



EMDR Basic Training Agenda and Requirements

Agenda for Day 1- Part 1

8:30am Registration

9:00 - 11:00 Lecture

11:00 - 11:15 Break

11:15 - 12:30 Lecture

12:30 -1:30 Lunch

1:30 - 3:00 Practicum Exercise Day 1 Part 1

3:00 - 3:15 - Break

3:15 - 5:00 Practicum Exercise Day 1Part 1

5:00 - 5:30 - Lecture: Questions and Closing

Lecture - EMDR History and Methodology, AIP Model (3.75hrs)

Practicum - AIP History taking, NC/PC Cognitions Safe/Calm Place Installation (3.25 hrs)



EMDR Basic Training Agenda and Requirements

Agenda Day 2- Part 1

9:00 - 11:00 Lecture

11:00 - 11:15 Break

11:15 - 12:30 Lecture

12:30 -1:30 Lunch

1:30 - 3:00 Practicum Exercise Day 2 Part 1

3:00 - 3:15 - Break

3:15 - 5:15 Practicum Exercise Day 2 Part 1

5:15 - 5:30 - Lecture: Questions and Closing

Lecture - Review of Day 1, 8 Phases with intensive focus on reprocessing, Basic grounding skills (3.5hrs)

Practicum - EMDR reprocessing of identified content (3.5 hrs)



EMDR Basic Training Agenda and Requirements

Agenda Day 3- Part 1

9:00 - 11:00 Lecture

11:00 - 11:15 Break

11:15 - 12:15 Lecture

12:15 - 1:15 Lunch

1:15 - 3:00 Practicum Exercise Day 3 Part 1

3:00 - 3:15 - Break

3:15 - 4:45 Practicum Exercise Day 3 Part 1

4:45 - 5:00 - Lecture: Questions and Closing

Lecture - Review, Blocked clients, RDI, Future Template (3.25 hrs)

Practicum - Full EMDR Protocol, Future Template (3.25 hrs)



EMDR Basic Training Agenda and Requirements

Agenda Day 1 - Part 2

8:30am Registration

9:00 - 11:00 Lecture

11:00 - 11:15 Break

11:15 - 12:30 Lecture

12:30 -1:30 Lunch

1:30 - 3:00 Practicum Exercise Day 1 Part 2

3:00 - 3:15 - Break

3:15 - 5:00 Practicum Exercise Day 1 Part 2

5:00 - 5:30 - Lecture: Questions and Closing

Lecture - Review 8 Phases EMDR, AIP Model, Complex Trauma Cases (3.5hrs)

Practicum - Case Conceptualization with AIP and Treatment Planning (3.25 hrs)

● 172 S Pantops Drive, Suite C, Charlottesville, VA 22911 ●

● phone: (434) 961-2555 ● fax: (434) 961-2556 ●

ritt@riverbendcounseling.com



EMDR Basic Training Agenda and Requirements

Agenda Day 2 - Part 2

9:00 - 11:00 Lecture

11:00 - 11:15 Break

11:15 - 12:30 Lecture

12:30 - 1:30 Lunch

1:30 - 3:00 Practicum Exercise Day 2 Part 2

3:00 - 3:15 - Break

3:15 - 5:15 Practicum Exercise Day 2 Part 2

5:15 - 5:30 - Questions and Closing

Lecture - Blocks during processing, Cognitive Interweaves, Recent Event Protocol, Working with Children (3.5hrs)

Practicum - Phases 3-7, Cognitive Interweaves Scenarios (3.5hrs)



EMDR Basic Training Agenda and Requirements



EMDR Basic Training Agenda and Requirements

Agenda Day 3 - Part 2

9:00 - 11:00 Lecture

11:00 - 11:15 Break

11:15 - 12:15 Lecture

12:15 - 1:15 Lunch

1:15 - 3:00 Practicum Exercise Day 3 Part 2

3:00 - 3:15 Break

3:15 - 4:45 Practicum Exercise Day 3 Part 2

4:45 - 5:00 Evaluation, Assessment and Closing

Lecture - Professional Ethics, Special Populations, Dissociation (3 hrs)

Practicum - Phase 8, Future Template (3.25 hrs)



EMDR Basic Training Agenda and Requirements

REQUIREMENTS FOR THE COURSE

EMDR Basic Training is a 50-hour course comprised by 3 sections of training. Participants are expected to come to the training in a learning mindset already having completed the reading.

The sections are Instruction (20 hours), Practicum (20 hours), and Consultation (10 hours).

Our time together in training covers the Instruction and Practicum portions over the course of six days.

Consultation will be provided via telehealth or in-person during scheduled times. Consultation can be conducted either individually, group, or a combination format.

*All 10 hours of Consultation MUST be completed to receive a Certificate of Completion.

A maximum of 12 months is allowed to complete all training and consultation from start to finish.

This is an EMDRIA requirement with no exceptions.



READING REQUIREMENTS

1. Shapiro, F. Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition: Basic Principles, Protocols and Procedures. (2018). New York: The Guilford Press.
2. Go With That Magazine Fall 2020, Volume 25, Issue 3
https://www.emdria.org/wp-content/uploads/2021/05/GWT.2020.Vol_.25.Issue_.3.RacialTrauma.ALL_.pdf
3. Guidelines for Virtual EMDR Therapy which can be found online at https://www.emdria.org/wp-content/uploads/2020/04/virtual_tg_report_for_member.pdf Links to an external site.