



## The Center for Excellence in EMDR Therapy

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

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#### December 2024 Schedule

\*All times listed in Eastern Time (ET)

#### DAY 1

##### DECEMBER 6 — 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 — 2:45 pm   | LUNCH BREAK (60 minutes)                           |
| 2:45 pm — 3:45 pm   | Breakout Discussion with Facilitator - Group of 10 |
| 3:45 pm — 4:45 pm   | Round #1 Practice                                  |
| 4:45 pm — 5:00 pm   | BREAK (15 minutes)                                 |
| 5:00 pm — 6:00 pm   | Round #2 Practice                                  |

#### DAY 2

##### DECEMBER 7 — SATURDAY

|                     |  |
|---------------------|--|
| 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 — 2:45 pm   | LUNCH BREAK (60 minutes)                           |
| 2:45 pm — 3:15 pm   | Breakout Discussion with Facilitator - Group of 10 |
| 3:15 pm — 4:15 pm   | Round #1 Practice                                  |
| 4:15 pm — 4:30 pm   | BREAK (15 minutes)                                 |
| 4:30 pm — 5:30 pm   | Round #2 Practice                                  |
| 5:30 pm — 6:00 pm   | Debrief with Facilitator - Group of 10             |

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## DAY 3

### DECEMBER 8 — SUNDAY

|                     |  |
|---------------------|--|
| 10:00 am — 11:45 am | Course Lecture   |
| 11:45 am — 12:00 pm | BREAK (15 minutes)   |
| 12:00 pm — 12:15 pm | Breakout Discussion with Facilitator - Group of 10                         |
| 12:15 pm — 1:15 pm  | Final Practice - 1 <sup>st</sup> rotation (60 minutes)                     |
| 1:15 pm — 2:00 pm   | LUNCH BREAK (45 minutes)   |
| 2:00 pm — 3:00 pm   | 2 <sup>nd</sup> practice rotation (60 minutes)                             |
| 3:00 pm — 3:30 pm   | Debrief with Facilitator - Group of 10                                     |
| 3:30 pm — 4:00 pm   | Return to large group with Deany for debrief, evaluations, final takeaways |

## BONUS Q & A SESSION

January 10 — FRIDAY

12:00 pm — 1:30 pm