

EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)

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

PART 1: JUNE 6-8, 2019 PART 2: JULY 25-27, 2019

DESCRIPTION

Roy Kiessling returns to offer an Eye Movement Desensitization and Reprocessing (EMDR) Basic Training & Refresher, "Integrating EMDR into Your Clinical Practice," in two parts at MAHEC in Asheville, NC. This EMDR training includes EMDR International Association (EMDRIA) Approved Part 1 & Part 2 weekends, plus the 10 required hours of basic consultation. The two-part training may also be utilized as an excellent refresher course for previously trained providers.

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. 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, Nurses need a Master of Science in Nursing with specialty in psychiatric nursing. Participants registering at the nonprofit/student/peer support rate must show proof at time of registration.

FACULTY

Roy Kiessling, LISW, ACSW, completed his EMDR Basic training in 1995, became a training facilitator for Francine Shapiro's EMDR Institute in 1997, the senior trainer for Shapiro's humanitarian projects in 2001, and a senior trainer for Shapiro's 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, offering EMDR Consulting and the EMDRIA approved EMDR Basic course, "Integrating EMDR into your Clinical Practice," throughout the United States.

EARLY REGISTRATION FEES THROUGH MAY 30, 2019

| | |
|-------------------|--|
| \$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 | Non-Profit Groups (5 or more from the same agency, registering and paying at the same time) |
| \$1,095.00 | Individuals from Non-Profits, Medicaid Providers, and Students (must list organization name or Medicaid provider number, or provide valid student ID at check-in) |
| \$495.00 | MAHEC Employees (only 5 spaces available) |

PARTICIPANTS MUST ATTEND BOTH PARTS

For participants new to EMDR, as well as those wanting to refresh their skills, registration for both Parts 1 & 2 is now required.

The above fees include Parts 1 & 2 training weekends, education materials, ten hours of consultation, and audio downloads of the lectures for continued learning.

CREDITS



NAADAC: This course has been approved by Mountain Area Health Education Center (MAHEC), as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. 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 solely responsible for all aspects of their programs. Full attendance is required to receive credit. Approved for **40.0** hours.

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **40.0** hours Category A. Full attendance is required to receive credit.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **4.0** CEUs as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **40.0** contact hours. Full attendance is required to receive credit.

**CLICK HERE TO REGISTER
ONLINE FOR PARTS 1 & 2**



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.

PART 1: The Foundations of EMDR

| | |
|-----------------------------|--|
| LOCATION | MAHEC Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville, NC 28803 |
| DATE | Thursday, June 6, 2019 |
| REGISTRATION PROGRAM | 8:00 am–8:30 am (<i>light breakfast provided</i>) 8:30 am–5:00 pm (<i>lunch provided</i>) |
| DATE | Friday, June 7, 2019 |
| REGISTRATION PROGRAM | 8:00 am–8:30 am (<i>light breakfast provided</i>) 8:30 am–5:00 pm (<i>lunch provided</i>) |
| DATE | Saturday, June 8, 2019 |
| REGISTRATION PROGRAM | 8:00 am–8:30 am (<i>light breakfast provided</i>) 8:30 am–4:00 pm (<i>lunch provided</i>) |

- 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

OBJECTIVES

Upon completion of this workshop, 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 the ability to practice effective, efficient, and safe reprocessing of a client's acute stress by using Restricted Processing (aka EMDR)
- Describe EMDR's use when working with acute stress, dissociative type clients, the military, couples, and children

ADVANCED WORKSHOP

**Getting to the Core of the Problem:
Treating the Cause, Not the Symptom**

Sunday, July 28, 2019

No prerequisites are required to attend! This workshop is open to all mental health clinicians.

Recently, psychotherapy has placed a greater emphasis on trauma informed approaches to case conceptualization and treatment. Recent advances in neurobiology have supported the hypothesis that past disturbing or traumatic events are stored differently in the brain than normal events. These neural networks carry a higher emotional charge. Because of this emotional encoding, the linkage, binding, and reconsolidation of these neural networks with adaptive neural networks becomes more difficult.

This workshop will discuss the neurobiology of memory, the process of identifying core beliefs, and their use in case conceptualization and treatment.

[Click here to learn more about this advanced workshop.](#)

PART 2: The Standard EMDR Procedures

| | |
|-----------------------------|--|
| LOCATION | MAHEC Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville, NC 28803 |
| DATE | Thursday, July 25, 2019 |
| REGISTRATION PROGRAM | 8:00 am–8:30 am (<i>light breakfast provided</i>) 8:30 am–5:00 pm (<i>lunch provided</i>) |
| DATE | Friday, July 26, 2019 |
| REGISTRATION PROGRAM | 8:00 am–8:30 am (<i>light breakfast provided</i>) 8:30 am–5:00 pm (<i>lunch provided</i>) |
| DATE | Saturday, July 27, 2019 |
| REGISTRATION PROGRAM | 8:00 am–8:30 am (<i>light breakfast provided</i>) 8:30 am–4:00 pm (<i>lunch provided</i>) |

Building upon the techniques practiced after Part 1, 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, and Pain
- 4 Supervised Practice Sessions
- Complex Target Sequence Planning
- 4 Behavior Change Resourcing Skills
- 2 Sessions of Standard EMDR Reprocessing

OBJECTIVES

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

- 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

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.



Stay connected! Follow us on Facebook: @MAHECEd

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PART 1: JUNE 6-8, 2019 **PART 2: JULY 25-27, 2019**

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. #19MH017/56833

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 # _____

MEAL PREFERENCE Vegetarian Gluten-free Vegan

PROGRAM FEE \$1,495.00 \$1,510.00 (after 5/30/19)

FOR-PROFIT GROUPS \$1,095.00 \$1,110.00 (after 5/30/19)
(5 or more from the same agency, registering & paying at the same time)

NON-PROFIT GROUPS \$995.00 \$1,010.00 (after 5/30/19)
(5 or more from the same agency, registering & paying at the same time)

INDIVIDUALS FROM NON-PROFITS, MEDICAID PROVIDERS AND STUDENTS \$1,095.00 \$1,110.00 (after 5/30/19)
(must list organization name or Medicaid provider number above, or provide valid student ID at check-in)

MAHEC EMPLOYEES \$495.00 \$510.00 (after 5/30/19)
(only 5 spaces available at this rate)

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.

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 _____

Send completed registration form to: **Fax to:** 828-257-4768

MAHEC Registration, 121 Hendersonville Road, Asheville, NC 28803

HAVE A QUESTION?

Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT

barbara.warren@mahec.net or 828-257-4728



Special Services

828-257-4778

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: www.mahec.net

EMAIL: registration@mahec.net

MAIL: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

REGISTRATION

Early registration deadline: **May 30, 2019**

- **\$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 Non-Profit Groups** (5 or more from the same agency, registering and paying at the same time)
- **\$1,095.00 for Individuals from Non-Profits, Medicaid Providers, and Students** (must list organization name or Medicaid provider number, or provide valid student ID at check-in)
- **\$495.00 for MAHEC Employees** (only 5 spaces available)

The above fees include administrative costs, educational materials, ten hours of consultation, audio downloads of the lectures for continued learning, a light breakfast (both days), and lunch (both 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.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.