



The Center for Excellence in EMDR Therapy

Relational EMDR TherapySM: Examining the Self of the Therapist

October 2023

Schedule by the Day (in Mountain Time):

Breakfast served from 6:30 am – 9:00 am

Lunch is served from 11:30 am – 1:00 pm (indoor and outdoor seating)

Dinner is served from 5:30 pm – 7:00 pm. (indoor and outdoor seating, by reservation)

Sunday:

7:30 pm – 9:30 pm Introductions and overview of the course

Monday:

8:30 am – 10:00 am Training

10:00 am – 10:15 am **Break**

10:15 am – 11:45 am Training

11:45 am – 1:15 pm **Lunch break**

1:15 pm – 3:30 pm Practice in dyads

6:30 pm – 8:30 pm Evening group hike (optional) or personal time for other spa resort activities

Tuesday and Wednesday:

Morning group hikes from 8:00 am – 11:00 am (optional) or personal time

12:30 pm – 2:00 pm Training

2:00 pm – 2:15 pm **Break**

2:15 pm – 3:45 pm Training

3:45 pm – 4:15 pm **30-minute Break**

4:15 pm – 6:15 pm Practice in dyads

Thursday:

8:30 am – 10:00 am Training

10:00 am – 10:15 am **Break**

10:15 am – 12:30 pm Training

Afternoon group bike ride from 1:00 pm – 3:30 pm (optional) or personal time

Friday:

8:30 am – 10:30 am Training Closure, Debrief

Checkout time is 11:00 am.