



The Center for Excellence in EMDR Therapy

EMDR RTEP & GTEP Training for NJ Plus

December 9 - 10, 2025

Day 1: R-TEP – Tuesday, December 9th

9:00 am - 10:30 am History of EEI, evolution of RTEP, EEI & the AIP Model,
Overview of Key Concepts of RTEP, Review Phases 1-3 w/ video
10:30 am - 10:40 am BREAK (10 minutes)
10:40 am - 12:30 pm Phase 4 with video, Phase 5-7, Phase 8 with video
12:30 pm - 1:30 pm LUNCH BREAK (1 hour)
1:30 pm - 1:40 pm Orientation to practice – LARGE GROUP
1:40 pm - 2:20 pm Small Group Practice 1
2:20 pm - 2:30 pm BREAK (10 minutes)
2:30 pm - 3:10 pm Small Group Practice 2
3:10 pm - 3:20 pm BREAK (10 minutes)
3:20 pm - 4:00 pm Small Group Practice 3
4:00 pm - 4:30 pm Debrief & Closure

Day 2: G-TEP – Wednesday, December 10th

9:00 am - 10:30 am Define EEI, overview of GTEP, Client selection & readiness
factors, GTEP setup for practice, Review Worksheet Steps 1-5
10:30 am - 10:40 am BREAK (10 minutes)
10:40 am - 12:30 pm GTEP Worksheet review Step 6, Procedural steps 7-8 with
video, Worksheet script review, Large group demo of Step 1
12:30 pm - 1:30 pm LUNCH BREAK (1 hour)
1:30 pm - 1:50 pm Orientation to Practice – LARGE GROUP
1:50 pm - 2:40 pm Small Group Practice 1
2:40 pm - 2:50 pm BREAK (10 minutes)
2:50 pm - 3:40 pm Small Group Practice 2
3:40 pm - 3:50 pm BREAK (10 minutes)
3:50 pm - 4:30 pm Additional Applications of GTEP, Debrief & Closure