPT-II® live cohort certification credential, you must register for and attend at least two one-hour consultations or practice labs with Dr. Jennifer Sweeton. These sessions will take place from now through the end of 2025, as scheduled. You may register anytime by visiting the [Live Consultations page](#).