



EMDR Basic Training Learning Objectives

LEARNING OBJECTIVES

- Define key principles of the Adaptive Information Processing (AIP) model
- Describe the 8 phases of EMDR protocol
- Describe the effects of trauma on information processing.
- Evaluate readiness of clients to begin EMDR
- Analyze the level of dissociation in clients prior to beginning EMDR
- Learn the Calm Place Exercise
- Formulate case conceptualization using the AIP Model
- Identify grounding exercises used to reduce the level of dissociation
- Describe Dual Attention and how it relates to EMDR