

## **EMDR THERAPY BASIC TRAINING PROGRAM**



*Presented by:  
Carol Miles MSW, LCSW LLC  
EMDRIA Approved Basic Trainer*

***Part 1 Feb 3-5, 2021 and Part 2 April 7-9, 2021  
(EMDRIA approved EMDR Basic Training normally offered in person,  
including all components of the practice, in a convenient online format)***

### **EMDR THERAPY**

Eye Movement Desensitization and Reprocessing Therapy (EMDR) is a comprehensive psychotherapy that accelerates the treatment of a wide range of pathologies and self-esteem issues related to disturbing events and present life conditions. This interactional, standardized approach has been empirically tested in over 20 randomized controlled studies with trauma patients and hundreds of published case reports evaluating a considerable range of presenting complaints including, depression, anxiety, phobias, excessive grief, somatic conditions and addictions and compulsive disorders. EMDR Therapy is guided by the Adaptive Information Processing model which hypothesizes that unprocessed memories appear to set the basis for a wide range of dysfunction. A number of neurophysiological studies have documented the rapid post-treatment EMDR therapy effects.

Participants will learn via lecture, video, demonstrations, Q & A sessions, role play demonstrations, small group exercises and supervised practice sessions.

# THREE RIVERS TRAINING CENTER

---

Each participant will experience EMDR as both clinician and client through two training modules.

*This Virtual Basic EMDR Training* is Approved by the EMDR International Association ([www.emdria.org](http://www.emdria.org)) and represents a departure from the traditional two-weekend training models with an innovative format designed to lead the participants in a sequential learning experience emphasizing conceptual clarity, procedural details, and skill development through a combination of lectures, discussions drawn from actual EMDR therapy sessions and then practice, developing skills in supervised practicums throughout the training.

## PART 1 LEARNING OBJECTIVES

10 hours of didactic + 10 hours of supervised practice

- Learn the underlying adaptive information processing theory of EMDR therapy and other theoretical brain functioning and research issues;
- Learn to assess the appropriateness of using EMDR therapy with your patients;
- Learn to integrate EMDR therapy in to a comprehensive treatment plan; and
- Develop the skill in using all eight phases of EMDR therapy

## PART 2 LEARNING OBJECTIVES

10 hours of didactic + 10 hours of supervised practice

- Describe strategies to identify and effectively resolve problem areas in the utilization of EMDR;
- Describe protocols for closing down incomplete sessions;
- Describe a treatment plan to choose and prioritize targets appropriate for EMDR treatment;
- Describe strategies for dealing with highly emotional responses;
- Describe strategies for dealing with dissociative symptoms and phobias; and
- Describe strategies to treat more complex trauma-related disorders and other special populations.

---

## REGISTRATION COSTS

### PART I and PART II (COMBINED COSTS)

\$1400—Private Practice or Employees of For Profit Organization\*

\$1200—Employees of Non-Profit Organizations (25 hours+) & Students\*

**STUDENTS:** The EMDR International Association requires that students who register for the training be enrolled in a master's or doctoral program in the mental health field (Counseling,

# THREE RIVERS TRAINING CENTER

---

Marriage and Family Therapy, Psychology, Psychiatry, Psychiatric Nursing, Social Work) or related mental health discipline. Students must have completed their core graduate academic coursework and must be in the 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. Unfortunately, some graduate students are not eligible to take the training. Therefore, as long as you meet the above criteria and will be starting your internship or practicum *before* the training takes place, you are eligible to register for the training.

**EMDR requires a combined 10 hours of case consultation for Part I and Part II (combined) with an EMDRIA Approved Consultant or Consultant-In-Training to complete EMDR Basic Training and receive a Certificate of Completion. An EMDRIA Approved Consultant will be given to you at the training.**

**\* Consultation costs are NOT included in the training program fees.**

EMDR requires a combined 10 hours of case consultation for Part I and Part II (combined) with an EMDRIA Approved Consultant or Consultant-In-Training to complete EMDR Basic Training and receive a Certificate of Completion. Group consultations sessions will be scheduled to assist in the integration of EMDR into clinical work. It is important that trainees take the skills learned in both weekends and begin to actively use EMDR. That work is then brought to consultation for review and support.

**\* *Additional consultation costs are NOT included in the training program fees.***

*\$500—Private Practice or Employees of For Profit Organization*

*\$250—Employees of Non-Profit Organizations & Students*

***An EMDRIA Approved Consultant will be provided for you at the training, (paid separately to consultant)***

Registration Options: Contact Carol Miles for additional information

Payment Options:

Payment in full though your credit card at PayPal at [cmileslcsw@icloud.com](mailto:cmileslcsw@icloud.com)

OR

Mail check & Registration to:

Carol Miles, MSW, LCSW

110 E. 7th Avenue

Covington, LA 70433

## ***Payments Plans:***

- *Payment plan of 3 payments each, balance due prior to start of Part 2.*
  - *Deposit of \$250 at time of enrollment.*
  - *2nd payment by February 2, 2020*
  - *Last payment by April, 2020*
  - *If using credit cards through PayPal for payment plan, a service charge of \$30 will be included in total fees.*
  -

# THREE RIVERS TRAINING CENTER

---



## EMDRIA Approved Trainer

**Carol Miles MSW, LCSW** is a clinical social worker specializing in individual, family and group psychotherapy, maintains a private practice in Covington and New Orleans, LA with a broad spectrum of clients, and also provides consultation for therapists developing skills in Eye Movement Desensitization and Reprocessing Therapy (EMDR). Carol, a graduate of LSU School of Social Work specializing in clinical social work, has over 30 years' experience as a social worker in clinical, administration, and marketing with the public and private sectors. Among her areas of expertise are working with clients who have eating disorders and trauma. She has additional training in Dialectical Behavioral Therapy (DBT) and is a certified in EMDR by EMDRIA. Carol has often presented at state wide conferences and to general audiences on topics ranging from eating disorders, assertiveness, EMDR, DBT and developing a private practice. She is both a clinician as well as professor and is able to communicate the material in an energetic, interesting manner—making new material easy to learn. A current member of EMDRIA and LACSW, and she has taught as an adjunct professor at the Tulane School of Social Work since 1988. Carol currently serves as co-coordinator for the South Louisiana EMDR Region Network and is the current President of the EMDRIA Board of Directors, term ending Dec 31, 2021.

Carol, during the pandemic, currently practices virtually and will include helpful information on how to provide EMDR therapy online, according to the EMDRIA guidelines

## USEFUL INFORMATION

### Schedule for both weeks, Days 1-3

Didactic: 8:30AM—12PM

Practicum: 1:00PM—5PM

40 Continuing Education Credits LPCs and Social Workers

A professional CEU certificate for LPCs and Social Workers for 40 credits will be issued upon completion of Part I and Part II and the successful completion of a posttest. All of the training days must be attended in their entirety. Partial credit will not be given for professional CEUs.

An EMDRIA Certificate of Completion of EMDR Basic Training will be provided upon completion of 50 hours of training (Part I and Part II), the successful completion of a posttest AND completion of 10 hours of case consultation (4 hours following Part 1 AND 6 hours following Part II). Partial credit will not be given for EMDRIA credits.

*Particulars regarding the virtual training will be given in detail. If you would like to review that prior to making a decision, I can send a copy.*

More information

Go online and follow links at: <https://www.carolmiles.com/emdr-therapy-training/>

---