

EMDR 3-Day Intensive Training

Join trauma specialist, author and national trainer, Linda Curran, BCPC, LPC, CACD, CCDPD, for this intensive 3-day EMDR training that will provide you the knowledge and skills needed to use EMDR safely and effectively with your trauma clients. Through lecture, live and videotaped demonstrations, and experiential exercises, this training will provide participants with an in-depth knowledge of trauma theory, principles, diagnosis, and treatment.

Beginning with an overview of the physiological nature of trauma, through current research on neuroscience, Linda will guide you through the traumatic stress disorders – those included in and excluded from the DSM-5®’s newly-created classification, Trauma and Stressor-related Disorders:

- Acute Trauma Disorder
- Simple PTSD
- Complex PTSD
- PTSD Dissociative Subtype
- PTSD Preschool Subtype
- Developmental Trauma Disorder (DTD)
- Borderline Personality Disorder (BPD)

For all but single-incident trauma, the tri-phasic model is today’s state-of-the-art treatment approach. You will learn each phase of the treatment including its therapeutic goals and the clinical tools to reach those goals. Most importantly, you will:

- Learn EMDR: Eye Movement Desensitization and Reprocessing skills
- Practice using these new tools in a safe and supervised environment.
- Leave this dynamic, comprehensive training equipped to improve outcomes with traumatized clients

Intended Audience

This workshop is intended for masters- and doctoral-level clinicians experienced in working with trauma. In this course, you will learn and practice alternating bilateral stimulation into two distinct types of psychotherapy sessions; development and installation of internal resources; and reprocessing of traumatic material. This course assumes requisite knowledge of, and experience with, a traumatized population (i.e., clients with underlying simple or complex PTSD regardless of presenting issues).

Participants will leave the workshop with both theoretical knowledge of the current trauma paradigm as well as the practical “hands on” experience of participating in EMDR for resourcing and reprocessing trauma.

This training is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

Outline

Neuroscience of Trauma and DSM-5® Diagnostic Criteria

- Neuroscience’s Current Trauma Paradigm
- Biological nature of trauma
 - Triune Brain, The Nervous System and the Stress Response
 - Polyvagal Theory
 - Traumatic Stress: Normal, prolonged, complex and developmental
 - Specific trauma symptoms
 - Primary treatment issues in trauma therapy

- Trauma and Attachment:
- Attachment Essentials
 - Adverse Childhood Experiences Study
 - Baby/Momma Trauma
 - Insecure Attachment Styles Assessment and Primary Treatment Issues
 - Avoidant
 - Preoccupied
 - Disorganized type

- Trauma’s Somatic and Sensorimotor Sequelae:
- Hyperarousal
 - Hypoarousal
 - Dissociation, Body memories and “flashbacks”
 - Affect dysregulation

- Assessment and Diagnosis of Trauma Disorders
- Simple PTSD
 - Complex PTSD and/or DESNOS
 - Borderline Personality D/O vs. Affect Dysregulation D/O
 - DTD Developmental Trauma Disorder
 - Homework

Trauma Treatment: Trauma Tools, Trauma Treatment Modalities, and an Introduction to Eye Movement Desensitization and Reprocessing, EMDR

- The Stage Model of Treatment
- Stage One: Stabilization and Safety
- Assessment, Rapport, Psychoeducation
 - Developing the “Skills to Stay Stable”
 - Trauma Tools for Affect Regulation
 - Dissociative episodes and “flashbacks”
 - Grounding clients in their bodies and back in the present
 - Mindfulness

- Multisensory Guided Imagery
 - EFT
 - Somatic exercises
 - Reduction of physiological arousal
 - Grounding and centering
 - Containment and self-soothing
 - Decreasing physiological arousal levels
 - Recognizing and regulating affect
- Stage Two: Working Through Traumatic Memories
- Brief Overview of the Theory and Application of Trauma Processing
 - Trauma Processing Modalities:
 - Sensorimotor Psychotherapy
 - Somatic Experiencing (SE)
 - Eye Movement Desensitization and Reprocessing (EMDR)
 - Eye Movement Desensitization and Reprocessing (EMDR) Description

Practice EMDR for Resourcing and Processing Traumatic Memories

- Experiential exercises using EMDR
- Under supervision, clinicians will learn and practice the skills of EMDR for both
- Resourcing clients (Phase One)
 - Containment Imagery
 - Protection Imagery
 - Nurture Imagery
 - Comfortable Place Imagery
 - Reprocessing traumatic memories (Phase Two)

Limitations of Research and Potential Risk

Contraindications and precautions for reprocessing trauma

Differences in theory and in the associated neurophysiological models are a matter of ongoing discussion

Live Seminar Schedule (each day)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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By Catherine Pittman, Ph.D. HSPP

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EMDR 3-Day Intensive Training

Eye Movement Desensitization & Reprocessing

Including, Neuroscience, Diagnosis, and Effective Practices for Successful Trauma Treatment

RICHMOND, VA
Monday - Wednesday
April 8-10, 2019

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EMDR 3-Day Intensive Training

Eye Movement Desensitization & Reprocessing

Including, Neuroscience, Diagnosis, and Effective Practices for Successful Trauma Treatment

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- In just 3 days learn to use EMDR & begin treating trauma more effectively!
- The DSM-5® Diagnostic Category: Trauma and Stressor-Related Disorders
- Use EMDR as a tool in your practice

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Details Inside

1. Evaluate the biological nature of trauma and how trauma is stored in the body and limbic system, creating physical and psychological symptoms to better understand your clients.
2. Differentiate between sympathetic (activated) freeze response and the parasympathetic (deactivated) dorsal vagal immobilization response your clients experience.
3. Distinguish between the following types of traumatic stress: normal, prolonged, complex and developmental and articulate treatment considerations for each.
4. Ascertain the clinical implications of traumatic stress symptomology, including hyperarousal, affect dysregulation, dissociation, body memories, and flashbacks.
5. Employ effective somatic techniques to reduce/eliminate client's body memories, "flashbacks" and dissociation.
6. Summarize the landmark study: Adverse Childhood Experiences Study and understand the ten adverse childhood experiences studied as they related to clinical diagnosis and assessment.
7. Evaluate the clinical presentation of the following attachment styles as it relates to your clinical assessment: secure vs insecure; insecure; organized vs insecure disorganized.
8. Designate two different treatment strategies, once attachment style has been ascertained, based on your client's attachment style.
9. Demonstrate strategies to help clients build skills to be prepared to process trauma via EMDR, including safety within the therapeutic alliance and skills for self-regulation.
10. Determine when/if your client is prepared to safely process trauma memories via EMDR.
11. Create and employ client-driven imagery for safety and containment during trauma processing.
12. Utilize clinical techniques to help with grounding and centering traumatized clients in-session.
13. Prepare clients with various trauma tools; mindfulness, guided imagery and meridian-based techniques to decrease client's arousal levels and modulate affect.
14. Analyze and critique the original eight phases of EMDR's standard protocol (Shapiro) as it relates to clinical treatment.
15. Determine Parnell's four essential elements of each EMDR session and how it relates to client treatment.
16. Practice under supervision Parnell's Modified EMDR protocol to prepare for work with your clients in-session.
17. Practice under supervision the skill for resourcing a client with imaginal resources prior to processing traumatic material.
18. Practice under supervision the trauma processing modality and EMDR tools for processing traumatic memories with your clients.
19. Utilize and practice two "cues of safety" with your clients based on Steve Porges' Polyvagal Theory.

Interested in attending for a highly reduced tuition?
Become a facilitator!
Go to <https://www.pesi.com/express/69039> for more information. Limited availability.

Linda Curran, BCPC, LPC, CACD, CCDPD, is president of Integrative Trauma Treatment, LLC, in Havertown, PA. Currently, she provides clients an integrative approach to trauma, and treats PTSD in adolescent and adult populations, including clients with eating disorders, sexual trauma, and self-injury. An international speaker on the treatment of trauma, Linda has developed, produced, and presents multi-media workshops on all aspects of psychological trauma.

Linda is the author of best selling *Trauma Competency: A Clinician's Guide* (PPM, 2010) and her newest book *101 Trauma-Informed Interventions* (PPM, 2013). She is the producer of the best-selling Interview Trauma series DVD's in which she collaborated with the world's leaders in Trauma: Bessel van der Kolk, M.D., Peter Levine, Ph.D., Babette Rothschild, MSW, LCS, Stephen Porges, Ph.D., Janina Fisher, Ph.D., and many more.

Speaker Disclosure:
Financial: Linda Curran maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Linda Curran has no relevant non-financial relationship to disclose.

A *101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward*
Linda A. Curran, BCPC, LPC, CACD, CCPOD
Your Presenter!

B *Trauma Competency: A Clinician's Guide*
Linda Curran, BCPC, LPC, CACD, CCPOD
Your Presenter!

C *EMDR Made Simple: 4 Approaches to Using EMDR with Every Client*
Jamie Marich, PhD-S, LPC-S, LCDC, RMT

D *EMDR & Beyond: The Trauma Power Therapies*
Multiple Experts

E *Trauma Treatment: Psychotherapy for the 21st Century Complete 3-Part Set*
Multiple Experts

F *EMDR: Step by Step*
Multiple Experts

credits listed below are for full attendance at the live event only. After attendance has been certified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if full attendance for this seminar was planned. Email or hard copy certificates will not be mailed.

Nurses in full attendance will earn 19.0 contact hours. **PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.**

PSYCHOLOGISTS: This live activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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ADDITIONAL COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 19.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

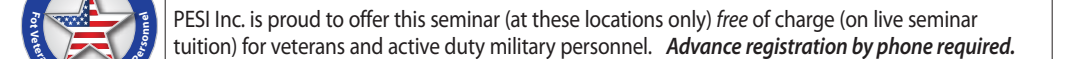
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VIRGINIA COUNSELORS: This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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Questions? Call customer service at **800-844-8260**

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How to Register: EMDR 3-Day Intensive Training: Eye Movement Desensitization and Reprocessing: Including Neuroscience, Diagnosis, and Effective Practices for Successful Trauma Treatment

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