



The Center for Excellence in EMDR Therapy

The Dance of Attachment: An Introduction to Relational EMDR TherapySM

2026 Schedule

*All times listed in Eastern Time (ET)

DAY 1

MAY 15 — FRIDAY

11:00 am — 12:45 pm	Introduction to the course and to Relational EMDR Therapy SM
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)

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DAY 2

MAY 16 — 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 17 — 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