



## TRAINING OVERVIEW

Eye Movement Desensitization and Reprocessing (EMDR), a complex approach to psychotherapy, accelerates the treatment of a wide range of pathologies and self-esteem issues related both to upsetting past traumatic events and present life conditions. This interactive, standardized approach has been empirically tested with patients evincing a considerable range of presenting complaints, including loss of a loved one, rape, sexual molestation, and exposure to combat and natural disaster.

## CONTROLLED STUDIES

Controlled studies of survivors of Vietnam combat, rape, molestation, accident, catastrophic loss and natural disaster indicate that EMDR is capable of a rapid desensitization of traumatic memories, including a cognitive restructuring and a significant reduction of client symptoms such as, emotional distress, intrusive thoughts, flashbacks and nightmares. Substantial research supports application of EMDR to trauma-related disorders. The International Society for Traumatic Stress Studies Practice Guidelines has listed EMDR as efficacious in the treatment of PTSD.

## TRAINING HIGHLIGHTS

- Psychobiological overview
- Specialized history-taking to identify focal patterns and beliefs
- Desensitization of traumatic memories and present anxieties
- Installation of positive belief structures
- Strategies for client resource development and enhancement
- Specific EMDR Protocols and case formulation
- Personal use for the therapist to process vicarious imagery overflow from traumatized patients
- How to apply EMDR to a range of trauma related complaints, including: applications to dissociative symptoms, somatoform disorders, phobias, natural disasters, PTSD, children and adult survivors of abuse.
- How to work with difficult and /or resistant clients
- Integration of "self-control" techniques
- A more proactive version of EMDR for full effective application
- How to choose and prioritize targets
- Creative strategies to deal with abreactive responses
- Cognitive Interweave exercises to resolve "stuck" sessions
- Practicum experience with other participants
- Eight-phase case conceptualization

## LEARNING OBJECTIVES

Participants will learn:

- How to identify the parameters that are treatable with EMDR
- How to use EMDR as a form of psychotherapy
- The components involved in the approved EMDR approach
- The eight phases of EMDR needed for comprehensive treatment
- Clinical implications of existing research
- The criteria for client selection
- Strategies for effective and safe use of EMDR
- Issues, problems, and goals of treatment for utilizing EMDR
- Integration of EMDR with other approaches
- Application to other populations

## COURSE FORMAT

This seven-session format is especially designed for clinicians who are interested in learning to integrate EMDR successfully into their clinical practice by developing and applying their skills over an extended period of time. Participants will be required to read the newly edited textbook by Francine Shapiro, Ph.D., *Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures*, Guilford Press, NY, 2nd Edition, 2001. The course will consist of lecture, live and videotaped demonstrations, case studies, and supervised practice. The format includes **extended small group practicum** experience in which to practice EMDR with direct observation and feedback from the trainers.

## TRAINERS

All three trainers are Founding Partners of The Traumatic Stress Network. They have each had extensive experience teaching both basic and advanced coursework in EMDR and providing consultation to EMDR trained psychotherapists. All three are EMDR Institute Trainers and Facilitators, and EMDR International Association Approved Commercial Instructors.

**Don Dorsey, Ed. D.** is an Emeritus Professor at California State University, Northridge. He has 40 years of diverse clinical experience as a licensed psychologist. He specializes in the treatment of complex PTSD, e.g., adults abused or neglected as children, and problems with interpersonal intimacy.

**Curtis Rouanzoin, Ph.D.** has 34 years of clinical experience as a licensed psychologist and licensed marriage and family therapist and specializes in the treatment of dissociative disorders and other trauma related disorders. He is a specialty presenter on dissociative disorders at the EMDR Institute Level II trainings. Curt has also served on the Board of Directors of the EMDR International Association.

**Linda Vanderlaan, Ph.D.** is a licensed, clinical psychologist and has specialized in the use of EMDR to treat trauma related disorders and somatic complaints for 15 years. Linda has also served on the Board of Directors of the EMDR International Association.

## COURSE LOCATIONS & SCHEDULE

**Winter & Fall:** Corona, California (Riverside County)—(951) 279-7099  
1451 S. Rimpau Ave., Suite 209, Corona, CA 92879

### CORONA CLASS MEETS FRIDAYS, 9 A.M.–5 P.M.

**Winter:** 801 E. Chapman Ave., Suite 204, Fullerton 92831  
Saturdays, 9 a.m.–6 p.m.

**Fall:** California State University, Northridge (Room TBA)  
Saturdays, 9 a.m.–6 p.m.

See actual dates on registration form.

**Call Linda Vanderlaan for more information: (951) 279-7099  
or [lindavanderlaan@att.net](mailto:lindavanderlaan@att.net)**

All seminars are held in facilities which comply with the Americans with Disabilities Act. If special accommodations are required, please notify The Traumatic Stress Network.

## INTEGRATING EMDR WITH OTHER APPROACHES

EMDR has become invaluable for psychotherapists of all major orientations including psychoanalysis/psychodynamic, cognitive, behavioral, experiential and Gestalt. It is a method which is readily integrated into one's clinical practice and can be learned in a very modest period of time.

### FRANCINE SHAPIRO, Ph.D.

ORIGINATOR AND DEVELOPER OF EMDR

**Francine Shapiro, Ph.D.**, the originator and developer of EMDR, is a Senior Research Fellow at the Mental Research Institute, Palo Alto, California. She serves as Executive Director of the EMDR Institute in Pacific Grove, California, and the President Emeritus of the EMDR Humanitarian Assistance Programs, a non-profit organization that coordinates disaster response and pro bono trainings worldwide.

Only trainings carrying the EMDR Institute logo are authorized by Francine Shapiro, Ph.D., and the EMDR Institute, Inc., Pacific Grove, California

## QUALIFICATIONS

A clinical background is necessary for the effective application of EMDR. Attendance at the workshops is limited to mental health professionals who have a master's degree of higher in the mental health field and are licensed or certified through a state or national board which authorizes independent practice.

## INTERN/GRADUATE STUDENT REQUIREMENTS:

Completion of graduate level coursework at an accredited school and on a licensing track under state sanctioned supervision by a licensed clinician. Please submit with registration curriculum vitae, résumé, practicum log, proof of graduate status and a current supervisor's letter with his/her degree and license number.

## CONTINUING EDUCATION

45 CONTINUING EDUCATION CREDITS

**APA** TTSN is approved by the American Psychological Association to offer continuing education for psychologists. TTSN maintains responsibility for the program.

**BBS** For California, the course meets the qualifications for 45 hours of continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences, Approval #PCE1349.

To receive 45 Continuing Education Credits, participants must attend the course in its entirety.

No partial credit.