



The Center for Excellence in EMDR Therapy

Relational EMDR Therapy: Taking the Journey to the Next Level

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Training Program Schedule

Friday, May 14, 2022

6.75 hours

9:00 am – 10:45 am

Class

- Present rationale for a relational approach to EMDR therapy for the treatment of developmental trauma

10:45 am – 11:00 am

Break

11:00 am – 12:30 pm

Class

- Identify and develop therapist attunement skills by tracking the moment-to-moment somatic experience, using the resonance between the therapist and client

12:30 pm – 1:45 pm

Lunch

1:45 pm – 3:00 pm

Class

- Identify one or more attachment-related patterns of response associated with each attachment style
- To understand therapeutic impasse through the AIP Model, and how to use the relationship between the therapist and client to facilitate movement in the work
- Client video illustration

3:00 pm – 3:30 pm

Break with snack

3:30 pm – 3:40 pm
worksheets

Orient to Practice Sessions – Review tasks,

3:40 pm – 5:45 pm
min. break)

Practice in Dyads – two rotations, 60-min. each (w/5

- To identify an attachment-based pattern of response on the part of the therapist that can contribute to an impasse; Develop an AIP case conceptualization and treatment plan identifying relevant memories, and selecting a Target Memory to be reprocessed

Saturday, May 14, 2022

6.25 hours

9:00 am – 10:30 am

Class

- Debrief previous day's material
- Identify and recognize core affective responses versus defensive affective responses both in ourselves as well as in our clients
- Identify and work with specific psychological defenses such as avoidance, idealization, and shame in and out of reprocessing

10:30 am – 10:45 am

Break

10:45 am – 12:15 pm

Class

- Apply clinical interweaves (CIC) to facilitate reprocessing effects, create moments of meeting, and generate adaptive actions for future use
- Identify and address fears and blocking beliefs as they arise in reprocessing

12:15 pm – 1:30 pm

Lunch

1:30 pm – 2:15 pm

Class

- Client video illustration

2:15 pm – 4:30 pm
min. break)

Practice in Dyads – two rotations, 60-min. each (w/15

- Reprocess Target Memory relating to identified pattern of response
- Identify and work with specific psychological defenses such as avoidance, idealization, and shame in and out of processing

- Effectively apply clinical interweave strategies (CIC) to facilitate reprocessing effects

Sunday, May 15, 2022

5.25 hours

9:00 am – 10:30 am

Class

- Debrief previous day's material
- Reevaluation phase of Relational EMDR Therapy – identify and strengthen one or more positive experiences in between sessions and link it with a corresponding belief that reflects the client's self-experience, sharing the client's personal triumph – making it relational

10:30 am – 10:45 am

Break

10:45 am – 12:30 pm

Practice in Dyads – two rotations, ~50-min. each

- 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.

12:30 pm – 1:30 pm

Lunch

1:30 pm – 2:00 pm

Debrief Final Practice Session

2:00 pm – 3:30 pm

Class

- Being relational is also about not making it relational
- Client video illustration
- Final takeaways
- Evaluations