

Outline

The 8 Phases of EMDR and Essential EMDR Resources

History
Preparation
Assessment
Desensitization
Installation
Body scan
Closure
Re-evaluation
Review of resources (calm place, container, ICON, etc.)

Assess the Appropriateness of Virtual EMDR for Clients

Establishing safety
Creating Resources
Dual awareness options
Informed consent

Common Barriers to Virtual EMDR Treatment

Keeping a consistent environment
Distractions
Checking on physical responses
Safety in the environment

Ways to Increase Attunement in Virtual EMDR Sessions

Accounting for cultural differences and physical environments
How to create close proximity with your camera
Attuned breathing on virtual platforms

Eye Movement Resources for Telehealth Practitioners Using EMDR

Bi-lateral stimulation and its importance in the EMDR process
Dual attention methods (eye movements, tapping, tappers, sound)
Bilateral stimulation via video
Butterfly hug
Congruent tapping
Sound pulses
Other eye movement strategies
Apps and BLS online resources

Addressing Safety in Virtual EMDR: How to Manage the Potential Risks of Not Being There In-Person

Establishing a visually safe environment
Crisis intervention and safety plans
Managing/assessing for relapse or maladaptive coping

EMDR for Direct Treatment of Traumatic Memories via Telehealth

Attachment-based interventions in a disconnected world
Interweaves for blocked processing
Treating grief and loss
Creating connection through parts work
Working with isolation
Creating empowerment and self-efficacy from a distance platform

Attachment-Based Trauma and Parts Work with Virtual EMDR

How attachment styles impact processing
Identifying the different roles that 'parts' play in traumatic healing and survival
How to utilize and acknowledge 'parts' in EMDR processing
Interventions and techniques to bring 'parts' forward for healing
Techniques and tools for working with addicted 'parts' during EMDR

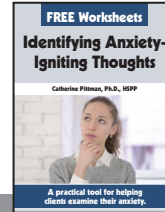
Limitations, Risks, and Further Research

Current research on telehealth with EMDR
Addressing barriers and potential risks with telehealth and EMDR
Making the most of risks and limitations for successful treatment outcomes

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2-DAY

Virtual EMDR

Safe, Simple and Straightforward Approaches to Adapting EMDR to Telehealth

Live Interactive Webinar



Thursday & Friday, February 4 & 5, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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2-DAY

Virtual EMDR

Safe, Simple and Straightforward Approaches to Adapting EMDR to Telehealth

- Video examples of virtual EMDR sessions
- The 8-phase protocol – and where to adapt for telehealth
- Bilateral stimulation tools for remote sessions
- How to handle crisis level reactions when you're not in the room

Live Interactive Webinar



Thursday & Friday, February 4 & 5, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

Learning Objectives

can be viewed at

pesi.com/webcast/84341

Live Webinar Schedule - both days (Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break

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.

2-Day Virtual EMDR

Safe, Simple and Straightforward Approaches to Adapting EMDR to Telehealth

EMDR is a powerful, evidence-based treatment you can use to safely and rapidly help your clients’ process their traumas and reclaim their lives!

And while much of its fantastic reputation as a clinical tool has been built upon in-person sessions, EMDR is also effective when delivered virtually **so you can continue your important work with clients from a distance.**

This live 2-day training is your how-to-guide on utilizing EMDR through telehealth platforms!

Whether you are new to using EMDR, or have already been trained but aren’t sure how to go about it in a virtual format, this program will give you **safe, simple and straightforward approaches** to adapting EMDR techniques to an online-environment.

Over 2 confidence boosting days, you’ll get instantly usable information, guidance, demonstrations and practice tips including:

- Video examples of virtual EMDR sessions
- The 8-phase protocol – and where to adapt for telehealth
- Bilateral stimulation tools for remote sessions
- A dissociation screening tool
- Strategies to maximize attunement through video sessions
- How to handle crisis level reactions when you’re not in the room

EMDR is a must-have treatment tool and telehealth is here to stay.


Don’t miss out on this chance to bring your practice up-to-speed so you can stay on the front lines with your clients even when face-to-face sessions aren’t possible.

Sign up today!

Target Audience:

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

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



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Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Ryan Bartholomew** at rbartholomew@pesi.com or call **715-855-8225**.

Meet Your Speaker

Megan Howard, LCSW, CSUD, EMDR CIT, was trained on the use of EMDR as a treatment protocol through EMDRIA and uses EMDR in her practice to achieve improved outcomes with a broad spectrum of clients in the areas of trauma, abuse, and substance abuse. She is certified as a Clinical Trauma Professional through the International Association of Trauma Professionals and owns and operates one of the largest treatment centers for substance abuse and trauma in the state of Idaho. She has been invited to train internationally at the International Society of Addiction Medicine in India and at the International Conference on Addiction Research and Therapy in Amsterdam. Ms. Howard earned her Masters in clinical social work from Northwest Nazarene University and is a member of EMDRIA and the International Society of Addiction Medicine.

Speaker Disclosure:
Financial: Megan Howard is the owner of Addiction and Trauma Recovery Services. She receives a speaking honorarium from PESI, Inc.
Non-financial: Megan Howard has no relevant non-financial relationship to disclose.


CE CREDITS AVAILABLE FOR LIVE WEBINAR


This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Physicians, Psychologists, Social Workers**

For specific credit approvals and details, visit pesi.com/webcast/84341

National CE Credit Approvals For Live Webinar
Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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February 4 & 5, 2021 PWZ84340

\$439.99 tuition
8am Eastern time

Live Webinar Experience:

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- Ask the presenter your questions
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FREE BONUS: Replay on-demand access for 90-days after webinar
*Live CE is only available when viewed live

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On-Demand Digital Seminar (Option 2)

\$439.99 POS057490

Digital Seminar Experience:

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- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability.

DVD (Option 3)

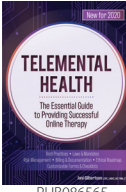
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DVD Experience:

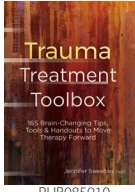
- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



Telemetal Health
The Essential Guide to Providing Successful Online Therapy
Joni Gilbertson, MA, NCC, LCPC, LMHC, BC-TMH, CTMH
~~\$24.99~~ **\$19.99***
PUB086565



Trauma Treatment Toolbox
165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward
Jennifer Sweeton, PsyD, MS, MA
~~\$34.99~~ **\$24.99***
PUB085910

* Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-844-8260

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