INTEGRATING EMDR INTO YOUR PRACTICE

5-Day Intensive Training 2027 | Toronto • Ottawa • Halifax

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)
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

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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

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Daily Schedule & Itinerary

DAY 5

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.