

# EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

*Basic & Refresher Training Course:  
Integrating EMDR into Clinical Practice*

**5-DAY INTENSIVE SEMINAR: MARCH 4-8, 2020**

## DESCRIPTION

Roy Kiessling returns to offer an Eye Movement Desensitization and Reprocessing (EMDR) Basic Training & Refresher Training Course, "Integrating EMDR into Clinical Practice" at MAHEC in Asheville, NC. This is the full EMDRIA-approved 5-Day Intensive Seminar—beginning Wednesday, March 4th and concluding on Sunday, March 8th—that includes 10 hours of basic consultation. Foundations of EMDR as well as standard EMDR procedures are covered. The training may be taken by clinicians new to EMDR or utilized as an excellent refresher course for previously trained providers.

### The Foundations of EMDR

- The Adaptive Information Processing Model
- EMDR's 8 phases and 3 prongs
- Belief Schema Targeting Sequence Planning
- Multiple Stabilization Skills
- The Processing Continuum (EMD, EMDr, EMDR)
- 4 Supervised Practice Sessions
- 4 Stabilization Resourcing Skills
- EMD on Present or Future Triggers
- Acute Stress or Processing using Drawings

### The Standard EMDR Procedures

Building upon the techniques practiced in The Foundations of EMDR, participants will expand their knowledge and skills by learning:

- Complex Targeting Sequence Planning Options
- Extended Resourcing Skills

The full implementation of EMDR's procedures, and advanced clinical interventions to use during reprocessing with:

- Special Populations
- Clients with Dissociative Tendencies
- Addictions: Introduction to DeTUR & FSAP
- Phobia, Grief, & Pain
- 4 Supervised Practice Sessions
- Complex Target Sequence Planning
- 4 Behavior Change Resourcing Skills
- 2 Sessions of Standard EMDR Reprocessing

**CLICK HERE  
TO REGISTER**

## TARGET AUDIENCE

Master's level mental health professionals, including mental health and substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors, and other professionals interested in this subject.

**Must be licensed or provisionally licensed in a mental health or related field to attend this training.** Interns and Students must be enrolled in a Master's or Doctoral program. Training eligibility for other healthcare professionals is considered. MDs need a medical specialty in Psychiatry, and Nurses need a Master of Science in Nursing with specialty in psychiatric nursing. Participants registering at the nonprofit/Medicaid provider/student rate must show proof at time of registration.

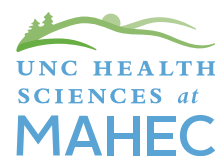
### EARLY REGISTRATION FEES THRU FEBRUARY 26, 2020

- \$1,495.00 Program Fee**
- \$1,095.00 For-Profit Groups** (5 or more from the same agency, registering and paying at the same time)
- \$995.00 Nonprofit Groups** (5 or more from the same agency, registering and paying at the same time)
- \$1,095.00 Individuals from Nonprofits, Medicaid Providers, and Students** (must list organization name or Medicaid provider number, or provide valid student ID at check-in)

### JOIN US FOR A 5-DAY INTENSIVE SEMINAR AT MAHEC

<b>LOCATION</b> (all 5 days)	<b>MAHEC Education Building</b> Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville, NC 28803
<b>DAY 1 REGISTRATION PROGRAM</b>	<b>Wednesday, March 4, 2020</b> 7:30 am–8:00 am (light breakfast provided) 8:00 am–5:30 pm (lunch provided)
<b>DAY 2 REGISTRATION PROGRAM</b>	<b>Thursday, March 5, 2020</b> 7:30 am–8:00 am (light breakfast provided) 8:00 am–5:30 pm (lunch provided)
<b>DAY 3 REGISTRATION PROGRAM</b>	<b>Friday, March 6, 2020</b> 7:30 am–8:00 am (light breakfast provided) 8:00 am–5:30 pm (lunch provided)
<b>DAY 4 REGISTRATION PROGRAM</b>	<b>Saturday, March 7, 2020</b> 7:30 am–8:00 am (light breakfast provided) 8:00 am–5:30 pm (lunch provided)
<b>DAY 5 REGISTRATION PROGRAM</b>	<b>Sunday, March 8, 2020</b> 7:30 am–8:00 am (light breakfast provided) 8:00 am–5:30 pm (lunch provided)
<b>SNOW DATES</b>	<i>In case of inclement weather, we have reserved March 18-22, 2020 for this event.</i>

This course provides basic training as the initial step in using EMDR in practice and for potential certification. For information on additional elements required to obtain formal certification through EMDR International Association (EMDRIA), see: [www.emdria.org](http://www.emdria.org).



## OBJECTIVES

Upon completion of this seminar, participants will be able to:

- Describe the EMDR's Adaptive Information Processing Model, eight phases, and three-pronged procedures
- Explain how to integrate EMDR's targeting sequence plan from a belief schema perspective into a clinical practice
- Demonstrate ability to practice effective, efficient, and safe reprocessing of a client's acute stress by using Restricted Processing (aka EMDR)
- Describe application of EMDR when working with acute stress, dissociative type clients, military personnel, couples, and children
- Describe complex client case conceptualization (Targeting Sequence Treatment Plans)
- Practice the Extended Resourcing Procedures
- Practice using the full Standard EMDR eight-phase / three-prong treatment
- Describe EMDR's usefulness in treating addictions, phobias, grief, and somatic disorders

## CREDITS



**NAADAC:** This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Approved for **40.0** hours.



**NBCC:** MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is responsible for all aspects of their programs. Approved for **40.0** hours.

**Psychologists:** MAHEC is recognized by the NC Psychology Board as an approved Provider of Category A Continuing Education for NC Licensed Psychologists. Approved for **40.0** hours Category A.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for **4.0** CEUs as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for **40.0** contact hours.

## DIRECTIONS

**MAHEC Mary C. Nesbitt Biltmore Campus**  
**121 Hendersonville Road, Asheville, NC 28803**

**From I-40 E:** Take Exit 50 and turn left onto Hendersonville Road.  
**From I-40 W:** Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

**From 19-23 (I-26):** Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

[CLICK HERE FOR DIRECTIONS](#)

## FACULTY

**Roy Kiessling, LISW, ACSW**, completed his EMDR Basic training in 1995 and became a training facilitator for Dr. Francine Shapiro's EMDR Institute in 1997. In 2001, he transitioned to senior trainer for her humanitarian projects and then became a senior trainer for her EMDR Institute in 2006. Roy has participated in humanitarian projects in Bangladesh, Poland, the Middle East, and Russia, as well as in domestic disaster areas affected by Hurricane Katrina. In 2006, he received the Liz Sinker Outstanding Volunteer of the Year Award for his numerous volunteer projects in support of the EMDR Community. In June of 2013, Roy founded EMDR Consulting, a consulting and training organization specializing in integrating EMDR into clinician's clinical practice. Since then, EMDR Consulting has grown to a staff of 6 expert EMDR trainers, offering EMDR Consulting and the EMDRIA approved EMDR Basic course, "Integrating EMDR into your Clinical Practice," throughout the United States.

**Sherry McKisson, LPC, LCAS**, is a Licensed Professional Counselor, Licensed Clinical Addiction Specialist, and board certified counselor in private practice in Hendersonville, NC, where she specializes in complex trauma treatment for adults. Sherry completed an intensive nine-month certification program through the Trauma Center at Justice Resource Institute (headed by Bessel van der Kolk). Other specializations include the treatment of anxiety disorders, relationship issues, and dissociation disorders. Her background includes 14 years of law enforcement experience, allowing her a unique insight when working with first responders and their loved ones. Sherry trained in EMDR in 2012 and has been an Approved Consultant with EMDR Consulting since 2016. Sherry is a Regional Co-Coordinator for the Western North Carolina EMDRIA Regional Network, and she enjoys helping clinicians of all levels develop their practice of EMDR through individual and group consultation. Sherry will be co-presenting at this seminar as a Trainer-in-Training for EMDR Consulting.

## REGISTRATION

**Early registration deadline: February 26, 2020**

- **\$1,495.00 Program Fee**
- **\$1,095.00 for For-Profit Groups** (5 or more from the same agency, registering and paying at the same time)
- **\$995.00 for Nonprofit Groups** (5 or more from the same agency, registering and paying at the same time)
- **\$1,095.00 for Individuals from Nonprofits, Medicaid Providers, and Students** (must list organization name or Medicaid provider number, or provide valid student ID at check-in)

The above fees include administrative costs, educational materials, ten hours of consultation, audio downloads of the lectures for continued learning, breakfast (all 5 days), and lunch (all 5 days). If your registration is received after the early registration deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)



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## LODGING INFO

[CLICK HERE TO RESERVE](#)

**Hampton Inn & Suites  
Asheville Biltmore Village**  
117 Hendersonville Road, Asheville, NC 28803

**Phone:** 828-277-1800      **Rate:** \$125.00 per night plus tax

A block of rooms has been reserved for March 3–8, 2020. The special room rate will be available until March 18th or until the group block is sold-out, whichever comes first. When inquiring, ask for the “EMDR Conference” rate or enter the group code “EMD” to reserve online.

## REGISTRATION FORM

By registering for this program, you are also authorizing MAHEC to share your contact information with EMDR Consulting, LLC so that you may receive manuals, training information, and ongoing resources relating to the practice of EMDR.

Updated contact information. #20MH022/60172

**NAME** \_\_\_\_\_

**CREDENTIALS** \_\_\_\_\_

**SOCIAL SECURITY #** XXX-XX- \_\_\_\_\_ (last 4 digits required)

**OCCUPATION** \_\_\_\_\_

**EMAIL ADDRESS** \_\_\_\_\_

**HOME ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**HOME COUNTY** \_\_\_\_\_

**HOME #** \_\_\_\_\_ **WORK #** \_\_\_\_\_

**EMPLOYER** \_\_\_\_\_

**DEPARTMENT** \_\_\_\_\_

**EMPLOYER'S ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**WORK COUNTY** \_\_\_\_\_

**MEDICAID PROVIDER #** \_\_\_\_\_

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

**MEAL PREFERENCE**     Vegetarian     Gluten-free     Vegan

**PROGRAM FEE**       \$1,495.00     \$1,510.00 (after 2/26/20)

**FOR-PROFIT GROUPS**     \$1,095.00     \$1,110.00 (after 2/26/20)  
(5 or more from the same agency,  
registering & paying at the same time)

**NONPROFIT GROUPS**     \$995.00       \$1,010.00 (after 2/26/20)  
(5 or more from the same agency,  
registering & paying at the same time)

**INDIVIDUALS FROM NONPROFITS, MEDICAID PROVIDERS AND STUDENTS**     \$1,095.00     \$1,110.00 (after 2/26/20)  
(must list organization name or  
Medicaid provider number above, or  
provide valid student ID at check-in)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed       Credit card information provided

Visa     MasterCard     Discover Card     American Express

**ACCOUNT #** \_\_\_\_\_

**EXP** \_\_\_\_\_ / \_\_\_\_\_ **CODE ON BACK OF CARD** \_\_\_\_\_ (3 digits)

**NAME ON CARD** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

### HAVE A QUESTION?

#### Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT  
[barbara.warren@mahec.net](mailto:barbara.warren@mahec.net) or 828-257-4728



#### Special Services

828-348-3624

#### REGISTRATION INFORMATION

#### FAX REGISTRATION

#### ONLINE REGISTRATION

#### EMAIL

#### MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

828-257-4475

828-257-4768

[www.mahec.net.cpd](http://www.mahec.net.cpd)

[registration@mahec.net](mailto:registration@mahec.net)



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