

**Praxis**  
In Joint Sponsorship with  
**The Parnell Institute**

--CE Information Packet--

**Attachment Focused EMDR Basic Training: Level 1-2**

**Julie Probus-Schad, LCSW, MSW**

Virtual Live Online Workshop

Part 1: March 7-9, 2025

Part 2: April 4-6, 2025

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 a beginner-intermediate level.

Overall Objectives:

*At the end of the course, participants will better:*

1. Name and define the five basic principles of Attachment-Focused EMDR
2. Demonstrate EMDR procedural steps using the modified AF-EMDR protocol.
3. Discuss with clients the neurobiology of trauma and how EMDR works.
4. Construct and practice protocols and procedures for using AF-EMDR with a variety of clients and presenting problems.
5. Demonstrate the clinical application of EMDR and AF-EMDR concepts and procedural steps.
6. Evaluate client selection criteria and cautions necessary for safe use of AF-EMDR.
7. Identify techniques for working with blocked processing and strong emotional releases.
8. List methods for working with dissociation.
9. Organize a full history-taking from an A-F EMDR perspective.
10. Conceptualize cases and develop targets for AF-EMDR
11. Apply the client-centered and culturally adaptive use of the Parnell Modified Protocol
12. Utilize Resource development and installation in cases of challenging current life situations, blocked beliefs, or for performance enhancement.
13. Identify methods for developing inner resources used for interweaves and client closure.
14. Construct AF-EMDR targets using the bridging technique, including working with phobias.
15. Construct protocols and procedures for using AF-EMDR with clients with phobias
16. Identify methods for developing inner resources used for interweaves and client closure
17. Construct AF-EMDR targets using the bridging technique
18. List how to integrate AF-EMDR into clinical practice with a range of clients and presenting problems
19. Explore tools and EMDR adaptations to support those with diverse cultural background
20. Explain how intergenerational and ancestral traumas can be targeted and reprocessed with AF-EMDR
21. Identify at least two culturally sensitive EMDR adaptations
22. Identify strategies for culturally responsive interventions that will promote efficacy in using AF-EMDR.
23. Identify how to integrate AF-EMDR modifications to work with specific cultures.
24. Use two protocols for working with recent traumas cross-culturally.

25. Identify ways to learn if your client has medical procedure trauma and discuss how to use AF-EMDR for these clients.
26. Explain and discuss the professional, legal, and ethical issues including scope of practice, consent, and standards of practice.
27. Explain the abreaction and how to manage this during EMDR processing.
28. Demonstrate and practice EMDR Therapy session body scan, closure followed by a re-assess the target the next session.

**CE Information: This in-person course is approved for 45 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.**

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 45 CE hours.

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IPCE: This activity was planned by and for the healthcare team, and learners will receive 45 Interprofessional Continuing Education (IPCE) credit for learning and change.



Nursing: Praxis Continuing Education and Training, Inc designates this activity for a maximum of 45 ANCC contact hours.

Physicians: Praxis Continuing Education and Training, Inc designates this live activity for a maximum of 45 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.



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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

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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](http://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:**

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9. Parnell L., (2020 Audible): *A Therapist’s Guide to EMDR: Tools and Techniques for Successful Treatment*
10. Parnell L., (2019). *Rewiring the Addicted Brain with EMDR-Based Treatment*. ISBN 10: 0393714233 ISBN 13: 9780393714234. Publisher: [W. W. Norton & Company](http://www.wwnorton.com)

**Schedule:**

**(Pacific Time) - Attachment-Focused EMDR Basic Training Course (Part 1)**

**FRIDAY**

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|------------------|---|
| 9:00 - 10:30 AM  | Introductions, Introduction to EMDR, History & Development of EMDR, Research, Theoretical Model |
| 10:30 - 10:45 AM | Break (NO CE)   |
| 10:45 - 12:30 PM | Continue Morning Lecture, Neurobiology Of Trauma  |
| 12:30 - 1:30 PM  | Lunch (NO CE)   |
| 1:30 - 2:45 PM   | Introduction to Resource Development with PowerPoint and Resource Demonstration in-class        |
| 2:45 - 3:00 PM   | Break (NO CE)   |
| 3:00 - 6:00 PM   | Supervised Group Resource Practicum   |

**SATURDAY**

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|------------------|--|
| 9:00 - 10:30 AM  | Introduction to the Eight Phases of Treatment with Modified Protocol, Assessment Phase |
| 10:30 - 10:45 AM | Break (NO CE)  |
| 10:45 - 11:30 AM | Procedural Steps and Introduction to Desensitization                                   |
| 11:30 - 12:30 PM | Demonstration  |
| 12:30 - 1:30 PM  | Lunch (NO CE)  |
| 1:30 - 2:00 PM   | Questions  |

2:00 - 2:45 PM Group Practice: Vignettes #1

2:45 - 3:00 PM Break (NO CE)

3:00 - 6:00 PM Supervised Practicum

### **SUNDAY**

9:00 - 10:30 AM Debrief Practicum, Lecture: Desensitization, Closing Incomplete Sessions, Reevaluation, Case Formulation: Client History Taking, Preparation and Assessing Readiness for EMDR

10:30 - 10:45 AM Break (NO CE)

10:45 - 11:30 PM Questions

11:30 - 12:30 PM Demonstration

12:30 - 1:30 PM Lunch (NO CE)

1:30 - 2:45 PM Case Formulation: Working with Traumas, Introduction to the AF-EDR Three-Pronged Protocol

2:45 - 3:00 PM Break (NO CE)

3:00 - 6:00 PM Supervised Practicum

### **(Pacific Time) - Attachment-Focused EMDR Basic Training Course (Part 2)**

### **FRIDAY**

9:00 - 10:30 AM Review and Expand Case Conceptualization Using the Three-pronged Protocol as They Apply a New Case

10:30 - 10:45 AM Break (NO CE)

10:45 - 11:30 AM Lecture Continues: Application of All 8 Phases

11:30 - 12:30 PM Demonstration

12:30 - 1:30 PM Lunch (NO CE)

1:30 - 2:45 PM Questions, Working with Resource Challenges, Working Virtually

2:45 - 3:00 PM Break (NO CE)

3:00 - 6:00 PM Practicum Group of 6

### **SATURDAY**

9:00 - 10:30 AM Working With Processing Difficulties: Abreactions, Dissociation, Sleepiness, Numbness, Memory Chaining, Blocked Processing. Using Interweaves

10:30 - 10:45 AM Break (NO CE)

10:45 - 11:30 AM Lecture Continues  
11:30 - 12:30 PM Demonstration  
12:30 - 1:30 PM Lunch (NO CE)  
1:30 - 2:00 PM Questions  
2:00 - 3:00 PM Group of 6: Interweaves Vignettes Practicum  
3:00 - 3:15 PM Break (NO CE)  
3:15 - 6:00 PM Supervised Practicum

**SUNDAY**

9:00 - 10:30 AM Lecture: Developing EMDR Targets, The Bridging Technique, Working with Phobias  
10:30 - 10:45 AM Break (NO CE)  
10:45 - 11:30 AM Morning Lecture Continues  
11:30 - 12:30 PM Demonstration  
12:30 - 1:30 PM Lunch (NO CE)  
1:30 - 2:45 PM Questions, Review AF-EMDR w/ Three-Pronged Protocol w/ Bridging  
2:45 - 3:00 PM Break (NO CE)  
3:00 - 5:40 PM Supervised Practicum  
5:40 - 6:00 PM Integrating AF-EMDR Into a Clinical Practice, Consultation, Therapist Self-Care