

Outline

The Neuroscience of Trauma and Anxiety

Introduction to the autonomic system (ANS)
Fight, flight, freeze, fawn survival responses
Polyvagal Theory, and types of freeze responses
Key brain areas involved in trauma and anxiety
Clinical implications of the freeze response

Mechanisms of Change:
How EMDR and Other Treatment Approaches Work

The neuroscience of exposure therapy and cognitive therapy
The neuroscience of relaxation exercises
EMDR and other “transformative therapies”
Mechanisms of change
Why EMDR works so well from a brain perspective

Assessment:
Connect Symptoms and Presentations to a Diagnosis

Nervous system switched on/off – PTSD and Depression
Underactivations and weakened connections
Trauma memories and intrusive thoughts
Phobias, anxiety and insula hyperactivation
Emotional hijackings and implicit memory: Basal ganglia and amygdala
Why treating avoidance is critical in anxiety and trauma
DSM-5® symptoms in a nutshell
Connect Your Client to a Diagnosis
Simple vs. complex trauma
Intergenerational trauma
Symptom clusters and physical manifestations
CAPS-5 and PCL-5
Primary Care PTSD Screen
Dual diagnosis

EMDR as Applied Neuroplasticity
How EMDR builds dual awareness to treat avoidance
What you are thinking about is the network you’re in
You need to activate a network to change it
Neurons that fire together, wire together (Hebb’s Rule)
EMDR as neuroentrainment

Practical EMDR Techniques and Protocols to Move Clients from Surviving to Thriving

EMDR Assessment, Resourcing, Eye Movements and More:
How to Work with the Original 8-Phase Model
Client history and treatment planning
How to resource: Create a safe space
Assessment: Choose a target, SUDS, connect with the image/emotions/thought
Desensitization: tactile vs. auditory vs. eye movement
How to use Touchpoints, Theratapper, CDs
Positive Cognition Installation: Likert scale 1-7
Body Scan: Locating tension and distress in the body
Closure: Closing the neural network and the 6-hour window
Re-evaluation

When to Use EMDR in Trauma and Anxiety Treatment

Demonstrations and experiential exercises
Single event trauma
Anxiety disorders involving imaginal exposure
Demonstration of original 8-Phase Model
***Experiential exercises with groups of three: client, therapist, observer
Preparation and assessment
Desensitization
Positive cognition and body scan

EMDR for Direct Treatment of Traumatic Memories

Modifications for complex/developmental trauma
Do not use standard protocol - Rationale for modifications
Resourcing strategies:
Container Comfortable place
Nurturing figure Protective figure
Circle of support
Techniques to reinforce and activate positive neural networks
Relevance of Polyvagal Theory, early trauma, and EMDR
Sensory motor modifications and somatic approaches
How to build Dual Awareness
Adaptive Information Processing Theory
EMDR techniques to bring traumatic memories into the prefrontal cortex

Attachment-Based EMDR for Resolving Relational Trauma

Strategies to foster the critical connection between client and therapist
How to emphasize safety during sessions
Guidance on order of operations:
Resourcing with multisensory guided imagery
Activate trauma network
Desensitization round
Ask, “What is coming up?”
How to install positive cognition
Identify and resolve remaining tension or distress in the body
Debrief clients to ensure embodiment

EMDR Modifications for Anxiety Disorders

Modifications for phobias and generalized anxiety
Resourcing strategies for self-efficacy and control
Imaginal exposure and exposure through pictures and videos
Techniques to reinforce and activate positive neural networks
How to build Dual Awareness and reduce avoidance

EMDR Modifications for Other Disorders

Borderline Personality Disorder
Dissociative Identity Disorder
OCD
Generalized Anxiety Disorder

EMDR vs Brainspotting vs EFT vs Neuromodulation

When to use each
Strengths and limitations of each
Overview of how to conduct a Brainspotting session
Overview of how to conduct an EFT session
Integrating neuromodulation and EMDR for faster, more effective treatment\

Research Limitations and Potential Risks

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

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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- EMDR techniques to safely and quickly resolve trauma symptomology
- EMDR modifications to treat anxiety disorders
- Hands-on practice sessions to reinforce what you learn
- Step-by-step guidance on resourcing and desensitization strategies

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Intended Audience

This workshop is intended for masters- and doctoral-level clinicians experienced in working with trauma.

Counselors • Social Workers • Psychologists • Addiction Counselors • Marriage and Family Therapists • Nurses • Other Mental Health Professionals

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.

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EMDR has helped thousands of clients reclaim their lives; quickly and consistently helping them find relief from the trauma and anxiety that plague them.

But without guidance, and hands-on practice, you're unable to bring this **groundbreaking evidence-based treatment** to your clients who so desperately need it.

This 3-Day EMDR Certificate Course is your chance to get powerful and proven skills and techniques from EMDR so you can move your clients from surviving to thriving! Over 3 intensive days you'll be given a roadmap to help clients manage disturbing feelings, safely process their traumatic memories, reduce fears and anxiety, and help them to develop the resources they need to achieve and maintain recovery.

This intensive training also includes hands-on opportunities for you to practice, reinforcing what you've learned and allowing you to gain confidence in using your new skills.

Sign up today and take your treatment to the next level with EMDR skills and techniques to quickly and safely bring relief from trauma and anxiety to your clients!

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



EMDR Made Simple

4 Approaches to Using EMDR with Every Client

By Jamie Marich, Ph.D., LPCC-S, LICDC-CS, RMT

A fresh approach to understanding, conceptualizing, and ultimately implementing EMDR into clinical settings. Using common sense language, clinical cases, and practical examples, *EMDR Made Simple* will give you the tools to build on your existing clinical knowledge and make EMDR work for you and your clients.



Trauma Treatment Toolbox

165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

Jennifer Sweeton, PSY.D., M.S., M.A.

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. Trauma Treatment Toolbox teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients' brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.

Speaker

Dr. Jennifer Sweeton, is a licensed clinical psychologist, author, and internationally-recognized expert on trauma, anxiety, and the neuroscience of mental health. Dr. Sweeton has been practicing EMDR for nearly a decade, and has treated a variety of populations using EMDR and other memory reconsolidation approaches, including combat veterans, individuals with PTSD and complex trauma, and those suffering from treatment-resistant anxiety.

She completed her doctoral training at the Stanford University School of Medicine, the Pacific Graduate School of Psychology, and the National Center for PTSD. Additionally, she holds a master's degree in affective neuroscience from Stanford University, and studied behavioral genetics at Harvard University.

Dr. Sweeton resides in the greater Kansas City area, where she owns a group private practice, Kansas City Mental Health Associates. She is a past president of the Oklahoma Psychological Association, and holds adjunct faculty appointments at the University of Kansas School of Medicine. She is the president-elect of the Greater Kansas City Psychological Association. Dr. Sweeton offers psychological services to clients in Oklahoma, Kansas, and internationally, and is a sought-after trauma and neuroscience expert who has trained thousands of mental health professionals in her workshops.

Speaker Disclosure:

Financial: Jennifer Sweeton is in private practice. She has an employment relationship with the Oklahoma City VAMC. Dr. Sweeton receives a speaking honorarium from PESI, Inc.

Non-financial: Jennifer Sweeton has no relevant non-financial relationship to disclose.

Objectives

1. Establish the role of the autonomic nervous system in trauma and anxiety symptomology.
2. Articulate the clinical implications of the freeze response in trauma treatment.
3. Characterize the potential neurobiological mechanisms of change in the empirically validated EMDR approach.
4. Specify how EMDR techniques can build dual awareness in clients to treat the avoidance that makes trauma and anxiety treatment challenging.
5. Communicate the 8 Phases of the EMDR protocol.
6. Determine which clients you should use EMDR with.
7. Establish the relevance of Polyvagal Theory and early trauma in EMDR work.
8. Communicate the central principle of the Adaptive Information Processing Theory and establish how it informs the EMDR approach.
9. Analyze resourcing strategies from EMDR that clinicians can use to help facilitate the processing of trauma.
10. Specify the steps clinicians must take to emphasize safety during EMDR sessions.
11. Delineate how EMDR can be modified to treat anxiety disorders.
12. Differentiate between EMDR strategies recommended for trauma and EMDR strategies recommended for anxiety.
13. Characterize how EMDR techniques can be used to reinforce and activate positive neural networks.
14. Communicate how EMDR can be modified to work with complex/developmental trauma to directly treat traumatic memories.
15. Evaluate strategies that can help foster the critical connection between client and therapist in EMDR therapy.
16. Establish the order of operations for attachment-based EMDR treatment to resolve relational trauma.
17. Articulate how EMDR can be modified to work with Borderline Personality Disorder, Dissociative Identity Disorder, and Generalized Anxiety Disorder.
18. Differentiate between EMDR and Brainspotting by communicating the strengths and limitations of each.

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Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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