

## **EMDR THERAPY BASIC TRAINING PROGRAM**



*Presented by: Carol Miles MSW, LCSW LLC*

***Part 1 March 10-12, 2021  
and  
Part 2 April 14-16, 2021***

***(EMDRIA approved EMDR Basic Training normally offered in person, including all components of the practice, in a convenient online format)***

Carol Miles is proud to offer EMDR Therapy Basic Training. Participants will receive a certificate of *Basic Training in EMDR Therapy* which will allow for the provision of EMDR Therapy with a wide range of clients. Participants will also be eligible to attend further trainings in EMDR Therapy at the advanced level, participate in the EMDRIA Regional Meetings, and be eligible to pursue certification in EMDR Therapy.

### **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.

*This **Virtual Basic EMDR Training*** is approved by the [EMDR International Association](#) and represents a departure from the traditional two-weekend training models with an innovative format. The training is designed to lead 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 supervised practice sessions to develop skills throughout the training. Participants will learn via lecture, video, demonstrations, Q & A sessions, role play demonstrations, small group exercises, and supervised practicums. Each participant will experience EMDR as both clinician and client through two training modules.

## 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 statewide 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. Throughout the pandemic, Carol has practiced virtually and will integrate helpful information on how to provide EMDR therapy online, according to the EMDRIA guidelines.

### 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, a copy can be sent.*

## PART 1 LEARNING OBJECTIVES

*10 hours of didactic + 10 hours of supervised practice*

- Apply the underlying Adaptive Information Processing theory of EMDR Therapy and other theoretical, brain functioning, and research issues
- Assess the appropriateness of using EMDR Therapy with your patients
- Conceptualize a case from an EMDR Therapy and trauma viewpoint
- Integrate EMDR Therapy into a comprehensive treatment plan
- Develop skill in using all eight phases of EMDR therapy
- Apply the target sequencing plan
- Identify the three-stage standard protocol
- Identify, select, and develop appropriate target issues for use with an EMDR Therapy protocol safeguards
- Identify soothing and grounding techniques
- Identify techniques to teach patients to tolerate and modulate affect
- Apply resource development and installation
- Apply responses to certain resistances
- Identify applications of EMDR Therapy to various patient problems
- Be aware of Identify clinician limitations
- Make use of on-going supervision and case consultation
- Between the first and second parts of the course, and in order to continue to the second part, each participant will participate in a total of 4-6 hours of consultation

## PART 2 LEARNING OBJECTIVES

*10 hours of didactic + 10 hours of supervised practice*

- Identify special protocols to use with specific patient groups and specific patient problems
  - Identify additional techniques to handle looping, resistance and other problems
  - Identify therapeutic and cognitive interweaves
  - Identify applications of EMDR Therapy to dissociative, Axis II, and other disorders
  - Integrate EMDR Therapy into your current treatment approach
  - Be further cognizant of Identify safety issues
  - Consider legal, ethical issues
  - Identify practitioner problems with the method
  - Further practice with clients
  - Continue to make use of on-going supervision and case consultation with Instructor and with peers
  - Demonstrate proficiency in using the EMDR Therapy
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## ELIGIBILITY

**LICENSED THERAPISTS:** At the time of registration, licensed clinicians must provide evidence of licensure and malpractice.

**NON-LICENSED THERAPISTS:** At the time of registration, non-licensed clinicians and clinicians not yet licensed for independent practice must provide evidence of 1) meeting EMDRIA educational qualifications; 2) having an appropriate supervised clinical setting; and 3) are in the process of moving toward licensure for independent practice. You must submit the materials below to [cmiles@tulane.edu](mailto:cmiles@tulane.edu) and will not be considered fully registered without submission of these materials:

1. A letter about your current practice situation which should describe:
  - a. Current practice setting;
  - b. The kinds of clinical problems and clients with whom you currently work;
  - c. The number of clients you see in on-going psychotherapy;
  - d. The frequency of therapy sessions with these clients;
  - e. The therapy methods or approaches you currently use;
  - f. The license you are pursuing; and
  - g. The anticipated or estimated date when you plan to achieve licensure
2. The second required letter will be from your licensed clinical supervisor providing licensure supervision. If your clinical supervisor is not your management supervisor, you must also provide a third letter from your management supervisor.

**GRADUATE 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, 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. 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. You must submit the materials below to [cmiles@tulane.edu](mailto:cmiles@tulane.edu) and will not be considered fully registered without submission of these materials:

1. A letter about your current practice situation which should describe:
  - a. Current practice setting;
  - b. The kinds of clinical problems and clients with whom you currently work;
  - c. The number of clients you see in on-going psychotherapy;
  - d. The frequency of therapy sessions with these clients;
  - e. The therapy methods or approaches you currently use'
  - f. The license you are pursuing; and
  - g. The anticipated or estimated date when you plan to achieve licensure
2. The second required letter will be from your licensed clinical supervisor providing licensure supervision. If your clinical supervisor is not your management supervisor, you must also provide a third letter from your management supervisor.

## REGISTRATION COSTS FOR PART 1 and 2 (Combined)

\$1700- **Early Bird by Jan 25** Private Practice or Employees of For-Profit Organization\*

\$1800- Private Practice or Employees of For-Profit Organization

\$1400- Employees of Non-Profit Organizations (25 hours+) & Students

*\*not available for non-profit settings, graduate students, or payment plans*

### Registration Fees include:

- Access to Canvas with Training Manual and Handouts
- Support of a highly experienced trainer for practice sessions
- Four hours of small group consultation after Part I (required to attend Part II)
- Six hours of small group consultation after Part II (required to receive the EMDR Basic Training Certificate of Completion)
- Opportunity to bring cases to consultation for review and support
- 40 CEU Hours for Social Work or LPC

## REGISTRATION PAYMENT OPTIONS

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

OR

Mail check & Registration to: Carol Miles, MSW, LCSW LLC  
110 E. 7th Avenue Covington, LA 70433

A **payment plan** of 3 payments each with the 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 9, 2020

\*Not eligible for early bird discount. If using a credit card through PayPal for payment plan, a service charge of \$30 will be included in total fees.

Once your payment is received, you will receive an e-mail confirming your registration into the program, and you will be guaranteed a spot at the event.

**CANCELLATION POLICY** -- In the event you cannot come to our program, it is important for you to provide notification (before the program begins) either by email (preferred) at [cmiles@tulane.edu](mailto:cmiles@tulane.edu) or via phone at 985-893-1248.

### Prerequisite Reading

*Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures, 3rd Edition, Francine Shapiro* (not included in registration costs)

For more additional information, visit [Three River Training Center](http://ThreeRiverTrainingCenter.com) and follow the links or contact Carol Miles at [cmiles@tulane.edu](mailto:cmiles@tulane.edu)