EYE MOVEMENT DESENSITIZATION & REPROCESSING (EMDR)

BASIC & REFRESHER TRAINING COURSE:
Integrating EMDR into your Clinical Practice
Part 1: April 8-10, 2016 & Part 2: June 3-5, 2016

EMDR AND ANXIETY:
Fears, Phobias and A Little OCD
Thursday, June 2, 2016

In Honor of Sandra Kremer, LCSW

BASIC & REFRESHER TRAINING COURSE:
Integrating EMDR into your Clinical Practice
Two-part course taught by Roy Kiessling, LISW, ACSW

Part 1: April 8-10, 2016
The Foundations of EMDR

Part 2: June 3-5, 2016
The Standard EMDR Procedures

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, North Carolina.

This EMDR training includes EMDR International Association (EMDRIA) Approved Part 1 & Part 2 weekends, plus the 10 required hours of basic consultation. In addition, participants who have already completed part one with another provider may register to attend only Part 2. It is also an excellent refresher 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 health care professionals is considered. MD’s 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 specialist (PSS) rate must show proof at time of registration.

FACULTY

Roy Kiessling, LISW, ACSW, completed EMDR Basic training in 1995, became a training facilitator for Francine Shapiro’s EMDR Institute in 1997, the senior trainer for her humanitarian projects in 2001 and 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, EMDRIA approved EMDR Basic course “Integrating EMDR into your Clinical Practice” throughout the United States.
Part 1
The Foundations of EMDR

Day 1: Friday, April 8, 2016
Registration: 8:00am - 8:30am (breakfast provided)
Program: 8:30am - 5:00pm (lunch is on your own)
Day 2: Saturday, April 9, 2016
Registration: 8:00am - 8:30am (breakfast provided)
Program: 8:30am - 5:00pm (lunch is on your own)
Day 3: Sunday, April 10, 2016
Registration: 8:00am - 8:30am (breakfast provided)
Program: 8:30am - 4:00pm (lunch is on your own)

- 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 interactive workshop, the participant will be able to:

- Describe the EMDR’s Adaptive Information Processing Model, eight phases and three pronged procedures
- Understand how to integrate EMDR’s targeting sequence plan from a belief schema perspective into a clinical practice
- Practice effective, efficient and safe reprocessing of a client’s acute stress by using Restricted Processing (a.k.a. EMDR)
- Describe EMDR’s use when working with acute stress, clients with dissociative disorders, military personnel, couples and children

CREDIT (PART 1 & 2)
NAADAC: 40.0 Hours
NBCC: 40.0 Hours
Psychologists: 40.0 Hours
CEUs: 4.0 Hours

Part 2
The Standard EMDR Procedures

Day 1: Friday, June 3, 2016
Registration: 8:00am - 8:30am (breakfast provided)
Program: 8:30am - 5:00pm (lunch is on your own)
Day 2: Saturday, June 4, 2016
Registration: 8:00am - 8:30am (breakfast provided)
Program: 8:30am - 5:00pm (lunch is on your own)
Day 3: Sunday, June 5, 2016
Registration: 8:00am - 8:30am (breakfast provided)
Program: 8:30am - 4:00pm (lunch is on your own)

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, & 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 interactive workshop, the participant 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

Participants who have previously completed Part 1 or the full EMDR basic training may register for Part Two only. Part Two participants will receive the training manual (Parts One & Two). After part one session, an MP3 audio of Part One will be provided for review prior to attending Part Two. Both Parts (I & II) are required for certification, in addition to successful practicum.

CREDIT (PART 2 ONLY)
NAADAC: 20.0 Hours
NBCC: 20.0 Hours
Psychologists: 20.0 Hours
CEUs: 2.0 Hours
EMDR AND ANXIETY:  
Fears, Phobias and A Little OCD  
Thursday, June 2, 2016

Registration: 8:00am - 8:30am (breakfast provided)  
Program: 8:30am - 4:30pm (lunch is on your own)

Anxiety is a common reaction to many life experiences. Susan Thompson will present background on the DSM 5 anxiety disorders and a variety of effective ways to work with clients with anxiety disorders.

You will learn how to assemble treatment plans and case conceptualization based on current EMDR knowledge of working with anxiety. Education about anxiety is essential in Phase 2 Preparation to help the client be prepared to face symptoms and to have an arsenal of ways to tolerate the sensations that cause them to avoid external and internal triggers. Tips and strategies for breaking down barriers and working through “fear of the fear response” are also presented, to assist clients in working with triggers.

A hands-on practice session will allow you to experiment with strategies to address anxiety with EMDR and you will gain vital experience using the standard protocol and the three prongs.

Special attention will be given to working with the future to prevent relapse and to strengthen resiliency to stress in the future. Anxiety may not be a glamorous diagnosis, and it can debilitate people, causing them to lose confidence to their core shortly after the symptoms surface. This workshop offers valuable skills to help clients halt anxiety, heal and move forward in their lives. It is presented with compassion, humor and hope.

Participants who are not yet certified in EMDR, however have completed EMDR Part One, may register for this course. Since they are not yet certified in EMDR, they will not be eligible for specific EMDRIA EMDR credits (needed to maintain the EMDR Certification), but are still eligible to receive general professional credits as offered and applicable to their fields of practice.

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 health care professionals is considered. MD’s 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 specialist (PSS) rate must show proof at time of registration.

FACULTY

Susan Thompson, LSCSW, is a Licensed Clinical Social Worker in the Kansas City area. She has worked with teenagers in residential, hospital and outpatient settings. Sue began Private Practice in 1989 and has worked with teens, families and adults in Hypnosis, EMDR and Sensorimotor Psychotherapy. She learned EMDR in 1995 and in 1999 became an EMDR Institute Facilitator and later, a Facilitator for the Humanitarian Assistance Program, where she shared her expertise until 2015. She has been an EMDRIA Approved Consultant since 1999. Sue is currently a Trainer for Basic Training in EMDR for EMDR Consulting and loves to teach EMDR to non-profit agencies and private practice therapists. She has taken a special interest in anxiety disorders using EMDR and feels it is an area that needs special attention since it is quite common and very under-treated.

OBJECTIVES

Upon completion of this workshop, the participant will be able to:

• Articulate the various DSM 5 diagnosis and their differences
• Identify and apply basic EMDR tenets to effectively work with clients with anxiety disorders
• Assemble treatment plans and case conceptualization based on current EMDR knowledge of working with anxiety
• Assist and prepare clients to face symptoms, with an arsenal of ways to tolerate sensations that otherwise cause avoidance of external and internal triggers
• Articulate tips and strategies for breaking down barriers and working through “fear of the fear response”
• Help clients work through triggers
• Apply strategies to address anxiety with EMDR, and use the standard protocol and the three prongs in this process

AGENDA

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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:00am - 8:30am</td>
<td>Registration (breakfast provided)</td>
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<tr>
<td>8:30am - 10:00am</td>
<td>Introduction and Overview</td>
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<td>10:00am - 10:15am</td>
<td>Break</td>
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<td>10:15am - 12:00pm</td>
<td>• Building a Treatment Plan TSP (dyads)</td>
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<td>• Phases 3-8</td>
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<td>• Future Template</td>
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<td>• Questions</td>
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<td>12:00pm - 1:00pm</td>
<td>Lunch (on your own)</td>
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<td>1:00pm - 3:00pm</td>
<td>• de Jongh Anxiety Protocol</td>
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<td>• TSP (dyads)</td>
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<td>• Flash Forward</td>
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<td>• Flash Forward Practice or Demonstration</td>
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<td>3:00pm - 3:15pm</td>
<td>Break</td>
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<td>3:15pm - 4:30pm</td>
<td>• Little Bits</td>
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<td>• OCD</td>
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<td>• Questions</td>
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<td>4:30pm</td>
<td>Adjournment</td>
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For specific credit and numbers of hours, please refer to the program description in this brochure or online.

NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #647. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC.

NBCC: Mountain Area Health Education Center (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 the programs.

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. Full attendance at each part is required to receive credit from the NC Psychology Board.

EMDRIA: EMDRIA, Credit provider #14018, is approved by the EMDR International Association to offer EMDRIA Credits for this program.

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

REGISTRATION
For participants new to EMDR, registration in the Basic & Refresher Training Course Part 1 & Part 2 is required. Registration fee includes Part 1 and 2 training weekends, materials, 10 hours of consultation, and audio downloads of lecture for continued learning. Part 2 only participants will receive the training manual (Part 1 & 2) and after Part 1, a MP3 audio of Part 1 for your review before attending the Part 2 course. If registration is received after the 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.

Directions to MAHEC Biltmore Campus
121 Hendersonville Rd., Asheville, NC, 28803
From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road. From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road. At the first light, turn left into the DoubleTree Hotel complex. Turn right at the MAHEC drive and continue up the hill to the MAHEC Biltmore Campus. From 19-23 (I-26) take 240 East to Exit 5B (Charlotte Street). Exit left 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 right at the MAHEC drive and continue up the hill to the MAHEC Biltmore Campus.