

Eye Movement Desensitization and Reprocessing (EMDR)

Basic Training

April 15-17, 2011 & June 10-12, 2011

Abbotsford, BC

The British Columbia School of Professional Psychology (BCSPP) presents Basic Training in Eye Movement Desensitization and Reprocessing (EMDR). This course is approved by the Eye Movement Desensitization and Reprocessing International Association (EMDRIA). It follows the EMDRIA's currently recommended curriculum (as of July 1, 2007) and is in 3 parts: two 3-day Sessions including practica, plus 10-hours of Consultation. Registrants must take both Part I and Part II. Consultations will be taken as part of this course.

Instructor:

Marshall Wilensky, Ph. D. has been an Instructor in Counselling Psychology and Clinical Psychology for Simon Fraser University, the British Columbia School of Professional Psychology and the University of British Columbia. He has had a Private Practice in Vancouver since 1980. He specializes in the treatment of trauma and is an EMDRIA Approved Trainer and Consultant with over 12,000 hours of experience with EMDR. He is a Board Certified Expert in Traumatic Stress and listed in the Canadian Register of Health Service Providers in Psychology. He has trained over 500 therapists in Western Canada and U.S., published papers on EMDR and Phantom Limb pain, and has worked with Canadian Peacekeepers from Bosnia and Somalia.

Learning Objectives:

- to understand the research and theoretical positions on EMDR.
- to use the basic eight phase EMDR protocol, effectively and safely, and adapt it to special situations and populations.
- to be familiar with variations on the basic protocol for special populations.
- to understand legal and ethical considerations in the use of EMDR.

Topics:

- the research on EMDR; review of the research; discussion of controversy/social psychology of innovation.
- the psychology of trauma and diagnosis of Posttraumatic Stress Disorder.
- theoretical explanations for EMDR; accelerated information processing; alternate explanations; brain research; caveats.
- the 8 phases of EMDR treatment.
- EMDR and special populations.

Course Objectives:

Participants learn to use EMDR appropriately and effectively in a variety of applications. Such use is based on understanding the theoretical basis of EMDR, safety issues, integration with a treatment plan, and supervised practice.

The course is in two trainings, and consultation components take place after each.

Part I is usually sufficient for work with uncomplicated Posttraumatic Stress Disorder in most clients.

- Class 1: History, Trauma, Research
- Class 2: EMDR Basic Protocol
- Class 3: Practicum I
- Class 4: Present Anxiety, Abreaction
- Class 5: Practicum II
- Class 6: Special Populations

Part II is necessary for working effectively with more complex cases, special populations and more severe, longstanding, or complicated psychopathologies.

- Class 7 (Didactic): Protocol Review, Cognitive Interweave
- Class 8: Practicum III
- Class 9: Children, Dissociation
- Class 10: Resource Development and Installation
- Class 11 Practicum IV

Consultation includes 10-hours of individual and group consultation with an EMDRIA approved consultant. These will be acquired as part of this course.

Prerequisites: Qualified applicants will have a minimum of Master's level training in a mental health discipline and must belong to a professional organization with a code of ethics, or be a graduate student in a mental health field and working with a clinical supervisor.

Textbooks (included in fees):

Shapiro, F. (2001). *Eye movement desensitization and reprocessing: Basic principles, protocols and procedures* (2nd ed.). New York: Guilford Press.

Shapiro, F. (2006). *New notes on adaptive information processing with case formulation principles, forms, scripts, and worksheets*. Hamden, CT: EMDR Humanitarian Assistance Programs.

Format:

- lecture, discussion, demonstration, video (20 hours)
- supervised practice (20 hours)
- consultation (10 hours) with certified EMDR consultant

Part I and Part II are scheduled on two separate weekends approximately two to three months apart: Friday, Saturday & Sunday 9:00am–5:00pm

Consultations as part of this course take place online and in group following Part I and Part II.

Dates:

Part I: April 15-17 – Fri, Sat & Sun 9–5:00pm

Consultation: Online Ind./Group Consultation after Part I

In Person Consultation: June 9, 2011 evening - in person group with Marshall Wilensky 4 hrs

Part II: June 10-12, 2011 – Fri, Sat & Sun 9–5:00pm

Consultation: Online Ind./Group Consultation after Part II.

10 hrs of Consultation must be completed to get your basic training certificate as mandated by EMDRIA (EMDR International Association). www.emdria.org

Location:

Cares Counselling and Restoration Services –
103-2790 Gladwin Road Abbotsford, BC. V2T4S3

Cost: includes Basic Training I and II; 10 hrs of group/individual consultation with an EMDRIA approved consultant; textbooks; manuals and light refreshments during coffee breaks. Lunches are not included.

Please note that we are limiting this training to 21 participants.

Early Bird Rate: \$1850 Cdn. before/on March 4, 2011 – A completed registration form and payment in full must be received by this date to be eligible for the early bird rate.

Regular Rate: \$2000 Cdn. after March 4, 2011 – A completed registration form and a non-refundable deposit of \$600.00 is required to hold your spot with the balance due in full on April 4, 2011.

Send registration form with payment to:

Cares - attention: Irene Heinrichs

Address: 103-2790 Gladwin Road Abbotsford, BC. V2T 4S7 (please make cheques to Cares)

Email: cares.info@gmail.com

Phone: 604-853-8916 ext 21 for call in registrations and payments by Visa or Master Card

Fax: 604-870-8916

www.cares.ca

Registration Form

EMDR Basic Training 2011

Abbotsford, British Columbia

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Consultation: June 9, 2011 evening (in person group with Marshall Wilensky - 4 hrs)
Part II: June 10-12, 2011 – Fri, Sat, & Sun 9–5:00pm.
Online Ind./Group Consultation: after Part I and after Part II

Prerequisites: Qualified applicants will have a minimum of Master's level training in a mental health discipline and must belong to a professional organization with a code of ethics or a graduate student in a mental health field working with a clinical supervisor.

Name: _____

Degree: _____

Profession: _____

Licensing Body and Registration # (e.g., BCACC, 2045): _____

Agency/Academic Institution (if applicable): _____

Address: _____

Email: _____

Telephone: (w) _____ (c) _____

Payment Method: Cheque: ____ (payable to Cares) Credit Card: Visa ____ Master Card ____

Card #: _____

Expiry Date: _____

Mail-in Registrations to:
Early Bird Rate of \$1850

Cares 103-2970 Gladwin Road Abbotsford BC V2T 4S7

Send the registration form and full payment of
\$1850 by March 4, 2011 to receive the early bird rate.

Regular Rate:

to guarantee your spot please send the registration form and a
\$600 non-refundable deposit asap with the balance due (\$1400) by April 4, 2011.

Email: cares.info@gmail.com

Phone in or Fax Registrations: Phone: 604-853-8916 ext21 (Visa or Master Card); Fax: 604-870-8916.