

PRESENTED BY
WENDY FREITAG, PHD

Wendy J. Freitag, Ph.D. has over 30 years of EMDR therapy experience working with adults in the treatment of post-traumatic stress disorder, grief and anger issues, mood and anxiety disorders, as well as facilitating personal and professional transitions and performance enhancement.

She is an EMDR Institute Senior Trainer and on the faculty at the University of Wisconsin-Milwaukee - School of Continuing Education, where she teaches an EMDR Basic Training course.

Dr. Freitag currently serves as President of the EMDR Research Foundation since 2006. She served EMDRIA as a President, Secretary, and Director from 1998-2006 and chaired the Educational Program and Professional Development Committee, which developed the initial basic training requirements used today.

EMDR Institute, Inc.
Founded By Francine Shapiro, PhD

EMDR THERAPY REFRESHER COURSE:

COMPREHENSIVE REVIEW, PROBLEMS, PITFALLS, AND SOLUTIONS

Live, Interactive
2-Day Virtual Training
8:30AM-5:00PM
14 CE Credits

Feb 19-20, 2027 (Mountain)
Jun 4-5, 2027 (Central)
Aug 6- 7, 2027 (Mountain)

Register at www.EMDR.com
831.761.1040

THIS COURSE IS IDEAL FOR YOU IF YOU ...

- **Completed EMDR Basic Training years ago, or more recently through a different provider, this refresher is your opportunity to reconnect with the gold standard - the EMDR Institute training.**
- **Want to sharpen your skills, reignite your passion for EMDR, and elevate your clinical impact.**
- **Are experiencing "therapist drift" and want to get back on track.**
- **Want to move beyond your current approach to better meet the unique needs of each client.**
- **Want access to the comprehensive set of clinical worksheets.**

COURSE DESCRIPTION

We'll take a deep dive into each of the 8 Phases of the three-pronged approach, addressing common problems and pitfalls, and translating them into practical, immediately usable solutions. Through a dynamic blend of lecture, recorded video, interactive group discussion, and Q&A, we'll explore key clinical decision points—like recognizing readiness for reprocessing, finding effective cognitions, discerning which protocol to use, and more.

Case conceptualization is the key to highly effective therapy but can be an obstacle for EMDR therapists. The 8 Phases of Case Conceptualization through the AIP lens will be explained as a clear framework that simplifies clear, effective treatment planning. Learn from an EMDR expert with over 30 years of experience and walk away re-anchored in the essentials, equipped with practical solutions, and ready to deliver more precise, outcome-focused EMDR therapy.

FRIDAY SCHEDULE

8:00 am - 8:30 am: Check-in
8:30 am - 10:15 am
- Adaptive Information Processing (AIP) model
- 8 Phases of Effective Case Conceptualization

10:15 am - 10:30 am: Break
10:30 am - 12:00 Noon
- 8 Phases through the AIP lens
- Target Identification Worksheet

12:00 am - 1:00 pm: Lunch
1:00 pm - 2:45 pm
- Stabilization and Resourcing Strategies
- Phase 2 - Problems, Pitfalls and Solutions

2:45 pm - 3:00 pm: Break
3:00 pm - 5:00 pm
- Target Assessment Worksheet
- Effective Negative and Positive Cognitions
- Phase 3 - Problems, Pitfalls and Solutions

FRIDAY OBJECTIVES

- Explain how the Adaptive Information Processing model guides EMDR Therapy.
- List the 8 Phases of effective case conceptualization in EMDR therapy.
- List at least 3 Predisposing Factors that make a person susceptible to their current difficulties.
- Describe at least 4 Perpetuating Factors that cause the problems or symptom to continue over time.
- Name which of 7 Phases factors create and maintain maladaptive memory networks.
- Name 3 times Resource Development and Installation (RDI) is beneficial during EMDR treatment.
- List 4 characteristics of a Negative Cognitive
- Explain 2 pitfalls that can occur during Phase 3 Target Assessment

SATURDAY SCHEDULE

8:00 am - 8:30 am: Check-in
8:30 am - 10:15 am
- Readiness Issues & Solutions
- Reprocessing Worksheets
- Solutions for Blocked Reprocessing

10:15 am - 10:30 am: Break
10:30 am - 12:00 Noon
- Types of Cognitive Interweaves
- Phase 4 - Problems, Pitfalls and Solutions

12:00 am - 1:00 pm: Lunch
1:00 pm - 2:45 pm
- Phase 5 – Worksheet & Problems, Pitfalls and Solutions
- Phase 6 – Worksheet & Problems, Pitfalls and Solutions
- Phase 7 - Worksheets

2:45 pm - 3:00 pm: Break
3:00 pm - 5:00 pm
- Phase 8 – Worksheets & Problems, Pitfalls and Solutions
- 3-Pronged Approach
- Future Templates – Worksheet & Problems, Pitfalls and Solutions

SATURDAY OBJECTIVES

- Describe the readiness criteria to start memory reprocessing.
- Explain the EMDR Reprocessing Continuum and its effective use during Phase 4 Desensitization.
- Name 3 first line interventions to use when reprocessing is stalled during Phase 4 Desensitization.
- Apply a cognitive interweave when reprocessing is block during Phase 4 Desensitization.
- Explain at least two effective solutions when the VOC remains 6 and below.
- Describe the reasons to conduct the Reevaluation Phase after a reprocessing session.
- List 2 interventions to implement when the Future Template becomes blocked.
- Distinguish the difference between future rehearsal and future template.

SHARPEN ***RENEW***

ELEVATE ***MASTER***

REQUIREMENTS

Completion of an EMDRIA Approved Basic Training.

If you did not receive your EMDR Basic Training from the EMDR Institute, please submit proof of completion (certificate of completion) of an EMDRIA Approved Basic Training to registration@emdr.com.

PLEASE NOTE

- This event is live and will not be recorded
- Zoom links and training resources will be sent to registered participants the week of training
- 14 CE Credits / certificate will be issued upon successful completion of quiz following workshop
- Attendance is mandatory for CE Credits

RESEARCH

Current research is limited to the application of EMDR to trauma-related disorders.

EMDR Institute maintains responsibility for this program and its contents.

CONTINUING EDUCATION

NBCC: EMDR Institute has been approved by NBCC as an approved ACE Provider, ACEP #5558. Programs that do not qualify for NBCC credit are clearly identified. EMDR Institute is solely responsible for all aspects of the program.

APA: EMDR Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. EMDR Institute maintains responsibility for these programs and their contents.

RN: EMDR Institute, Inc. is a provider approved by the California Board of Registered Nursing. Provider #9755 for 14 contact hours.

NYSW: EMDR Institute is recognized by the NY State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0125. Approval period: 4/30/2024-4/30/2027. 14 contact hours.

EMDR International Association: (EMDR Institute) is an EC Provider (#99003) and this program (#162) is approved for 14 EMDRIA Credits. Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training.

FEES

- **Licensed: $400**
- **Nonprofit: $350**
- **21+ days prior - transfer or full refund**
- **1-20 days prior - transfer or refund; $50 fee**
- **Day of / no show - transfer only; $75 fee**

CONTACT US

- **www.EMDR.com**
- **831.761.1040**
- **Registration: HeidiHarris@emdr.com**
- **Training Resources, Quiz/CEU certificate: PamHudson@emdr.com**

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