



PARNELLINSTITUTE

transforming trauma, mending attachments

EMDR Basic Training - Part 1

Seattle, Washington

April 29-May 1, 2016

Constance Kaplan, LMFT

Parnell EMDR Institute Instructor

www.parnellemdr.com

Friday

6:30-9:30 pm Group Introductions, Introduction to EMDR, History and Development of EMDR, Research, Theoretical Model, Introduction to Basic Resource Installation

Saturday

9:00 am Neurobiology of Trauma, Introduction to the Eight Phases of Treatment, Assessment Phase

10:30 am Break

10:45 am EMDR Demonstration

12:00 pm Lunch

1:15 pm Procedural Steps, Group Practice: Vignettes

2:45 pm Break

3:00 pm EMDR Practicum 1

6:00 pm Conclusion

Sunday

9:00 am	Debrief Practicum, Lecture: Desensitization, Closing Incomplete Sessions, Reevaluation. Case Formulation: Client History Taking, Preparation and Assessing Readiness for EMDR.
10:30 am	Break
10:45 am	Demonstration. Questions, Discussion
12:00 pm	Lunch
1:15 pm	Case Formulation: Working with Traumas, Introduction to the Three-Pronged Protocol
2:15 pm	Practicum 2
2:45pm	Break
3:00pm	Continue practicum 2
5:15 pm	Debrief practicum, Questions
5:30 pm	Conclusion



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EMDR Basic Training - Part 2

Seattle, Washington

May 13-15, 2016

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Friday

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|---------|---|
| 6:30 pm | Introductions, Review EMDR Model and Procedure |
| 7:30 pm | Break |
| 7:45 pm | Lecture: Case Formulation, Target Development: Working with Traumas, the Three-pronged Protocol |
| 9:30 pm | Conclusion |

Saturday

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| 9:00 am | Working with Processing Difficulties: Abreactions, Dissociation, Blocked Processing, Using Interweaves |
| 10:30 am | Break |
| 10:45 am | Lecture: Interweaves continued |
| 11:00 am | EMDR Demonstration |
| 12:00 pm | Lunch |
| 1:15 pm | Group Practice: Interweaves |
| 2:00pm | Break |
| 2:15 | Practicum 3 |
| 6:00 pm | Conclusion |

Sunday

9:00 am	Lecture: Modifying the protocol, Developing EMDR Targets, The Bridging Technique, Working with Phobias
10:30 am	Break
10:45 am	Lecture: Working with Recent Traumas and Critical Incidents
12:00 pm	Lunch
1:15 pm	Other processing difficulties: Sleepiness, Numbness, Memory Chaining, Body Memories without Visual Memories
2:00 pm	Practicum 4
5:15 pm	Integrating EMDR into a Clinical Practice, Consultation, Therapist Self-Care
5:30 pm	Conclusion