

EMDR 3-Day Intensive Training

Join trauma specialist, author and national trainer, Linda Curran, BCPC, LPC, CACD, CCDPD, for this intensive 3-day EMDR training that will provide you the knowledge and skills needed to use EMDR safely and effectively with your trauma clients. Through lecture, live and videotaped demonstrations, and experiential exercises, this training will provide participants with an in-depth knowledge of trauma theory, principles, diagnosis, and treatment.

Beginning with an overview of the physiological nature of trauma, through current research on neuroscience, Linda will guide you through the traumatic stress disorders – those included in and excluded from the DSM-5®’s newly-created classification, Trauma and Stressor-related Disorders:

- Acute Trauma Disorder
- Simple PTSD
- Complex PTSD
- PTSD Dissociative Subtype
- PTSD Preschool Subtype
- Developmental Trauma Disorder (DTD)
- Borderline Personality Disorder (BPD)

For all but single-incident trauma, the tri-phasic model is today’s state-of-the-art treatment approach. You will learn each phase of the treatment including its therapeutic goals and the clinical tools to reach those goals. Most importantly, you will:

- Learn EMDR: Eye Movement Desensitization and Reprocessing skills
- Practice using these new tools in a safe and supervised environment.
- Leave this dynamic, comprehensive training equipped to improve outcomes with traumatized clients

Intended Audience

This workshop is intended for masters- and doctoral-level clinicians experienced in working with trauma. In this course, you will learn and practice alternating bilateral stimulation into two distinct types of psychotherapy sessions; development and installation of internal resources; and reprocessing of traumatic material. This course assumes requisite knowledge of, and experience with, a traumatized population (i.e., clients with underlying simple or complex PTSD regardless of presenting issues).

Participants will leave the workshop with both theoretical knowledge of the current trauma paradigm as well as the practical “hands on” experience of participating in EMDR for resourcing and reprocessing trauma.

Outline

Neuroscience of Trauma and DSM-5® Diagnostic Criteria

- Neuroscience’s Current Trauma Paradigm
- Biological nature of trauma
 - Triune Brain, The Nervous System and the Stress Response
 - Polyvagal Theory
 - Traumatic Stress: Normal, prolonged, complex and developmental
 - Specific trauma symptoms
 - Primary treatment issues in trauma therapy

- Trauma and Attachment:
- Attachment Essentials
 - Adverse Childhood Experiences Study
 - Baby/Momma Trauma
 - Insecure Attachment Styles Assessment and Primary Treatment Issues
 - Avoidant
 - Preoccupied
 - Disorganized type

- Trauma’s Somatic and Sensorimotor Sequelae:
- Hyperarousal
 - Hypoarousal
 - Dissociation, Body memories and “flashbacks”
 - Affect dysregulation

- Assessment and Diagnosis of Trauma Disorders
- Simple PTSD
 - Complex PTSD and/or DESNOS
 - Borderline Personality D/O vs. Affect Dysregulation D/O
 - DTD Developmental Trauma Disorder
 - Homework

Trauma Treatment: Trauma Tools, Trauma Treatment Modalities, and an Introduction to Eye Movement Desensitization and Reprocessing, EMDR

- The Stage Model of Treatment
- Stage One: Stabilization and Safety
- Assessment, Rapport, Psychoeducation
 - Developing the “Skills to Stay Stable”
 - Trauma Tools for Affect Regulation
 - Dissociative episodes and “flashbacks”
 - Grounding clients in their bodies and back in the present
 - Mindfulness

- Multisensory Guided Imagery
 - EFT
 - Somatic exercises
 - Reduction of physiological arousal
 - Grounding and centering
 - Containment and self-soothing
 - Decreasing physiological arousal levels
 - Recognizing and regulating affect
- Stage Two: Working Through Traumatic Memories
- Brief Overview of the Theory and Application of Trauma Processing
 - Trauma Processing Modalities:
 - Sensorimotor Psychotherapy
 - Somatic Experiencing (SE)
 - Eye Movement Desensitization and Reprocessing (EMDR)
 - Eye Movement Desensitization and Reprocessing (EMDR) Description

Practice EMDR for Resourcing and Processing Traumatic Memories

- Experiential exercises using EMDR
- Under supervision, clinicians will learn and practice the skills of EMDR for both
- Resourcing clients (Phase One)
 - Containment Imagery
 - Protection Imagery
 - Nurture Imagery
 - Comfortable Place Imagery
 - Reprocessing traumatic memories (Phase Two)

Limitations of Research and Potential Risk

Contraindications and precautions for reprocessing trauma

Differences in theory and in the associated neurophysiological models are a matter of ongoing discussion

- Live Seminar Schedule (each day)**
- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 11:50-1:00** Lunch (*on your own*)
- 4:00** Program ends
- There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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Including, Neuroscience, Diagnosis, and Effective Practices for Successful Trauma Treatment

DECATUR, GA
Monday - Wednesday
August 5-7, 2019

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