

INTEGRATING EMDR INTO YOUR PRACTICE: 5-DAY INTENSIVE TRAINING 2024



Halifax • Thunder Bay • Toronto • Vancouver

Daily Schedule & Itinerary

DAY 1

7:30–8:00 am	Community Networking
8:00–8:15 am	Training Overview
8:15–8:30 am	Background of EMDR
8:30–9:00 am	Neurobiology of AIP
9:00–10:00 am	What is EMDR?
10:00–10:15 am	BREAK
10:15–10:45 am	Stage 1: Case Formulation (Phase 1: History taking/biopsychosocial)
10:45 am – 12:00 pm	Stage 1: Case Formulation (Phase 1: Affect Regulation)
12:00–1:00 pm	LUNCH (not included in fee)
1:00–1:30 pm	Stage 1: Case Formulation (continued)
1:30–5:15 pm	Practice Session 1: Affect Regulation (includes break)
5:15–5:30 pm	Practice Session 1; Q&A; Day 1 Wrap-up

DAY 2

7:30–8:00 am	Community Networking
8:00–8:15 am	Day 1 Review
8:15–9:45 am	Stage 1: Case Formulation (Phase 1: Target Sequence Planning)
9:45–10:00 am	BREAK
10:00 am – 12:00 pm	Stage 1: Case Formulation (Target Sequence Planning continued)
12:00–1:00 pm	LUNCH (not included in fee)
1:00–1:30 pm	Stage 1: Case Formulation (continued)

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1:30–5:15 pm Practice Session 2: Target Sequence Planning/Informed Consent (includes break)

5:15–5:30 pm Practice Session 2; Q&A; Day 2 Wrap-up

DAY 3

7:30–8:00 am Community Networking

8:00–8:15 am Day 2 Review

8:15–9:45 am Stage 2: Processing (Phases 2-7)

9:45–10:00am BREAK

10:00 am – 12:00 pm EMDR processing (Phases 2-7 continued)

12:00–1:00 pm LUNCH (not included in fee)

1:00–5:15 pm Practice Session 3: EMDR (includes break)

5:15–5:30 pm Practice Session 3; Q&A; Day 3 Wrap-up

DAY 4

7:30–8:00 am Community Networking

8:00–8:15 am Day 3 Review

8:15–9:45 am Stage 2: Processing (Phases 3-7) Adaptations to processing (contained and restricted–EMD)

9:45–10:00 am BREAK

10:00 am – 12:00 pm Stage 2: Processing (Clinical Interventions/Managing emotions)

12:00–1:00 pm LUNCH (not included in fee)

1:00–1:15 pm Stage 3: Integration (Phase 8: Re-evaluation Overview)

1:15–5:15 pm Practice Session 4: Processing (EMDR, Contained or EMD)

5:15–5:30 pm Practice Session 4; Q&A; Day 4 Wrap-up

DAY 5

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7:30–8:00 am	Community Networking
8:00–8:15 am	Day 4 Review
8:15–8:30 am	Stage 3: Integration (Phase 8: Re-evaluation)
8:30 am – 12:00 pm	Practice Session 5: Processing, Integration (includes break)
12:00–1:00 pm	LUNCH (not included in fee)
1:00–2:45 pm	Additional Applications
2:45–3:00 pm	BREAK
3:00–5:00 pm	Additional Applications (continued)
5:00–5:30 pm	What's next: Consultation, Learning Management System (LMS), etc.