



The Center for Excellence in EMDR Therapy

The Triangle of Trauma: Victim, Victimizer & Rescuer

April 2024 Schedule

*All times listed in Mountain Time (MT)

TRAINING SCHEDULE

DAY 1: APRIL 20 — SATURDAY

9:30 am — 11:00 am	Orientation to the training; Introduce an EMDR therapy framework that incorporates elements from interpersonal neurobiology, affective neuroscience, body processes, parts work, and attachment theory, offering a rationale for a more integrative approach to treating complex trauma using a relational approach.
11:00 am — 11:15 am	BREAK (15 minutes)
11:15 am — 1:00 pm	Describe Karpman's Triangle dynamics of Victim, Victimizer and Rescuer dynamics and be able to identify these dynamics. Video #1 Initial interview with a client.
1:00 pm — 2:30 pm	LUNCH BREAK (90 minutes)
2:30 pm — 3:45 pm	Small and large group discussion on video (30 minutes). Identify at least three ways therapists can get pulled into these dynamics. Identify one or more adaptations on the part of the therapist and client.
3:45 pm — 4:00 pm	BREAK (15 minutes)
4:00 pm — 5:30 pm	Adaptations to trauma: inhibitory and excitatory patterns of response. Video #2 Reprocessing session with a client.

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TRAINING SCHEDULE

DAY 2: APRIL 21 — SUNDAY

9:30 am — 11:00 am	Debrief yesterday's session. Therapeutic alliance and impasse
11:00 am — 11:15 am	BREAK (15 minutes)
11:15 am — 1:00 pm	Identify the three components to the Empowerment Dynamic and how we can work our way through an impasse. Video #3 Reevaluation and next steps with the client. Start Clinical Interweave Categories (CIC)
1:00 pm — 2:30 pm	LUNCH BREAK (90 minutes)
2:30 pm — 3:30 pm	Clinical Interweave Categories (continued)
3:30 pm — 3:45 pm	BREAK (15 minutes)
3:45 pm — 5:30 pm	Live demonstration and debrief

BONUS Q & A SESSION

MAY 17 — FRIDAY

3:00 pm — 4:30 pm (MT) / 5:00 pm — 6:30 pm (ET)

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