# EMDR Institute Basic Training  Part 2

The EMDR- Institute Basic Training Part 2 again includes 10 hours of lectures + 10 hours of supervised practice. It is open to clinicians, who have attended an EMDR Institute Part 1 training, completed at least 5 hours of case consultation with an EMDR Institute Trainer or Facilitator and completed a recommended 30-35 client hours of EMDR therapy.

**Venue:** The McFaddens Centre, 64 McFaddens Road, St Albans, Christchurch 8052 and online ( limited spaces in both options)

**Dates:** Monday, Tuesday, Wednesday, 6th – 8th November 2023

The training schedule is:

Day 1: 8:30-5pm

Day 2: 8:30-5pm

Day 3: 8:30-5pm

Each day consists of lectures, videos, demonstrations and practicums.

**Cost:** $980 (incl. $127.83 GST) for the 3-day Workshop (Part 2)

The case consultation will need to be paid separately

## Learning Objectives include

* Describe 3 strategies to identify and effectively resolve clinical problem areas in the utilization of EMDR therapy
* Identify 2 internal and external resources that clients need to have in place
* Identify 2 clinical situations where EMD would be appropriate as an intervention
* Distinguish between EMDR and the EMDR standard protocol
* Distinguish between adult-onset trauma and developmental trauma
* Identify when you would target an adult-onset trauma versus applying the standard protocol
* Describe 2 clinical symptoms that may indicate the need to assess for dissociation
* Describe the 3 different categories of resources
* Describe 3 examples of specific resources to use with difficult or resistant clients
* Describe the procedural steps for closing down incomplete sessions
* Describe the protocol to initiate an incomplete session for processing to resolution
* Describe one therapy-interfering behaviour that may need to be addressed in order for treatment to proceed
* Describe a treatment plan to choose and prioritize targets appropriate for EMDR treatment
* Describe 3 strategies for dealing with highly emotional responses
* Describe 3 strategies for dealing with dissociative symptoms
* Distinguish between a simple phobia and a process phobia
* Describe 3 cautions for using EMDR therapy with addictions and compulsions
* Identify one category of memory appropriate for targeting with combat veterans
* Describe 3 strategies to treat complex trauma-related disorders
* Describe 3 ways that EMDR therapy demonstrates cultural competence as an intervention

Once you have returned your registration to [info@astridkatzur.com](mailto:info@astridkatzur.com), a confirmation and an invoice will be sent out. The Case Consultation sign off form and the EMDR client log needs to be sent to the trainer before the training starts.

# Registration form

**Please fill out this registration form and email to** [info@astridkatzur.com](mailto:info@astridkatzur.com)

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| **EMDR Training Registration Part 2** | **Christchurch, 6th – 8th November 2023** |
| **Name** |  |
| **Organisation Name & address** |  |
| **Personal postal address** |  |
| **Email** |  |
| **second Email** |  |
| **Phone** |  |
| **In- person or online preference** |  |
| Part 1 training information, if not with  A. Katzur  Trainer  Date |  |
| **Professional Body & registration number (if applicable)** |  |
| **Case Consultation hours (min. 5) completed by approximately when?**  **30-35 client hours completed by?**  **Attach form & log if already done** |  |
| **Dietary requirements**  Plant based catering, please let us know if you have any other dietary requirements  Morning/Afternoon Tea & Lunch will be provided |  |
| **Other special needs** |  |

Please note that the registration begins at 8am and the training will start promptly at 8:30am each day and continues until 5pm each day. If you must leave early for any reason, you will need to make up the time lost with either a trainer or a facilitator to meet the requirements of the EMDR Institute Training in order to receive your Certificate of Attendance. This may incur an additional cost, so please endeavour to organise your travel arrangements and child care accordingly.

Looking forward to meeting you at the training

Astrid Katzu - Cl. Psychologist, EMDR Institute Trainer