

EMDR Training Objectives

Part One of the course emphasizes educational objectives in the following areas:

1. Attendees will be able to define trauma: Non-Complex /Complex
2. Attendees will be able to define The Adaptive Information Processing Model (AIP)
3. Attendees will be able to describe EMDR Therapy's Hypothesized Mechanisms of Action
4. Attendees will be able to define what is meant by the 3 Prongs (Past/Present/Future)
5. Attendees will be able to identify and define the 8 Phases of EMDR Therapy

Part Two of the course emphasizes educational objectives in the following areas:

6. Attendees will learn a minimum of three strategies for working with high levels of affect or blocked Processing
7. Attendees will be able to define The Cognitive Interweave
8. Attendees will be able to describe what is meant by "dissociation" as defined by Structural Dissociation Theory
9. Attendees will learn Fraser's Table as an additional stabilization skill for complex cases
10. Attendees will be able to identify the various organizations associated with the EMDR community.
11. Attendees will learn what is meant by being an EMDRIA Approved EMDR Certified Therapist, or EMDRIA Approved EMDR Consultant.