



## The Center for Excellence in EMDR Therapy

### Relational EMDR Therapy® - Examining the Self of the Therapist

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#### December 2025 Schedule

\*All times listed in Eastern Time (ET)

#### DAY 1

##### DECEMBER 5 — FRIDAY

10:00 am — 11:45 am	Course Lecture
11:45 am — 12:00 pm	BREAK (15 minutes)
12:00 pm — 1:45 pm	Course Lecture
1:45 pm — 2:30 pm	LUNCH BREAK (45minutes)
2:30 pm — 3:15 pm	Breakout Discussion with Facilitator — Group of 9
3:15 pm — 3:25 pm	BREAK (10 minutes)
3:25 pm — 4:15 pm	Round #1 Practice in Triads (50 minutes)
4:15 pm — 4:25 pm	BREAK (10 minutes)
4:25 pm — 5:15 pm	Round #2 Practice in Triads (50 minutes)
5:15 pm — 5:25 pm	BREAK (10 minutes)
5:25 pm — 6:15 pm	Round #3 Practice in Triads (50 minutes)
6:15 pm — 6:30 pm	Debrief with Facilitator — Group of 9

#### DAY 2

##### DECEMBER 6 — SATURDAY

10:00 am — 11:30 am	Debrief, Course Lecture
11:30 am — 11:45 am	BREAK (15 minutes)
11:45 am — 12:45 pm	Course Lecture
12:45 pm — 1:30 pm	LUNCH BREAK (45 minutes)

1:30 pm — 2:00 pm	Breakout Discussion with Facilitator — Group of 9
2:00 pm — 2:50 pm	Round #1 Practice in Triads (50 minutes)
2:50 pm — 3:00 pm	BREAK (10 minutes)
3:00 pm — 3:50 pm	Round #2 Practice in Triads (50 minutes)
3:50 pm — 4:00 pm	BREAK (10 minutes)
4:00 pm — 4:50 pm	Round #3 Practice in Triads (50 minutes)
4:50 pm — 5:00 pm	BREAK (10 minutes)
5:00 pm — 5:30 pm	Debrief with Facilitator — Group of 9

### **DAY 3**

#### **DECEMBER 7 — SUNDAY**

10:00 am — 11:30 am	Debrief, Course Lecture
11:30 am — 12:00 pm	Breakout Discussion with Facilitator — Group of 9
12:00 pm — 12:30 pm	LUNCH BREAK (30 minutes)
12:30 pm — 1:20 pm	Round #1 Final Practice in Triads (50 minutes)
1:20 pm — 1:30 pm	Break (10 minutes)
1:30 pm — 2:20 pm	Round #2 Final Practice in Triads (50 minutes)
2:20 pm — 2:30 pm	Break (10 minutes)
2:30 pm — 3:20 pm	Round #3 Final Practice in Triads (50 minutes)
3:20 pm — 3:30 pm	Break (10 minutes)
3:30 pm — 3:45 pm	Debrief with Facilitator — Group of 9
3:45 pm — 4:00 pm	Return to Large group with Deany

### **BONUS Q & A SESSION**

January 7 — WEDNESDAY

11:30 pm — 1:00 pm

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