



# Relational EMDR Therapy<sup>SM</sup>: Examining the Self of the Therapist

TRAINING ID: MR-101

START DATE:

OCTOBER 1, 2023

PLACE:

RED MOUNTAIN RESORT,  
Ivins, Utah



**The Center** for Excellence  
in EMDR Therapy



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## Training Overview

This 24 CE-hour Masterclass retreat is designed to give therapists who practice Relational EMDR at the highest level a unique opportunity to go even further. It's six days of in-depth learning, self-exploration, rest, and relaxation among a community of your peers. We take a deep dive into the Self of the therapist, taking the hero's journey into the unknown, exploring both our gifts as well as our shadows. As part of this exploration, we will examine how we show up in relationship to our clients is only part of what makes healing possible. It's the thirdness, the synergy between therapist and client that creates the conditions for transformation to take place.

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## Program Training Dates

OCTOBER

1  
SUNDAY

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6  
FRIDAY

2023  
YEAR

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Q & A Date Post-Training  
TBA

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### Training Coordinator:

Jeanette Faircloth

[admin@emdrtherapy.com](mailto:admin@emdrtherapy.com)

202-363-3637 X0



YEAR 2023

## SCHEDULE BY DAY

**NOTE: ALL DATES AND TIMES  
ARE LISTED IN MOUNTAIN TIME**

- Breakfast served from **6:30 am – 9:00 am**
- Lunch is served from **11:30 am – 1:00 pm**  
(indoor and outdoor seating)
- Dinner is served from **5:30 pm – 7:00 pm**  
(indoor and outdoor seating, by reservation)

MONTH

DAY 1

DATES

SUNDAY

**OCTOBER**

**1**

- **7:30 pm – 9:30 pm**

Introductions and overview of the course

MONTH

DAY 2

DATES

MONDAY

**OCTOBER**

**2**

- **8:30 am – 10:00 am** Training
- **10:00 am – 10:15 am** Break
- **10:15 am – 11:45 am** Training
- **11:45 am – 1:15 pm** LUNCH BREAK
- **1:15 pm – 3:30 pm** Practice in dyads
- **6:30 pm – 8:30 pm** Evening group hike (optional)  
or personal time for other spa resort activities

MONTH

DAY 3

DAY 4

DATES

TUESDAY | WEDNESDAY

**OCTOBER**

**3**

–

**4**

- Morning group hikes from **8:00 am – 11:00 am**  
(optional) or personal time
- **12:30 pm – 2:00 pm** Training
- **2:00 pm – 2:15 pm** Break
- **2:15 pm – 3:45 pm** Training
- **3:45 pm – 4:15 pm** 30-minute Break
- **4:15 pm – 6:15 pm** Practice in dyads

MONTH

DAY 5

DATES

THURSDAY

**OCTOBER**

**5**

- **8:30 am – 10:00 am** Training
- **10:00 am – 10:15 am** Break
- **10:15 am – 12:30 pm** Training
- Afternoon group bike ride from **1:00 pm – 3:30 pm**  
(optional) or personal time

MONTH

DAY 6

DATES

FRIDAY

**OCTOBER**

**6**

- **8:30 am – 10:30 am**  
Training Closure, Debrief  
Checkout time is **11:00 am**.



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## Overall Training Objectives

To develop an appreciation of the intersubjectivity of the therapist and client and how to bring greater mindfulness to the moment to moment unfolding of experience.

To develop therapist attunement skills using nonverbal tracking of the felt sense experience, using the resonance between therapist and client.

To identify potential moments of meeting between therapist and client, making it more of a

shared experience.

To identify and understand stuckness as a “we” phenomenon, and how to facilitate movement in therapy using the relationship as the vehicle.

To identify when to make it relational and when not to make it about the relationship.

To promote growth and change in ourselves as well as for our clients as we delve into our own shadow parts that can get in the way of our work with our clients.





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## Eligibility

This Masterclass retreat course is for experienced EMDR therapists who are working with clients who have complex trauma and severe attachment difficulties. At least two advanced trainings (Intermediate or Advanced or Master) by Deany are required in order for you and others to fully benefit from this course.

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## Application Process

All applications are submitted online via the website registration portal for review. You will receive an email once the status of your application is updated. See refund and cancellation policy below for more details.





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## Cancellation and Refund Policy

Tuition is refundable up to 30 days in advance less a \$75 administrative fee. Withdrawals less than 30 days from the start date of the training are refundable less a \$75 administrative fee with the balance of the tuition credited towards any future training. A request for cancellation must be by email to [admin@emdrtherapy.com](mailto:admin@emdrtherapy.com). If you must withdraw once the training begins, there is no partial credit or refund. The Center reserves the right to cancel or reschedule the training at its discretion and will credit one's tuition towards a future date or offer a full refund.

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## For Group Rates and Financial Assistance

Daniel Merlis LICSW

Co-Director

[dan@emdrtherapy.com](mailto:dan@emdrtherapy.com)



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