



# Eye Movement Desensitization and Reprocessing (EMDR)

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

**5-DAY INTENSIVE SEMINAR: JUNE 14-18, 2023**

## FIVE-DAY INTENSIVE TRAINING COURSE

<b>Location</b>	<b>MAHEC Education Building</b> 121 Hendersonville Road Asheville, NC 28803
<b>Dates</b>	<b>Wednesday, June 14, 2023</b> <b>Thursday, June 15, 2023</b> <b>Friday, June 16, 2023</b> <b>Saturday, June 17, 2023</b> <b>Sunday, June 18, 2023</b>
<b>Check-in</b>	<b>7:30 am–8:00 am</b> ( <i>same time each day; light breakfast provided</i> )
<b>Program</b>	<b>8:00 am–5:30 pm</b> ( <i>same time each day; lunch provided</i> )

**REGISTER ONLINE**

## DESCRIPTION

**Sherry McKisson, LCMHC, LCAS, 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 Five-Day Intensive Seminar that includes 10 required 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. Adaptations for ethical application in a telehealth setting are also discussed.

## 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, and Pain
  - 4 Supervised Practice Sessions
  - Complex Target Sequence Planning
  - 4 Behavior Change Resourcing Skills
  - 2 Sessions of Standard EMDR Reprocessing

This course provides basic training as the initial step in using EMDR in practice and for potential certification. [Click here](#) for more information on additional elements required to obtain formal certification through the EMDR International Association (EMDRIA).

## AUDIENCE

Master's level mental health professionals, including mental health and substance use 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 and they must already be licensed clinicians to attend this training. Training eligibility for other licensed healthcare professionals is considered. MDs need a medical specialty in Psychiatry, and Nurses need a Master of Science in Nursing with a specialty in psychiatric nursing. Participants registering at the nonprofit/Medicaid provider/licensed student rate may be asked to show proof at time of registration.

## OBJECTIVES

### **Upon completion, participants will be able to:**

- Describe 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 the 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

*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.*

## FACULTY

**Sherry McKisson, LCMHC, LCAS**, is a Licensed Certified Mental Health 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 the 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, giving 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 is also affiliated with EMDR Consulting and provides training with Roy Kiessling.

## CREDIT OFFERINGS



**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

solely 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 entire 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 continuing education activity as meeting the criteria for **40.0** contact hours.

## REGISTRATION

### Early registration deadline: June 1, 2023

Training fees include administrative costs, educational materials, a light breakfast, and lunch. If your registration is received after the early registration deadline listed above, 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 that are 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)

 **MAHECEd**  **MAHECwnc**  **mahec.education**

## DIRECTIONS

GOOGLE  
DIRECTIONS

**MAHEC Education Building**  
**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.

### HAVE A QUESTION?



### Special Services

828-771-3495

### Program Planner

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

### Registration Phone

828-257-4475

### Email

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

### Registration Fax

828-257-4768

### Mail

MAHEC Registration  
121 Hendersonville Road  
Asheville, NC 28803

### Online Registration

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

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## REGISTRATION FORM

By registering for this program, you are 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 Event #69595

Name \_\_\_\_\_

Credentials \_\_\_\_\_

PIN # \_\_\_\_\_ (4 digits of your choosing that you will use each time you register)

Occupation \_\_\_\_\_

Email Address \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Work County \_\_\_\_\_

Dietary Preference (if applicable)

☐ Vegetarian ☐ Gluten-free ☐ Vegan

## PAYMENT SELECTION

**Individuals from For-Profit Agencies  
and General Private Practice**

☐ \$1,595.00 ☐ \$1,610.00 if paying after 6/1/2023

**Individuals from Nonprofits, Medicaid Providers,  
and Licensed Students** (must list organization name,  
Medicaid provider #, or provide student ID at check-in)

☐ \$1,495.00 ☐ \$1,510.00 if paying after 6/1/2023

**For-Profit Groups** (five or more individuals from the  
same agency; must register and pay at the same time)

☐ \$1,395.00 ☐ \$1,410.00 if paying after 6/1/2023

**Nonprofit Groups** (five or more individuals from the  
same agency; must register and pay at the same time)

☐ \$1,295.00 ☐ \$1,310.00 if paying after 6/1/2023

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**

☐ **PAYING WITH CARD**

☐ Visa ☐ MasterCard ☐ Discover Card ☐ AmEx

Account # \_\_\_\_\_

Expiration Month/Year \_\_\_\_\_ / \_\_\_\_\_

Verification Code \_\_\_\_\_ (3 or 4-digit number)

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

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

☐ Please remove me from the MAHEC mailing list

**Send completed registration to:** MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803

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