

EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR) BASIC TRAINING

June 21-23 & September 5-8, 2017
Pre-study 1 month Prior to commencement of training
Early Bird Date: **April 7, 2017**
Winnipeg, MB

Life Journeys Counselling & Training Inc. presents Basic Training in Eye Movement Desensitization and Reprocessing (EMDR). This course is approved by the Eye Movement Desensitization and Reprocessing International Association (EMDRIA). It follows the EMDRIA's currently recommended curriculum (as of July 1, 2007) and is in 3 parts: two 3-day Sessions including practica, plus 10-hours of Consultation. Registrants must take both Session 1 and Session 2. Consultations may be taken as part of this course or privately.

Instructor:

Sue Genest, MSc. CCC. RCC. is a certified EMDR therapist, EMDRIA Approved Consultant and EMDR Training Provider. She has been working in health care for over 24 years. She has specialized in trauma work using EMDR, Hakomi body psychotherapy, and various methods to address the whole person. She works with individuals and groups addressing trauma (e.g. abuse, car accidents), addictions, grief, anxiety, stress, depression, self esteem, health, and relationship issues. She has worked with the following populations: individuals struggling with various mental health issues (e.g. PTSD, Depression, Bipolar, Schizophrenia), individuals with varying disabilities; minorities (e.g. Aboriginal, gay/lesbian, immigrants), correctional offenders (e.g. Childhood trauma, personality disorders, military trauma); cancer patients, general public, student populations, and corporate professionals (E.g. EnCana, Enmax). She is a Canadian Certified Counsellor and Registered Clinical Counsellor in BC. She graduated from The University of Calgary with her 1st class Honors BA in Psychology and her Master of Science degree in Counselling Psychology. She has won numerous awards for her academic work and taught several classes at the University including counselling skills, lifespan development; mind/body/spirit medicine; qualitative research; and sexuality. She has publications and presentations in the area of counselling, pediatrics, qualitative research, and sexuality

Learning Objectives:

- to use the basic eight phase EMDR protocol, effectively and safely, and adapt it to special situations and populations.
- to understand the research and theoretical positions on EMDR.
- to be familiar with variations on the basic protocol for special populations.
- to understand legal and ethical considerations in the use of EMDR.

Topics:

- the research on EMDR; review of the research, discussion of controversy/social psychology of innovation.
- the psychology of trauma and diagnosis of Posttraumatic Stress Disorder.
- theoretical explanations for EMDR; accelerated information processing; alternate explanations; brain research; caveats.
- the 8 phases of EMDR treatment.



- EMDR and special populations.

Course Objectives:

Participants learn to use EMDR appropriately and effectively in a variety of applications. Such use is based on understanding the theoretical basis of EMDR, safety issues, integration with a treatment plan, and supervised practice.

The course is in two sessions with a pre study and 10 hours of consultation by an EMDRIA Approved Consultant.

Pre Study

The pre study materials will be sent to you 1 month prior to session one starting.

- Pre Study 1: Trauma Informed Care
- Pre Study 2: EMDR Research
- Pre Study 3: EMDR Resources

Session 1 is usually sufficient for work with uncomplicated Posttraumatic Stress Disorder in most clients.

- EMDR History
- EMDR Basic Protocol
- Resource Development and Installation
- Practicum I
- Blocked Processing
- Practicum II
- Special Populations: Illness, grief, recent events protocol, couples, self use, Children

Session 2 is necessary for working effectively with more complex cases, special populations and more severe, longstanding, or complicated psychopathologies.

- Protocol Reviews: Basic & Recent Events Protocols
- Cognitive Interweave
- Practicum III
- Practicum IV
- Special Populations: Pain, Phobia, Addiction, Children, Overview Dissociation

Consultation includes 10-hours of individual and group consultation with an EMDRIA approved consultant. These may be acquired as part of this course or privately.

Prerequisites: Qualified applicants will have a minimum of a Master's level training in a mental health discipline and must belong to a professional organization with a code of ethics, or be a graduate student having completed their core graduate academic coursework and be in or completed their practicum/internship portion of their graduate program. Graduate students must be on a licensing track and working under the supervision of a fully licensed mental health clinician.

If you will be unable to practice EMDR with clients between the two sessions, you will be unable to complete the training. For more detailed information, please visit www.suegenest.ca, EMDR Basic Training, and scroll down to the Course Outline.



All participants are welcome in my training regardless of background, sexual orientation, gender, race, culture, or religious background if you meet the above criteria. An environment of acceptance and care will be afforded all participants.

Textbook and Manuals (Included in fees):

Shapiro, F. (2001). *Eye movement desensitization and reprocessing: Basic principles, protocols and procedures* (2nd ed.). New York: Guilford Press.

Session one and Session two manuals will be provided in the training.

Numerous Resources in Sue's Online Forum (Included in fees) For example:

Shapiro, F. (2006). *New notes on adaptive information processing with case formulation principles, forms, scripts, and worksheets*. Hamden, CT: EMDR Humanitarian Assistance Programs.

EMDRIA Newsletter: Special Edition. Children, Adolescents & EMDR: A Closer Look
EMDRIA Newsletter: Special Edition December 2001: Resource Development.

Format:

- lecture, discussion, demonstration, video (20 hours)
- supervised practice (20 hours)
- consultation (10 hours) with an EMDRIA Approved consultant (Included in fee)

Session 1 and **Session 2** are scheduled on two separate weekends approximately two to three months apart.

The **10hrs of Consultation** required for course completion, take place in an online forum and group format between and after Session 1 and 2. Ongoing online forum consultation is available after completion of the course.

Approved for Continuing Competency by the Canadian Counselling Association.

Dates:

Session One: **June 21-23, 2017**; Wednesday - Friday 9-5pm

Session Two: **September 5-8, 2017**; Wednesday - Friday 9-5pm

4hr Group Consultation; Sept. 5 from 12:30-4:30pm (Tues. afternoon before 2nd session)

Location: Winnipeg, Manitoba

Cost: Two-part Basic Training Course **\$2100 Cdn. which includes 10 hrs of group and individual consultation** with an EMDRIA approved consultant; textbook; manuals, handouts, pre study, and an online forum with numerous resources. **\$2000** if non-refundable deposit received **April 7, 2017**.

The **non-refundable deposit** to hold your spot for training is **\$600 by April 7, 2017 for the early bird rate** with the balance paid by the first day of training.

Textbooks, manuals, and handouts are included in the fees and will be handed out in session one and two of the training. There is no need to read the manual before the first part of training.



Due to the experiential nature of this training a practica consent and confidentiality agreement is required. Please read, print, sign, and bring your form to the first day of training. See below for the form.

Send registration form with deposit to:

Sue Genest; (Payment by cheque; e-transfer; cash; or money order. Cheques payable to Life Journeys Counselling and Training Inc. Full payments by Pay Pal incur an administration fee of \$70.00)

info@suegenest.ca

Registration Form below....



Registration Form

EMDR Basic Training: Winnipeg, MB.

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4hr Group Consultation; Sept. 5 from 12:30-4:30pm (Tues. afternoon before 2nd session)

Early Bird Date: April 7, 2017

Prerequisites: Please see the above brochure and for more detailed information visit www.suegenest.ca
EMDR Basic Training and scroll down to the Course Outline.

Name: _____
(Print the name you want used on your certificate of completion)

Degree: _____

Licensing Body; Licensing Number _____

Agency/Academic Institution (if applicable): _____

Address: _____

Email: _____ (**IMPORTANT:** Please choose an email that can be used for all communication on this training including group emails. Work emails especially Government emails often bounce group emails or you will not receive attachments. Be sure to put our emails in your safe senders list. This email will receive numerous communications.)

Telephone: (h) _____ (w) _____ (c) _____

How did you hear about the training? _____

Do you have any allergies? _____

Please avoid wearing perfumes/colognes during this training to respect those with sensitivities, thank you. Please leave all nut products at home to respect those with severe allergies.

Please indicate any special accommodations you may need for this training: _____

Send registration form with deposit to:

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info@suegenest.ca



EMDR Basic Training: Participant Agreement Winnipeg, MB.; 2017

The undersigned participant acknowledges that she or he has thoroughly and carefully read, understands, and agrees to the following¹:

1. A significant component of the training involves clinicians practicing EMDR and related procedures in small groups under the supervision of the instructor or a qualified staff member. These practice experiences are for training purposes only and not for personal therapy. All participants should be prepared to address disturbing real life experiences as part of this training program in order to appreciate the subjective experience of EMDR as a client would and to provide valid training experiences for other participants. It is not unusual for a target memory to be linked to other, unexpected, disturbing memories or material, which might surface during or after the practice sessions. Trauma-related case material presented didactically, in consultation sessions, or on video may be disturbing to those with unresolved personal issues. In submitting their application for training, the participant affirms that they have developed appropriate self-soothing and affect/arousal management skills to cope with exposure to this type of material and will be able to employ these skills as necessary during and following EMDR training, practice and consultation sessions. *It is the responsibility of the participant to seek, obtain and pay for appropriate professional assistance if needed. Providing such assistance is not part of the training.*
2. You are expected to maintain a spirit of cooperation and mutual support for all in the training. The trainer reserves the right to withhold or dismiss from training any participant that she deems unable to successfully complete the training for any reason.
3. This experiential training is intended to prepare clinicians to apply EMDR for clinical purposes only and will not qualify the participant to train others in EMDR. Attempts to train others in EMDR without meeting the standards as defined by the EMDR International Association would represent a violation of professional ethics and standards. Additionally, in signing this document, I relinquish my right to teach EMDR in Western Canada.
4. In order to assure confidentiality of personal and clinical information, audio/video recording by participants is not allowed. It is expected that all participants shall maintain the highest ethical standards of confidentiality regarding all personal and clinical information shared by others in this training. Confidentiality shall apply to all consultation sessions and practicum experiences: specifics may be discussed only with members of the immediate consultation or practice group, the participant's group consultant, practicum supervisor and trainer(s).
5. A Certificate of Completion will be issued to all participants who satisfactorily complete the entire training and 10 consultation hours.

Please print your name: _____

Participant's Signature: _____ Date: _____

¹ Adapted with permission from the Sonoma Psychotherapy Training Institute Participant Agreement copyright 2012 Andrew M. Leeds, Ph.D.

