

EMDR Therapy Basic Training 2017
Syracuse University School of Social Work
Continuing Education Program

EMDR Therapy (Eye Movement Desensitization and Reprocessing Therapy) helps people resolve past traumatic memories and current emotional difficulties. EMDR Therapy can be used to facilitate treatment when a patient is unable to free him or herself from painful memories, is stuck in the progress of the treatment, is having intrusive thoughts or images, recurrent nightmares, and so on. It is an integrative psychotherapy approach that permits desensitization and reprocessing of traumatic memories and present disturbing experiences so there is little or no distress and positive, instead of negative, beliefs about the self. This can sometimes occur rapidly and can have long-lasting effects.

Research results show the effectiveness of this method particularly with PTSD symptoms. The American Psychiatric Association Practice Guidelines for treatment of patients with Acute Stress Disorder and PTSD include EMDR Therapy, as well as CBT, as effective treatment. In fact, the UK's National Institute for Clinical Excellence requires clinics that provide PTSD services to offer clients both trauma focused CBT and EMDR Therapy. The American Psychology Association has approved EMDR Therapy for treating civilian trauma.

Seasoned clinicians find this highly focused psychotherapy can be incorporated within the context of individual psychotherapy and into a range of therapeutic approaches including models of time-limited therapy. Recently trained clinicians and mental health professionals near the conclusion of their training experience ease in integrating the EMDR Therapy approach into their other learning.

This recently revised EMDR Therapy course conforms with established criteria and has been fully approved by the EMDR THERAPY International Association (EMDRIA).

Seminar Schedule:

8 full days - May 5 & 6, May 19 & 20, June 23 & 24, and July 28 & 29

8:30am sign-in (sign-in and sign-out required each day), 9am - 5pm training (1 hour lunch on your own)

Additional dates will be added if any training dates are cancelled for any reason

NOTE: Participants must attend the full training. Partial credits will not be given.

Location:

Syracuse University
312 Lyman Hall (ASI Conference Room)

Parking:

Parking will be available at no cost at Booth Garage on Fridays. On Saturdays, Booth Garage is closed, but free parking is available at several lots on campus.

Contact person:

Tracey Marchese 315-720-7379 tcmarche@syr.edu

Fee: \$1500.00

Cancellation policy: Full refunds will be given for any participant who withdraws from the training on or before April 29th. Withdrawals from April 30th - May 20th will receive a 50% refund. No refunds will be given after May 20th.

Text:

Shapiro, Francine. (2001). *Eye movement desensitization and reprocessing; Basic principles, protocols, and procedures, second edition.* New York: Guilford.

Requirements for and expectations of participants (please read carefully):

- Master's degree or higher in a field of mental health counseling

- License or certificate as a mental health professional through a state or national board which authorizes independent practice. Psychiatry residents may participate.
- Attendance at all sessions and participation in all didactic and experiential learning. **Participation as both a clinician and client is required during practicum sessions.**
- Reading of Shapiro, Francine. (2001). *Eye movement desensitization and reprocessing; Basic principles, protocols, and procedures, second edition*. New York: Guilford, and other assigned materials.
- Successful completion of proficiency requirements.
- Ability to make arrangements and a commitment to use the EMDR Therapy method with a number of appropriate patients.
- Conducting at least two EMDR Therapy sessions focusing on trauma with patients, using the trauma protocol, and submitting a video recording or a typed description and analysis of the EMDR Therapy process of these two sessions.

Maximum seminar size: 20 participants

Seminar Faculty:

Tracey Musarra Marchese, MSW, LCSW-R

Professor of Practice, Syracuse University, Falk College of Sport and Human Dynamics, School of Social Work

Clinical Professor, SUNY Upstate Medical University at Syracuse, Department of Psychiatry and Behavioral Medicine

EMDRIA Approved Instructor and Consultant in EMDR Therapy

CNY EMDRIA Regional Network Co-Coordinator

Clinical Social Worker

Phone: 315-720-7379 Email: tcmarche@syr.edu

Carolyn Galatzan, MSW, LCSW-R

EMDRIA Certified Therapist and Approved Consultant-in-training

Clinical Social Worker

Course method: The course will consist of lectures; discussion of reading, patients, and issues; actual, transcribed, and videotaped demonstrations of the method with patients and others (20 didactic hours required); practice and experiential exercises to integrate and apply learning to patient situations (20 supervised practicum hours required); and consultation on work with patients (10 consultation hours required).

Course Objectives:

First part of course:

- Learn the underlying Adaptive Information Processing theory of EMDR Therapy and other theoretical, brain functioning, and research issues
- Learn to assess the appropriateness of using EMDR Therapy with your patients
- Learn to conceptualize a case from an EMDR Therapy and trauma viewpoint
- Learn to integrate EMDR Therapy into a comprehensive treatment plan
- Develop skill in using all eight phases of the EMDR Therapy treatment method
- Learn how to apply the target sequencing plan
- Learn the three stage standard protocol
- Learn to identify, select, and develop appropriate target issues for use with an EMDR Therapy protocol
- Learn the safeguards
- Learn soothing and grounding techniques
- Learn techniques to teach patients to tolerate and modulate affect
- Learn resource development and installation
- Learn responses to certain resistances
- Learn applications of EMDR Therapy to various patient problems

- Be aware of clinician limitations
- Make use of on-going supervision and case consultation

Between the first and second parts of the course, and in order to continue to the second part, each participant will present a case and a recording of one session with a patient for review and consultation.

Second part of course:

- Learn special protocols to use with specific patient groups and specific patient problems
- Learn additional techniques to handle looping, resistance and other problems
- Learn therapeutic and cognitive interweaves
- Learn applications of EMDR Therapy to dissociative, Axis II, and other disorders
- Learn to integrate EMDR Therapy into your current treatment approach
- Be further cognizant of safety issues
- Consider legal, ethical issues
- Learn to identify practitioner problems with the method
- Further practice with clients
- Continue to make use of on-going supervision and case consultation with Instructor and with peers
- Demonstrate proficiency in using the EMDR Therapy

At the end of the second part of the course, and in order to complete the second part, each participant will present a case and a recording of one session with a patient for review and consultation, demonstrating adequate skills in using the EMDR Therapy method.

Upon completion of the course, you will:

- Be able to incorporate the practice of EMDR Therapy in your work with a range of clients
- Be eligible to:
 - apply for membership in EMDRIA
 - apply to EMDRIA to be certified in EMDR Therapy, after completing the additional requirements:
 - at least 50 EMDR Therapy sessions with at least 25 clients
 - 12 additional hours of EMDR Therapy training (EMDR credits)
 - 20 hours of consultation (10 of which must be individual, 10 of which may be in groups of 8 or less) with an Approved Consultant or Consultant-in-training
 - be listed in the EMDRIA Directory and on the EMDRIA web site
 - attend the annual EMDRIA International Conference

PLEASE CONTINUE TO THE NEXT PAGE FOR THE REGISTRATION FORM

Registration Form

Registration: Registration consists of two parts: 1) completing and submitting this registration form, along with a copy of your CV, to Tracey Marchese at tcmarche@syrr.edu **AND** 2) completing the course registration process and paying the registration fee through University College. Once this completed registration form and CV have been received, Tracey Marchese will send you the University College registration form, which must be completed and either faxed or mailed, along with payment, to University College.

The course is limited to the first 20 participants who complete the registration process.

NOTE: The trainer reserves the right to withhold or dismiss from training any participant that she deems unable to successfully complete the training for any reason.

Name (as you would like it to appear on your Training Certificate, including initials at the end of your name):

Address: Work _____

Home _____

Phone: Work _____ Home _____

Cell phone: _____

e-mail: _____ fax: _____

Mental Health Advanced Degree: _____ Year completed: _____

Type of Mental Health License/Credential: _____

State: _____ Year: _____ License Number: _____

Note: The instructor may need to consult with you to clarify your credentials and your arrangements for practicing EMDR Therapy with clients. Feel free to contact Tracey Marchese, 315-720-7379, tcmarche@syrr.edu if you have any questions.