



EMDR Institute Learning Center—Weekend One

Pre-meeting information

- Weekend 1 mandatory pre-meeting and training login information
- Schedule and Attendance requirements, including consultation hours
- Confidentiality, Ideal Virtual Meeting Space Considerations, Zoom Technical Requirements, Ideal Virtual Communication Considerations

Required Reading:

- Shapiro, F. (2001, 2018). *Eye movement desensitization and reprocessing: Basic principles, protocols and procedures* (3rd ed.). New York: Guilford Press.
- Shapiro, F. (2012). *Getting past your past: Take control of our life with self-help techniques from EMDR therapy*. New York: Rodale Press.
- Go With That Magazine Fall 2020, Volume 25, Issue 3 [EMDR & Racial Trauma] https://mk0emdrias99osg9utnb.kinstacdn.com/wp-content/uploads/2021/05/GWT.2020.Vol_.25.Issue_.3.RacialTrauma.ALL_.pdf
- Guidelines for Virtual EMDR Therapy (Spring 2020) https://mk0emdrias99osg9utnb.kinstacdn.com/wp-content/uploads/2020/04/virtual_tg_report_for_member.pdf

Required review of the following:

- Video presentation on the Basics of Traumatology: <https://tinyurl.com/emdr-institute-trauma>
- Video Presentation of the Research Basis for EMDR Therapy: <https://tinyurl.com/emdr-institute-research>

W2 Learning Assessment Tool (Quiz)— available via ProProfs; CE credits granted after achieving passing score

EMDRIA Required and Additional Supplemental Material:

- Access to the EMDRIA definition of EMDR therapy can be found online at <https://www.emdria.org/wp-content/uploads/2020/04/EMDRIADefinitionofEMDR.pdf>
- Access to a current list of EMDR related research citations can be found online at the Francine Shapiro Library <https://emdria.omeka.net/> and at The EMDR Foundation <https://emdrfoundation.org/emdr-info/research-lists/>
- Access to the *Journal of EMDR Research Practice and Research* Volume 13 Issue 4 <https://connect.springerpub.com/content/sgremdr/13/4>
- Information regarding membership and programming of EMDRIA <https://www.emdria.org/about-emdria/emdria-membership/>

Learning Resources for the Weekend One Training:

Getting Started with EMDR in Your Practice

- Read the Getting Started exercise in your Weekend 1 manual (Practicum, Day 3)
- How to get started in EMDR: <https://connect.springerpub.com/content/sgremdr/1/1/62>



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Resources to Help Explain EMDR Therapy to Clients

- Video of Andrew Huberman, MD explaining how laterized eye movements suppress activation of the amygdala consistent with EMDR therapy: <https://youtu.be/xZVw-9ThmSM>
- What is EMDR? By April Minjarez, Ph.D. <https://www.youtube.com/watch?v=C5Yl6cy7m4Y>
- Animation explanation of EMDR therapy (Netherlands): <https://www.youtube.com/watch?v=hKrfH43srg8&t=1s>
- EMDRIA: Introduction to EMDR <https://www.youtube.com/watch?v=PkfIn-ZtWeY&t=212s>

Clinical Skills/ Resources:

- EMDR In-Person by April Minjarez, Ph.D. <https://www.youtube.com/watch?v=kxNfGhd-wQY>
- Tips for Online EMDR Therapy by Alicia Avila LCSW <https://youtu.be/mE1iBALWGNU>
- How to do Eye Movements, Elan Shapiro <https://connect.springerpub.com/content/sgremdr/5/2/73>

Resources for Closing an Incomplete Reprocessing Session

- Container, Katy Murray <https://connect.springerpub.com/content/sgremdr/5/1/29>

Research Resources:

- Francine Shapiro Library <https://emdria.omeka.net/>
- EMDR Foundation <https://emdrfoundation.org/>
- Google Scholar

Research Articles on EMDR and the amygdala

- Baek, J., Lee, S., Cho, T. et al (2019). Neural circuits underlying a psychotherapeutic regimen for fear disorders. *Nature*. 566, 339343. <https://www.nature.com/articles/s41586-019-0931-y>

Direct link to Baek et al study:

<http://raphe.kaist.ac.kr/publication/2019-Neural%20circuits%20underlying%20a%20psychotherapeutic%20regimen%20for%20fear%20disorders.pdf>

- De Voogd, L.D., Kanen, J.W., Neville, D.A., Roelofs, K., Fernandez, G., and Hermans, E.J., Eye-Movement Intervention Enhances Extinction via Amygdala Deactivation *J Neurosci*. 2018 Oct 3; 38(40): 8694–8706. doi: [10.1523/JNEUROSCI.0703-18.2018](https://doi.org/10.1523/JNEUROSCI.0703-18.2018)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6596227/>
- Eye Movements Take Edge off Traumatic Memories. *Neuroscience* Sept 4, 2018. <https://neurosciencenews.com/traumatic-memory-eye-movements-9797/>

EMDR and Resilience:

- Solomon, R. & Shapiro, F. (2012). *EMDR and adaptive information processing: The development of resilience and coherence*. In K. Gow & M. Celinski (Eds.), *Trauma: Recovering from Deep Wounds and Exploring the Potential for Renewal*. New York: Nova Science Publishers.



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Suggested books following Part 1 Basic Training, in addition to the required reading by Dr. Francine Shapiro.

- Hensley, B. J. (2020) *An EMDR Primer: From practicum to practice* (3rd Ed.) New York, NY: Springer Publishing Co.

This text provides an excellent step-by-step guide to assist the newly trained EMDR clinician. It includes case histories and extensive examples of reprocessing sessions as well as a clear overview of the AIP model and EMDR principles, protocols, and procedures.

- Leeds, A.M., (2016) *A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors, and Consultants* (2nd Ed.) New York, NY: Springer Publishing Co.

This guide to the theory and practice of EMDR therapy provides information regarding evidence for treatment efficacy, in-depth information about mechanism of action, clinical guidelines for history-taking, enhanced preparation for reprocessing, and application of EMDR therapy to a variety of clinical conditions and situations. It offers forms to assist with case conceptualization, treatment planning and documentation as well as a fidelity checklist.

Working with Children

- Adler-Tapia, R., & Settle, C. (2008) *EMDR and the art of psychotherapy with children*. New York, NY: Springer.
- Gomez, A. (2012). *IEMDR Therapy and Adjunct Approaches with Children: Complex Trauma, Attachment, and Dissociation*, New York, NY: Springer.
- Lovett, J. (2014). *Trauma-attachment tangle: Modifying EMDR to help children resolve trauma and develop loving relationships*. Routledge.
- Wesselmann, D., Schweitzer, C., & Armstrong, S. (2014) *Integrative Team Treatment for Attachment Trauma in Children: Family Therapy and EMDR*. New York, NY: W.W. Norton & Co.