

Praxis
In Joint Sponsorship with
The Parnell Institute

--CE Information Packet--

Attachment Focused EMDR Workshop with Practicum
Laurel Parnell, PhD
Virtual Live Online Course: December 6-8, 2024

In Attachment-Focused EMDR Workshop with Practicum, emphasizing the treatment of complex PTSD, resource development and installation, target development, case conceptualization, working with blocked processing, dissociation, and abreactions. The workshop consists of lectures, demonstration videos, and small supervised practice sessions.

Participants will learn how to use Attachment-Focused EMDR in clinical practice. This workshop includes lecture, small group practice, and demonstrations in a supportive environment. Because this course provides extensive time for practice, participants learn AF-EMDR firsthand the power of this transformative therapy.

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful therapeutic method for healing trauma-based problems. Shedding new light on trauma survival, including sexual and physical abuse, accident and surgical trauma, and grief, Attachment-Focused EMDR is opening doors of the heart to genuine spiritual transformation.

AF-EMDR is client-centered and emphasizes a reparative therapeutic relationship using a combination of Resource Tapping (Parnell, 2008) to strengthen clients, EMDR to process traumas and talk therapy to help integrate the information from EMDR sessions and to provide healing derived from therapist-client interactions.

AF-EMDR can be used for clients with severe early attachment trauma, as well as for all clients who require that the therapist attend to their needs as unique individuals. AF-EMDR has five guiding principles that define it.

Target Audience:

This course is applicable for 1) Licensed Psychologist, 2) Licensed Clinical Social Worker, 3) Licensed Marriage and Family Therapist, 4) Licensed Professional Counselor, 5) Licensed Psychiatrist, 6) Licensed Psychiatric Nursing, 7) Licensed Mental Health Practitioners, 8) Physicians. This course is at an intermediate-advance level.

Overall Objectives:

At the end of the course, participants will better:

1. Discuss how to use AF-EMDR with complex cases.
2. Demonstrate AF-EMDR procedural steps.
3. Identify targets for therapy session
4. Construct targets using the bridging technique
5. Demonstrate clinical application of AF-EMDR and EMDR concepts.
6. Describe the advanced use of interweaves
7. Discuss when to employ interweaves for blocked processing
8. List how to employ interweaves for blocked processing
9. Discuss how to use AF-EMDR with dissociation, abreactions, and memory chaining.

10. Identify one technique to use AF-EMDR with adults abused as children.
11. List how to apply AF-EMDR for grief and loss.
12. Identify how to apply AF-EMDR to clients with somatic disorders.
13. Utilize Resource development and installation in cases of challenging current life situations, blocked beliefs or for performance enhancement.
14. Describe how 2 ways to adapt attuned resourcing of the AF-EMDR to support Immigrants in their healing.
15. Participants will learn a Modified version the Parnell Innovation, Tapping Through the Trauma and how to utilize it with Frontline Medical Workers and First Responders.
16. Define the clinical rationale for the evolution of AF-EMDR Early Interventions to treat a diversity of Recent Traumatic Events with an emphasis on sustained traumatic stress of which COVID-19 is a dire example.
17. Contrast the distinctions between treating ongoing traumatic stress without a post-trauma window of relative safety or calm differs from the treatment timeline of an isolated individual or community traumatic event followed by a post-trauma window of relative safety and calm.
18. List three practical strategies for helping clients control addiction-related urges.
19. Describe connecting the consequences protocol and its use in disrupting the addictive pattern.

CE Information: This live online course is approved for 22.5 contact hours.

To earn CE credit, attendees must complete all live sessions of the activity in full. If it is an in-person activity, participants must sign in and out daily. No partial credit will be awarded if sessions are missed. Upon completion of all sessions and submission of the evaluation, you will be able to print or download your CE certificate at the conclusion of the course. We will provide you with a link to access your evaluation and certificate at the conclusion of the activity.

For more information on refund policies, how to file a grievance and more, please visit <https://parnellemdr.com/events/>

This professional continuing education activity was sponsored by Praxis Continuing Education and Training and co-sponsored by the Parnell Institute. Praxis Continuing Education and Training, who has been approved as a provider of continuing education by the organizations listed below, maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed below. This live webinar activity is approved for 22.5 CE hours.

Joint Accreditation: In support of improving patient care, Praxis Continuing Education and Training, Inc is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to continuing education for the healthcare team.



IPCE: This activity was planned by and for the healthcare team, and learners will receive 22.5 Interprofessional Continuing Education (IPCE) credit for learning and change.



Nursing: Praxis Continuing Education and Training, Inc designates this activity for a maximum of 22.5 ANCC contact hours.

Physicians: Praxis Continuing Education and Training, Inc designates this live activity for a maximum of 22.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists: Continuing Education (CE) credits for psychologists are provided



through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibly for the content of the programs.

Social Workers: As a Jointly Accredited Organization, Praxis Continuing Education and Training, Inc. is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 22.5 clinical continuing education credits.

NY Social Workers: Praxis Continuing Education and Training, Inc is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0467

NY Counselors: Praxis Continuing Education and Training, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0198.

NY Psychologists: Praxis Continuing Education and Training, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0002.

Disclosure Information:

Praxis Continuing Education and Training is responsible for the content, quality and scientific integrity of all CE/CME activities certified for credit. When an educational activity is offered for medical (CME), Nursing (ANCC) and/or Psychology (APA) continuing education credit, participants must be informed as to the source, amount, nature, and disposition of any funding used to support the activity, whether in the form of educational grants, cash contributions, or in-kind contributions. Individuals in a position to influence course content must also disclose whether they have one or more relevant financial relationships with ineligible companies.

We define ineligible companies as those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. There is no minimum financial threshold; individuals must disclose all financial relationships, regardless of the amount, with ineligible companies. We ask that disclosures are made regardless of whether the individual views the financial relationships as relevant to the education. For more information on the Standards for Integrity and Independence in Accredited Continuing Education, please visit accme.org/standards.

All those in a position to control the content of an education activity are asked to disclose any relevant financial relationships they have with any ineligible companies.

There is no commercial support for this activity.

None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

References:

- 1) Lipscomb, A., & Ashley, W. (2021). A critical analysis of the utilization of eye movement desensitization and reprocessing (EMDR) psychotherapy with African American clients. *Journal of Human Services: Training, Research, and Practice*, 7(1).
- 2) Cuijpers, P., Veen, S. C. V., Sijbrandij, M., Yoder, W., & Cristea, I. A. (2020). Eye movement desensitization and reprocessing for mental health problems: A systematic review and meta-analysis. *Cognitive Behaviour Therapy*, 49(3), 165–180. <https://doi.org/10.1080/16506073.2019.1703801>

- 3) Ironson, G., Hylton, E., Gonzalez, B., Small, B., Freund, B., Gerstein, M., Thurston, F., & Bira, L. (2021). Effectiveness of three brief treatments for recent traumatic events in a low-SES community setting. *Psychological Trauma: Theory, Research, Practice, and Policy*, 13(1), 123–132. <https://doi.org/10.1037/tra0000594>
- 4) Kaptan, S. K., Dursun, B. O., Knowles, M., Husain, N., & Varese, F. (2021). Group eye movement desensitization and reprocessing interventions in adults and children: A systematic review of randomized and nonrandomized trials. *Clinical Psychology and Psychotherapy*, 28, 784–806. <https://doi.org/10.1002/cpp.2549>
- 5) Marich, J., Dekker, D., Riley, M., & O'Brien, A. (2020). Qualitative research in EMDR therapy: Exploring the individual experience of the how and why. *Journal of EMDR Practice and Research*, 14(3), 118–134.
- 6) Karadag, M., Gokcen, C., & Sarp, A. S. (2020). EMDR therapy in children and adolescents who have post-traumatic stress disorder: A six-week follow-up study. *International Journal of Psychiatry in Clinical Practice*, 24(1), 77–82. <https://doi.org/10.1080/13651501.2019.1682171>
- 7) Sepehry, A. A., Lam, K., Sheppard, M., Guirguis-Younger, M., & Maglio, A. S. (2021). EMDR for depression: A meta-analysis and systematic review. *Journal of EMDR Practice and Research*, 15(1), 2–17. <https://doi.org/10.1891/EMDR-D-20-00038>
- 8) Whitehouse, J. (2021). What do clients say about their experiences of EMDR in the research literature? A systematic review and thematic synthesis of qualitative research papers. *European Journal of Trauma & Dissociation*, 5(3), 100104. <https://doi.org/10.1016/j.ejtd.2020.01.005>
- 9) Yunitri, N., Kao, C.-C., Chu, H., Voss, J., Chiu, H.-L., Liu, D., Shen, S.-T., Chang, P.-C., Kang, X. L., & Chou, K.-R. (2020). The effectiveness of eye movement desensitization and reprocessing toward anxiety disorder: A meta-analysis of randomized controlled trials. *Journal of Psychiatric Research*, 123(250), 102–113. <https://doi.org/10.1016/j.jpsyc.2020.01.005>
- 10) Parnell L., (2020 Audible): *A Therapist's Guide to EMDR: Tools and Techniques for Successful Treatment*
- 11) Parnell L., (2019). *Rewiring the Addicted Brain with EMDR-Based Treatment*. ISBN 10: 0393714233 ISBN 13: 9780393714234. Publisher: [W. W. Norton & Company](http://www.wiley.com),
- 12) Reiter, L.J. (2018) *Eye Movement Desensitization and Reprocessing (EMDR) Treatment for the Trauma Affected Brain*. EMDRway.com

Presenter Bio

Laurel Parnell, Ph.D., is a clinical psychologist and director of the Parnell Institute for Attachment-Focused EMDR and co-director of the non-profit Trauma Assistance Program International (TAP-IN). One of the world's leading experts on Eye Movement Desensitization and Reprocessing (EMDR), she is the originator of the EMDR-related therapies Attachment-Focused EMDR and Resource Tapping. Dr. Parnell has served on the faculty of the California Institute for Integral Studies and John F. Kennedy University. She is the author of several books and videos on EMDR, including, *Attachment-Focused EMDR: Healing Relational Trauma*, *Rewiring the Addicted Brain with EMDR-Based Treatment*, *A Therapist's Guide to EMDR and Tapping In*. Dr. Parnell keynotes conferences, trains clinicians in EMDR, and teaches workshops internationally on Attachment-Focused EMDR, *Rewiring the Addicted Brain* and Resource Tapping.

VIRTUAL/LIVE WORKSHOP

DAY 1:

- 9:00 am – 10:30 am: Applying Five Basic Principles of AF-EMDR & 8 Phases of the Basic Protocol to a full Case. Including Advanced Resource & decision points.
- 10:30 am – 10:45 am: Morning Break
- 10:45 am – 11:30am: Lecture continues w/ Case Material & Application of History Taking through Re-Evaluation using the 5 Basic Principles of AF-EMDR
- 11:30 am – 12:30 pm: Demonstration video
- 12:30 pm – 1:30 pm: Lunch Break
- 1:30 pm – 2:30 pm: Lecture continues
- 2:30 pm – 2:45 pm: Group of 6 Practicum – Questions
- 2:45 pm – 3:00 pm: Afternoon Break
- 3:00 pm – 6:00 pm: Supervised Group Practicum

DAY 2:

- 9:00 am – 10:30 am: Integrating Interweaves & Blocked Processing. Expanded Target Development, the Bridging Technique w/ a Case Protocol
- 10:30 am – 10:45 am: Morning Break
- 10:45 am – 11:30am: Lecture continues
- 11:30 am – 12:30 pm: Demonstration video
- 12:30 pm – 1:30 pm: Lunch Break
- 1:30 pm – 2:30 pm: Bridging continued addictive urges and triggers
- 2:00 pm – 2:45 pm: Group of 6 Practicum
- 2:45 pm – 3:00 pm: Afternoon Break
- 3:00 pm – 6:00 pm: Supervised Practicum

DAY 3:

- 9:00 am – 10:30 am: Recent Traumatic Events – an Extended Case
- 10:30 am – 10:45 am: Morning Break
- 10:45 am – 11:30am: Questions, Morning lecture continued
- 11:30 am – 12:30 pm: Demonstration video
- 12:30 pm – 1:30 pm: Lunch Break
- 1:30 pm – 2:30 pm: Questions, Grief, and Loss
- 2:30 pm – 2:45 pm: Group of 6 Practicum – Questions
- 2:45 pm – 3:00 pm: Afternoon Break
- 3:00 pm – 6:00 pm: *Supervised Group Practicum*