

FOR EMDR PRACTITIONERS



EMDR Training Learning Objectives

- Describe the definition of EMDR.
- Summarize the history and origins of EMDR.
- Summarize the AIP model
- Utilize the AIP in case conceptualization and treatment planning
- Identify research findings which support the efficacy of EMDR
- Differentiate which clients and issues benefit from EMDR
- Identify 5 types of Resource Development
- Employ skills in using all phases of the EMDR protocol
- Create a safe environment for disclosing traumatic events
- Identify and assess client readiness
- Identify 5 trauma based components to a clinical history for EMDR
- Recognize and identify target events to be processed with EMDR
- Recognize professional, legal and ethical issues in employing EMDR
- Identify protocols for working with special issues
- Identify strategies for working with specific populations
- Recognize dissociative disorders and the appropriateness in using EMDR with this population.
- Describe strategies for dealing with abreaction
- Exhibit different strategies for closing incomplete sessions
- Apply techniques, including cognitive interweave, for address blocking and problems with looping and other problems that arise in processing painful material
- List and describe the 8 phases of the protocol