



The Center for Excellence in EMDR Therapy

Training & Supervising EMDR Therapists: From Practicum to Practice

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3 hours

Program Abstract

This program is for EMDR supervisors who are consulting with EMDR therapists at all levels of training and experience. The purpose is to discuss how we, as ambassadors of this model, support clinicians to further develop their skills and to work towards accreditation as certified EMDR therapists. We will explore how to teach clinicians how to think AIP by developing their case conceptualization skills and treatment planning as a dynamic process that evolves over time. We will also address common mistakes and pitfalls that EMDR-trained clinicians typically make and identify specific skills that we need to cultivate. We will also discuss how to help our fellow clinicians identify how to make clinical choices based on the continuum of trauma as a guide, giving clinicians a road map for successfully getting into the water with EMDR therapy.

Program Objectives

Through lecture, small group discussion, videotapes of consultation sessions, the participant will learn how to:

1. Identify and apply the core elements of the EMDR therapy model to help clinicians with AIP case conceptualization and treatment planning.
2. Identify and apply the clinical themes of Responsibility, Safety and Power/Control (Choices) to help clinicians with Target Memory selection based on their AIP conceptualization.
3. Help consultants distinguish between the client symptoms and the problem.
4. Help clinicians distinguish between the Standard protocol and the Three-pronged approach of EMDR therapy.
5. Help clinicians identify client readiness factors to include client skills and capacities.
6. Identify one or more of the clinician's adaptations that can get in the way of applying EMDR therapy successfully.