



Integrating EMDR into Your Clinical Practice: Five-Day Intensive  
Roy Kiessling, LISW  
2020

**Day 1**

**7:30–8:00** – Registration  
**8:00–8:15** – Introduction  
**8:15 – 9:30 am** – Crisis Intervention Desensitization Protocols  
**9:30 – 9:45** – BREAK  
**9:45 – 11:00** – Practice #1: CID & A-TIP (break between roles)  
**11:00 – 11:30** – AIP  
**11:30 – 12:30** – Lunch  
**12:30 – 1:00** – What is EMDR  
**1:00–2:45** – Case Conceptualization  
**2:45–3:00** – BREAK  
**3:00–3:45** – Preparation  
**3:45–5:15** – Practice #2: Phase 2: Preparation  
**5:15–5:30** – Day 1 Wrap-up

**Day 2**

**8:00–8:15** – Day 1 review  
**8:15–10:15** – Belief Focused Target Planning  
**10:15–10:30** – BREAK  
**10:30–11:30** – Belief Focused Target Planning  
**11:30–12:30** – Lunch  
**12:30–2:45** – Practice #3: Phase 1: Target Sequence Planning  
**2:45–3:00** – BREAK  
**4:00–5:15** – Resource Strengthening  
**5:15–5:30** – Day 2 Wrap-up

**Day 3**

**8:00–8:15** – Day 2 Review  
**8:15–10:30** – Practice #4: Resource Strengthening  
**10:30–10:45** – BREAK  
**10:45–11:30** – The Processing Continuum: EMD<sup>^</sup>  
**11:30–12:30** – Lunch  
**12:30–3:00** – The Processing Continuum: EMD<sup>r</sup>, EMDR  
**3:00–3:15** – BREAK  
**3:15–5:15** – Practice #5: Processing  
**5:15–5:30** – Day 3 Wrap-up



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**Day 4**

- 8:00–8:15** – Day 3 Review
- 8:15–9:15** – Clinical Interventions
- 9:15–10:00** – Processing Emotions
- 10:00–10:15** – BREAK
- 10:15–11:30** – Reevaluation
- 11:30–12:30** – Lunch
- 1:00–3:00** – Reevaluation
- 3:00–3:15** – BREAK
- 3:15–5:15** – Practice #6: Reevaluation and Processing
- 5:15–5:30** – Day 4 Wrap-up

**Day 5**

- 8:00–9:00** – Training review: Days 1-4
- 9:00–10:15** – Practice #7: Reevaluation and Closure
- 10:15–10:30** – BREAK
- 10:30–11:30** – Additional Client Presentations
- 11:30–12:30** – Lunch
- 12:30–3:00** – Additional Client Presentations
- 3:00–3:15** – BREAK
- 3:15–4:30** – Additional Client Presentations
- 4:30–5:15** – What's next
- 5:15–5:30** – Wrap-up; Evaluations