



## The Center for Excellence in EMDR Therapy

### The Dance of Attachment: An Introduction to Relational EMDR Therapy<sup>SM</sup>

---

#### 2025 Schedule

\*All times listed in Eastern Time (ET)

#### DAY 1

#### MAY 2 — FRIDAY

11:00 am — 12:45 pm	Introduction to the course and to Relational EMDR Therapy <sup>SM</sup>
12:45 pm — 1:00 pm	BREAK (15 minutes)
1:00 pm — 2:45 pm	Attachment styles and therapist adaptations to trauma
2:45 pm — 3:30 pm	LUNCH BREAK (45 minutes)
3:30 pm — 4:30 pm	Client video illustration
4:30 pm — 5:15 pm	Small group discussion (Group of 9)
5:15 pm — 5:30 pm	BREAK (15 minutes)
5:30 pm — 6:00 pm	Practice in Triads – First practice rotation (30 minutes)
6:00 pm — 6:30 pm	Practice in Triads – Second practice rotation (30 minutes)
6:30 pm — 7:00 pm	Practice in Triads – Third practice rotation (30 minutes)

\*All times listed in Eastern Time (ET)

## DAY 2

### MAY 3 — SATURDAY

11:00 am — 12:45 pm	Debrief previous day's material
12:45 pm — 1:00 pm	BREAK (15 minutes)
1:00 pm — 2:00 pm	Apply clinical interweaves (CIC) to facilitate reprocessing  Identify and address fears and blocking beliefs as they arise in reprocessing
2:00 pm — 2:45 pm	LUNCH BREAK (45 minutes)
2:45 pm — 3:00 pm	Orient to afternoon practice with Facilitator
3:00 pm — 3:50 pm	Practice in Triads – First practice rotation (50 minutes)
3:50 pm — 3:55 pm	BREAK (5 minutes)
3:55 pm — 4:45 pm	Practice in Triads – Second practice rotation (50 minutes)
4:45 pm — 4:50 pm	BREAK (5 minutes)
4:50 pm — 5:40 pm	Practice in Triads – Third practice rotation (50 minutes)
5:40 pm — 5:45 pm	BREAK (5 minutes)
5:45 pm — 6:15 pm	Debrief with Facilitator in large group of 9

## DAY 3

### MAY 4 — SUNDAY

11:00 am — 12:30 pm	Debrief previous day's material  Dynamic Reevaluation phase of Relational EMDR Therapy
12:30 pm — 1:00 pm	BREAK (30 minutes)
1:00 pm — 1:15 pm	Orient to afternoon practice with Facilitator  Reevaluation of previous day's reprocessing session. Complete if incomplete. Identify positive moments since session, linking corresponding belief and strengthening with BLS. Make it relational by sharing personal response to the client's triumph. Apply Future template to a future challenge situation with a client.
1:15 pm — 2:00 pm	Final Practice – First rotation (45 minutes)
2:00 pm — 2:05 pm	BREAK (5 minutes)
2:05 pm — 2:50 pm	Final Practice – Second rotation (45 minutes)
2:50 pm — 2:55 pm	BREAK (5 minutes)
2:55 pm — 3:40 pm	Final Practice – Third rotation (45 minutes)
3:40 pm — 3:45 pm	BREAK (5 minutes)
3:45 pm — 4:15 pm	Debrief with Facilitator
4:15 pm — 4:30 pm	Return to large group for debrief, evaluations, final takeaways

## BONUS Q & A SESSION

### JUNE 6 — FRIDAY

2:30 pm — 4:00 pm

**\*All times listed in Eastern Time (ET)**