

IN PARTNERSHIP WITH ONLINE CE CREDITS

EYE MOVEMENTS AND EYE PLACEMENTS IN PSYCHOTHERAPY: FAST TOOLS FOR DESENSITIZATION

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

Several contemporary and classic psychotherapy modalities utilize eye movements and eye placements to help clients desensitize to, and process, distressing memories and thoughts. These techniques, which are often straightforward and easy to implement, are nonetheless underutilized by therapists, as few trainings teach these strategies in isolation. Attend this workshop, and you will learn several practical, eye-based desensitization and processing skills that can immediately be integrated with almost any therapy approach!

LEARNING OBJECTIVES



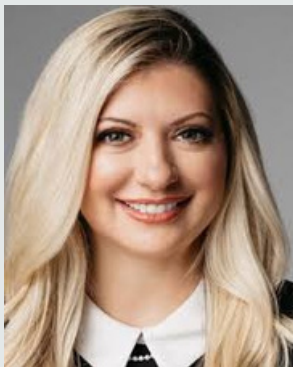
Name and practice at least two eye placement techniques that can facilitate desensitization and processing of distressing material.



Name and practice at least two eye movement techniques that can facilitate desensitization and processing of distressing material.



Describe two limbic areas of the brain involved in desensitization.




- **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.

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