

Basic Training In EMDR Therapy
A Developmentally Grounded Training for Treating Clients from
Children to Adults

Presented by
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Tapia Counseling and Psychological Services, Inc

BASIC TRAINING OVERVIEW

Course provides 40 CE Credits and 10 Hours of Consultation

The EMDR Therapy Basic Training is designed for mental health practitioners who treat clients of all ages. This training is developmentally grounded training to treat clients from infants to adults with a variety of symptom presentations. EMDR therapy is a comprehensive psychotherapy that accelerates the treatment of a wide range of symptoms and clinical issues including those related to disturbing events and present life conditions. This interactional, standardized therapy has been empirically tested in over 20 randomized controlled studies with trauma patients, and hundreds of published case reports evaluating a considerable range of presenting complaints, including acute stress, PTSD, depression, anxiety, phobias, excessive grief, somatic conditions, and addictions. EMDR therapy is guided by the Adaptive Information Processing theory, which addresses the unprocessed memories that appear to set the basis for a wide range of clinical symptomatology. A number of neurophysiological studies have documented the rapid post treatment EMDR therapy effects.

This Basic Training is based on “Eye Movement Desensitization and Reprocessing (EMDR): Basic Principles, Protocols, and Procedures, 3rd Edition,” Shapiro (2017) and the EMDRIA Standards and Training definition of EMDR Psychotherapy. **Trainees are required to read the text along with EMDRIA’s definition. Additional readings are recommended as noted below.**

Basic Training in EMDR therapy includes 20 hours of instruction, 20 hours of practicum facilitated by an EMDR Facilitator or EMDRIA Approved Consultant, 10 hours of consultation with an EMDRIA Approved Consultant, experiential practice with peers.

Instruction includes 20 hours of lectures and a manual is provided. Trainees are asked to take notes while the content of the lectures is summarized in powerpoints. Questions that arise can be discussed during lectures with trainers, practicum with facilitators, and during consultation with EMDRIA Approved Consultants approved by Tapia Counseling & Psychological Services, LLC to provide consultation for basic training in EMDR Therapy.

Practical Experience in groups with Facilitators: This practical experience also referred to as “Practicum” includes 20 hours in which the trainee has the opportunity to demonstrate and practice of EMDR therapy under the guidance of an EMDR facilitator and/or trainer in breakout rooms with 1-2 other participants. It is imperative that trainees receive direct observation and feedback from the Trainer and/or Facilitator. Guidance will be provided in breakout rooms in which the Trainer/Facilitator will observe and provide direct feedback to the trainees. To achieve the goals of the practicum, practice may be done in dyads or triads. Trainees practice initially with scripted protocols to learn the flow of the 8 phases of EMDR therapy, and later with real life experiences. Ample practice is included for each phase of the protocol outlined in the instructional section.

Consultation (10 Hours): Consultation provides an opportunity for the integration of the theory of EMDR along with the development of EMDR therapy skills. During consultation trainees receive individualized feedback and instruction in the areas of case conceptualization, client readiness, target selection, treatment planning, specific application of skills, and the integration of EMDR into clinical practice. Consultation is about real cases and not experiences that occur in practicum. Participants are given case consultation forms to assist in organizing information to present. In addition, participants are given forms to assist with learning and adherence to the protocol.

Consultation increases the use of EMDR therapy by those who have received training, and provides improved fidelity to the therapy by allowing trainees to discuss use of EMDR therapy with actual clients. It also allows the clinician to develop and integrate EMDR therapy with their other clinical skills in a way that enhances efficiency and effectiveness in helping a wider range of clients meet their treatment goals. Consultation includes the trainee's personal assessment of the implementation of EMDR therapy in clinical practice through consultation with EMDR Approved Consultant and/or Facilitator

Trainees are required to complete the entire basic training program to receive a certificate of completion.

EMDRIA Required Reading:

Part of the EMDRIA Training Curriculum Requirements ask trainers to make certain information available and accessible to trainees.

- Francine Shapiro's EMDR Therapy: Basic Principles, Protocols & Procedures (2018) book
- [The Go With That Magazine Special Issue on EMDR and Racial Trauma](#) is required reading and some of the assessment questions come directly from this magazine.
- The [Guidelines for Virtual EMDR Therapy](#) should also be listed as required reading for trainees.

Required Supplemental Reading

The Training Curriculum Requirements also includes supplemental required reading. Please provide access to the following required supplemental readings as these will need to be made accessible to trainees either on your website or training materials:

- [Journal of EMDR Practice & Research \(Volume 13, Issue 4\)](#)
- The [List of Research Citations from the Foundation](#)
- Access to [information regarding membership with EMDRIA](#)
- The [EMDRIA Definition of EMDR](#)

Additional Reading:

Adler-Tapia, R.L. (June 2012). *Child psychotherapy: Integrating developmental theory into clinical practice*. N.Y: Springer Publishing

Adler-Tapia, R.L. & Settle, C.S. (2016, 2008). *EMDR and the art of psychotherapy with children*. N.Y.: Springer Publishing.

Leeds, A. M. (2009) *A Guide to the Standard EMDR Protocols for Clinicians, Supervisors and Consultants*/ N.Y.: Springer Publishing.

Shapiro, F. (2012). *Getting Past Your Past*.

Videos:

- o Can you tell us why EMDR works? - EMDR with Dr. Andrew M. Leeds Ph.D. - ONE80CENTER
<https://www.youtube.com/watch?v=sWyDWvME11E>
- o Interview with Francine Shapiro : <https://www.youtube.com/watch?v=8GUd5hnhkVE>
- o Francine Shapiro, Ph.D. EMDR Webinar "The Past is the Present" <https://www.youtube.com/watch?v=lsObzfw9tXc>

ADDITIONAL TRAINING RECOMMENDATIONS

1. Trainees are encouraged to attend on-going training and consultation to assist the therapist to get started with EMDR psychotherapy.
2. Trainees are taught the use of fidelity questionnaires (attached) to assist therapists in adhering to the protocol and to reduce therapist drift. Any deviations from the protocol would be noted with a clinical explanation as to the need for the deviation.
2. EMDR therapists are encouraged to participate in local study groups to demonstrate adherence to the EMDR psychotherapy protocol.
3. EMDR therapists are also encouraged to attend Specialty Trainings for continued learning and professional growth.
4. Once Trainees have completed training, please complete the following:
<https://www.surveymonkey.com/r/emdriatrainingssurvey>

INTEGRATING EMDR THERAPY WITH OTHER PSYCHOTHERAPIES

EMDR therapy is an 8 phase, comprehensive and integrative psychotherapy that is compatible with most contemporary paradigms including, psychodynamic, cognitive-behavioral, experiential, and systemic.

TRAINING HIGHLIGHTS

- This experiential training will familiarize participants with a broad spectrum of EMDR therapy applications sufficient for comfortable and efficient use with a wide range patients and situations. Special attention will be given to the therapeutic needs of clients from infants to adolescents.
- Participants have the opportunity to practice what is taught each day under the guidance of a highly trained and experienced EMDR therapist.
- Lectures include the Adaptive Information Processing Theory that guides the case conceptualization and implementation of EMDR Therapy.
- Participants learn the physiological overview of the information processing system that is accessed and activated through the phases of EMDR therapy.
- Participants learn to integrate EMDR therapy into their clinical practice by including an intake that assesses negative beliefs, emotions, and body sensations.
- Treatment planning includes a 3-pronged approach to treatment including past events, present triggers and future concerns and needs.
- Participants learn stabilization and resourcing techniques for improved emotional regulation across the developmental spectrum. These skills are considered in case conceptualization for infants to adolescents, individuals with complex trauma histories, and for specialty populations.
- Trainings address the range of trauma related disorders for all age clients with the goal of symptom reduction and improved health and wellness.
- Application of EMDR therapy for specialty populations including children and adolescents, Veterans and First Responders, Couples, and victims of natural and manmade disasters is also included.
- Application of EMDR therapy to a range of client diagnoses including addictions, grief, anxiety, depressions, somatic disorders, and dissociation is reviewed with recommendations for advanced training in these specialized areas.
- Therapists will also learn how to use EMDR therapy for self-care to prevent vicarious traumatization.
- Therapists will learn to think through case conceptualization with the 8 phases of EMDR Therapy with each client based on the treatment plan developed with the client and his/her family.
- Therapists will learn and practice how to implement EMDR therapy through telehealth.

LEARNING OBJECTIVES

**20 hours of lecture, 20 hours of facilitated practical experience, and
10 hours of case consultation**

- Identify 3 components of EMDR Therapy designed to provide effective treatment with clients of all ages from infants to adults
- Describe 3 important existing research studies that document the efficacy of EMDR therapy
- Name the 8 phases of EMDR therapy for comprehensive treatment and how to implement the phases with clients of all ages from a developmentally grounded foundation
- Identify the parameters treatable with EMDR therapy to implement treatment safely and effectively for clients of all ages.
- Describe 3 aspects of the AIP Model for effective case conceptualization and treatment planning
- List 6 types of client complaints treatable with EMDR therapy
- Describe the criteria for client selection and how to apply to case conceptualization through the phases of EMDR Therapy.
- Describe 3 safety measures for effective and safe use of EMDR therapy
- Designate 3 strategies to identify and effectively resolve stuck processing, looping, and other problem areas in the implementation of EMDR therapy
- Describe protocols for closing incomplete sessions especially with highly dysregulated clients.
- Implement 5 advanced resourcing skills to use with difficult or resistant clients
- Create and organize a treatment plan with targets appropriate for EMDR Therapy.
- Describe strategies for dealing with highly emotional responses and dysregulated clients
- Learn to identify and implement strategies for use with depersonalization, derealization, dissociative symptoms, obsessive-compulsive issues, and phobias
- Learn how to conceptualize strategies to treat more complex trauma-related disorders
- Explain how to use EMDR therapy with Children and 3 possible adaptations that therapists can use.
- Discuss the use of EMDR therapy with couples.

CASE CONSULTATION

- 10 hours of case consultation are required to complete the EMDR Therapy Basic Training
- Five hours of consultation for Basic Training in EMDR Therapy are recommended prior to attending the second part of training and 5 hours after attending the second part. All consultation hours must be completed and documented to complete Basic Training in EMDR Therapy.
- In virtual trainings the first 2.5 hours of consultation will be provided on the 3rd and again on the last day of training. The second 2.5 hours will be provided between the first and second trainings. The final 2.5 hours will be offered after the participant has completed all the days of training.
- If a participant signs up for consultation and late cancels or does not attend, the participant will forfeit the free consultations and have to pay for additional consultation for Basic Training.
- A list of EMDR Institute Approved Consultants who are approved to provide this consultation will be given at each training

**CERTIFICATE OF COMPLETION FOR
BASIC TRAINING IN EMDR THERAPY**

Certificate of Completion Requirements for 50-hour course:

- o Completion of the 20 hours of lecture and 20 hours of facilitated practical experience.
- o Read the textbook, EMDR: Basic Principles, Protocols and Procedures (Shapiro 2018)

- o 10 hours of case consultation with an EMDRIA Approved Consultant approved by the Trainer from the list provided at trainings.

PLEASE NOTE: A CE certificate for 20 credits will be issued upon completion of after the first 3 days of training and 20 credits upon completion of the second 3 days of training.

Qualifications for Attending EMDR Therapy Training

A clinical background is necessary for the effective application of EMDR therapy. Attendance at the workshop is limited to all levels of social workers and mental health professionals who have a master's degree or higher in the mental health field and are licensed or certified through a state or national board, which authorizes independent practice.

Registration Fees for the 50-hour course:

- \$1395
- \$1095 discounted rate for full-time employees of non-profit/government organizations (schools, Emergency Responder Services).
- 50% Discount for those who have previously completed an EMDRIA approved Basic Training and wish to take this course as a refresher.

International Registration Requirements

- Minimum of a master's degree in clinical or counseling psychology or social work. Membership in a professional association that has a written code of ethics or standards of conduct.
- Professional liability insurance.

Intern/Graduate Student Requirements

Students and interns must have completed graduate level coursework at an accredited program of higher education and be on a licensing track under state sanctioned supervision by a licensed clinician. Please submit a current supervisor's letter with his/her degree and license number as part of the application.

QUESTIONS/CONCERNS

- Questions or concerns about the course content, references, or content evaluation, contact TapiaEMDRTraining@gmail.com

PARTICIPANT AGREEMENT EMDR Therapy Basic Training

Robbie Adler-Tapia, Ph.D.

TAPIA COUNSELING AND PSYCHOLOGICAL SERVICES

Please read the following agreement prior to commencing EMDR therapy basic training. Your registration for any EMDR Basic Training programs implies your full agreement and understanding of this agreement.

Confidentiality agreement: You have the right to expect privacy and confidentiality and privacy from everyone participating in the practicum experience of this training. Confidentiality within the group setting is a shared responsibility of all members and staff. Confidentiality within the small group setting is often based on mutual trust and respect.

Tapia Counseling & Psychological Associates, INC adheres to professional, legal, and ethical guidelines of confidentiality established by professional organizations and state law. Legal and ethical exceptions to confidentiality include: a clear or present danger to harm yourself or another, knowledge of the abuse or neglect of a minor child or incapacitated adult.

As a participant in this group, I agree to not disclose to anyone outside this practicum exercise any information that may help to identify another group member. This includes, but is not limited to, names, physical descriptions, biological information, and specifics to the content of interactions with other group members.

Additional group agreements:

- I agree to come and stay for the entire training lectures, practices, and consultation, and to be punctual. Training staff will make every effort to adhere to the schedule.
- I understand that it is my responsibility to decide what personal information to share during the practice exercise. A target memory could be linked to unexpected, disturbing material or memories.
- I agree that all cell phones will be turned off during group time.
- I agree to participate in the training sober and not under the influence of controlled substances.
- I agree to attend in business casual attire and always conduct myself as a professional during my participation in this training.
- I understand that any group outcome measures, or satisfaction surveys are reported in summary form with no individual identifying information. This information can assist Tapia Counseling & Psychological Services, INC in improving services and in evaluating programs. This is also a requirement for EMDRIA Approval of this training.
- Current research is limited to the applications of EMDR to trauma-related disorders.
- All participants must be licensed in the mental health field, or, if not licensed, have completed masters level coursework, currently in a licensing track and supervised by a licensed clinician with the appropriate letter on file. A letter from the licensed, supervising clinician must be completely via the online registration procedures provided. A prerequisite for receiving a CE Certificate is the completion of the three practice experiences at the training, where clinicians will give and receive EMDR therapy under small group consultation. The practice experience is for educational purposes only and not for personal therapy.
- Case material presented didactically or on video/DVD may be disturbing to those with unresolved personal issues.
- Participants presently engaged in personal therapy should consult with their therapist before participating in this training.
- Participants who presently have a dissociative disorder should not participate without special arrangements being made with the TAPIA COUNSELING AND PSYCHOLOGICAL

SERVICES/Tapia Training.

- Participants with limiting or special medical conditions (pregnancy, heart condition, ocular difficulties, etc.) should consult their medical professionals before participating.
- Since the processing of targeted incidents may continue after the training, other dreams, memories, etc., may surface. In such cases, it is the responsibility of the participant to seek and obtain appropriate assistance. Providing such assistance is not an extension of the training. Clinicians who wish to continue with personal EMDR therapy can request referral information from EMDRIA.
- These experiential workshops integrated into the Part 1 and Part 2 trainings are for clinical experience only and will not qualify the participant to train others in EMDR therapy.
- Audio/video taping of any portion of this training by participants is prohibited.
- A Continuing Education Certificate will be issued only to those who register, pay a registration fee, attend the entire training, and participate in the practice exercises on all three days.

CASE CONSULTATION:

- To be admitted to Weekend 2 of the training, documentation showing completion of 5 consultation hours with a member of our training staff is required (List of Facilitators and Consultation Sign Off Form will be in the Weekend 1 manual).
- A CE Certificate and Certificate of Completion will be issued only to those who complete the Weekend 2 training and have completed 10 hours (5 hours prior to Weekend 2 and 5 hours after Weekend 2) of case consultation with a staff member.
- HOURS COMPLETED WITH A CONSULTANT WHO IS NOT ON THE Tapia EMDR Training List WILL NOT BE ACCEPTED.

CANCELLATION:

1. All cancellations must be requested in writing from the email used to register and will be confirmed in writing by TAPIA EMDR TRAINING who hosts these EMDR Basic Training programs. Notice should be emailed to Mark Roseman, at TAPIA EMDR Training @ TapiaEMDRTraining@gmail.com
2. Any cancellation request made more than 30 days prior to the training will receive a refund minus \$150 administration fee. Thirty days or less from the training no refunds will be made, and you may transfer to a different training location, if space allows, for a \$150 administration fee. This includes cancellations due to weather, related issues, or any other reason. Note: There will be no refunds, under any circumstances, for withdrawals after the beginning of the training program.
3. Once the training starts there are no transfers or refunds allowed. In the case of a bonified emergency, illness, or other issue, TAPIA EMDR TRAINING may allow the training dates to be made up, at the sole discretion of TAPIA EMDR TRAINING for \$250 per day missed. Any partial day missed will be counted toward a full day. Missing more than one day or partial day could result in immediate dismissal from the training program and forfeiture of all tuition paid. If you choose to begin training with the online training that is considered the beginning of your training.
4. If a participant does not attend the training there will be no refunds, transfers or make-up allowed.
5. If you are more than 15 minutes late, or leave more than 15 minutes prior to the end of the training, you may be allowed to make up the “consultation” portion of what you missed with an additional fee. A minimum of 30 minutes will be required to be purchased to make up the time.
6. There is no partial credit given for any portion of the training completed if you do not complete the entire training.

7. TAPIA COUNSELING AND PSYCHOLOGICAL SERVICES is not responsible for any damages or expenses, including travel or otherwise due to any cancellations.

8. If we cancel the training, you will be notified and issued a refund. TAPIA COUNSELING AND PSYCHOLOGICAL SERVICES has the right to reschedule the training; if that happens SFG will waive the transfer fee to change to different training dates.

- If you have questions or concerns about the course, contact TapiaEMDRTraining@gmail.com

By registering for any EMDR Basic Training program., I indicate that I have read carefully and understand the Participant and Privacy Agreement and that I agree to its terms and conditions. I have asked and had answered any questions I have concerning the Agreement and am aware that this is required for my participation in this practicum exercise.

GRIEVANCES:

All grievances must be in writing to TapiaEMDRTraining@gmail.com, and will be replied to within 5 - 10 business days.