

IN PARTNERSHIP WITH ONLINE CE CREDITS

EMDR SKILLS FOR TRAUMA TREATMENT

C.E. CREDITS

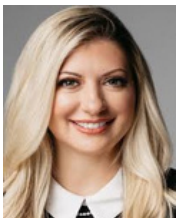
Providers get free access to two of these trainings.

On- Demand: Self-Paced Video Format

The target audience for this event includes psychologists, licensed clinical social workers, licensed counselors, MFT's, and other clinical mental health professionals.

COURSE DESCRIPTION

EMDR is a set of evidence-based, powerful treatment tools for trauma and PTSD, as well as other mental health conditions. While EMDR skills have been popular for many years, training in these skills can be difficult to find, and is often cost-prohibitive. This 2-day course introduces attendees to the original 8-phase model of EMDR and teaches participants how to conduct each of the eight phases.



- **Instructional Level: Intermediate**
- **Instructor(s): Jennifer Sweeton, PsyD, MS, MA**
- **Material Author(s): Jennifer Sweeton, PsyD, MS, MA**


Dr. Jennifer Sweeton is a licensed clinical psychologist, best-selling author, and internationally recognized expert on anxiety, trauma, and mental health neuroscience. She completed her doctoral training at Stanford, Palo Alto University, and the National Center for PTSD. She holds a master's degree in affective neuroscience from Stanford and studied behavioral genetics at Harvard. Based in the Kansas City area, Dr. Sweeton owns Kansas City Mental Health Associates and serves as President of the Greater Kansas City Psychological Association. She offers psychological services in Oklahoma, Kansas, and internationally, and has trained over 10,000 mental health professionals.

LEARNING OBJECTIVES

- ✓ Describe the history of BLS, and how it helps desensitize clients to distressing information.
- ✓ State at least one way EMDR has been associated with healthy brain change.
- ✓ Name five areas of the brain impacted by traumatic events.
- ✓ Name the 8 Phases of Francine Shapiro's Original 8-Phase Model.
- ✓ Explain who EMDR tends to be most effective for.
- ✓ Describe the Adaptive Information Processing Theory.
- ✓ Define "pendulation" and "titration."
- ✓ State at least two EMDR strategies that help clients resource and stabilize.
- ✓ Name one way EMDR resourcing techniques can be used to build positive cognitions (neural networks).
- ✓ State the definition of mirror neurons and how they facilitate the therapeutic alliance.
- ✓ Describe how attachment-based EMDR treatment for relational trauma differs from the original model.

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