

CE Information Packet

Healing Developmental Deficits and Adults Abused as Children

12 CE Hours

Led By: Lauren Parnell, PhD

Clients who have experienced childhood traumas which have impacted their capacity to form close emotional relationships in adulthood require adjustments to the procedural steps of EMDR. These relational traumas include physical or sexual abuse, neglect, early losses, birth or medical trauma, caregiver disconnection, and vicarious trauma. For EMDR therapists to succeed with this population, they need an advanced understanding of EMDR that includes an attachment-repair orientation.

Based on material from Dr. Parnell's book, *Attachment-Focused EMDR: Healing Relational Trauma*, this workshop presents practical information to encourage the creative use of EMDR with these clients. Through lecture, case examples, and video demos, you will learn how to integrate an attachment-repair orientation into EMDR treatment.

Objectives: *At the end of the course, participants will better be able to:*

1. Describe the five basic principles of Attachment-Focused EMDR and how they can be integrated into the treatment of relational trauma.
2. Discuss how an attachment-focus can be integrated into the history taking and preparation phases of EMDR.
3. List the four most commonly used resources to install as well as other useful resources and how they can be integrated into EMDR with an attachment focus.
4. Describe how to repair early developmental stages using imagination and bilateral stimulation.
5. Name three techniques for working with dissociation.
6. Describe four ways to integrate an attachment-focus into the desensitization, installation, closure and reevaluation phases of EMDR.
7. Utilize at least four interweave strategies.
8. Describe how and why to adapt the standard EMDR protocol for clients with attachment wounds.

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-advanced level and participants should have already completed a basic training in EMDR before making use of the approach taught in this course.

Agenda:

- Session 1: The 5 Basic Principles of Attachment-Focused EMDR (51 minutes, 12 seconds)
 - Five basic principles of Attachment-Focused EMDR

- Standard versus the Modified EMDR protocol
 - Rationale for modifications
 - Therapist Characteristics & Skills
 - Assessment, preparation and ego strengthening
- Session 2: Tapping in Resources (2 hours, 12 minutes, 40 seconds)
 - Resource Tapping: Four Foundational Resources
 - Using Resource Tapping in Treatment
 - Video demonstration
 - Q and A
- Session 3: Utilizing Resources (24 minutes, 28 seconds)
 - Child-self & Adult-Self Relationship Assessment and Development
 - Resource installation skills
 - 4 most important attachment repair resources
 - Alternative resources client may develop
 - Q and A
- Session 4: Preparing Client for EMDR (51 minutes, 2 seconds)
 - Case Formulation
 - 3 phases of Attachment-Focused EMDR treatment
 - Assessment and preparation
 - Processing and integration
 - Target development
 - Q and A
- Session 5: The Modified Protocol (1 hour, 44 minutes, 27 seconds)
 - Bridging technique
 - Creativity, spirituality, and integration
 - Techniques to prepare your client for treatment
 - Video demonstration
 - Q and A
- Session 6: How to manage EMDR therapy in challenging clinical situations (2 hours, 48 minutes, 45 seconds)
 - How to modify standard EMDR protocol
 - Benefits of modified EMDR protocol
 - Closing incomplete sessions
 - Video demonstration
 - Q and A
- Session 7: Helping Clients with Processing Difficulties and Using Interweaves (3 hours, 18 minutes, 54 seconds)
 - Re-evaluation phases of EMDR
 - Blocked Processing
 - Interweave strategies
 - Q and A

- Ideal mother / father / family
- Video demonstration
- Q&A

Total video run time: 12 hours, 11 minutes, 28 seconds

References:

1. Kemal Kaptan, S., & Brayne, M.(2021). A qualitative study on clinicians' perceptions of Attachment-Focused eye movement desensitisation and reprocessing therapy. *Counselling and Psychotherapy Research*, 00, 1–12.
2. Norcross, J. C. & Lambert, M. J. (2018). Psychotherapy relationships that work III. *Psychotherapy*, 55, 303-315.
3. Schore, A. N. (2021b). The interpersonal neurobiology of intersubjectivity. *Front. Psychol.* 12: 648616. doi: 10.3389
4. Siegel, D. J. (2019). The mind in psychotherapy: An interpersonal neurobiology framework for understanding and cultivating mental health. *Psychology and Psychotherapy: Theory, Research and Practice*, 92(2), 224–237. <https://doi.org/10.1111/papt.12228>
5. Solomon, M. F., & Siegel, D. J. (2017). *How people change: Relationships and neuroplasticity in psychotherapy*. WW Norton & Company.
6. Zhang, Y., Meng, T., Hou, Y., Pan, Y., & Hu, Y. (2018). Interpersonal brain synchronization associated with working alliance during psychological counseling. *Psychiatry Research Neuroimaging*.

CE Information: This non-live online distance learning course is approved for 12 CE hours.

To earn CE credit, attendees must complete the course in full, pass the post test with a score of 80% or higher, and submit a course evaluation. Upon receipt of the evaluation, attendees will be able to print their CE/CME certificate of completion.

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Course launch date: 11/24/25

Course review/expiration date: 11/24/28

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