Integrating EMDR into your Clinical Practice
Starting your journey toward EMDR Competency

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- Roy's top 12 lectures about Integrating EMDR into your Clinical Practice
- A series of lectures covering the 8 phases and 3 prongs of EMDR
- Plus an overview of the latest Recent Events procedures
- Introduction to EMDR
  - Lecture 1 - What everyone already knows about EMDR
  - Lecture 2a & b - The Adaptive Information Processing Hypothesis
  - Lecture 3 - The Neurobiology of Memory
- Case Conceptualization
  - Lecture 4a & b - Phase 1: Belief Schema EMDR
  - Lecture 5 - Case Phase 1: Conceptualization - Expanded
  - Lecture 6 - EMDR & Dissociation
  - Lecture 7a & b - Phase 2: Resourcing
- Treatment
  - Lecture 8 - Phase 3: Accessing & Activating the Target
  - Lecture 9 - Processing Continuum (EMD, EMDr, EMDR)
  - Lecture 10a & b - Clinical Interventions during Processing
- Integration:
  - Lecture 11 - Reevaluation and Integration
- And Beyond - Recent Events
  - Lecture 12a&b - Recent Events & Beyond
BEFORE WE BEGIN

My Philosophy (Roy)

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Case Conceptualization & Treatment

- Bio-psychosocial Initial Assessment
- Attachment - Childhood Trauma - Emotional Dysregulation - Adult Trauma
- Presenting Complaints & Symptoms
- Client/Therapist - Therapy - Targets - Impact
- Treatment
- Goals
- Client Information
- Diagnosis

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EMDR

Phase 1: History

Targeting Sequence Planning

Phase 2: Preparation

Before EMDR

Phase 3: Access & Activate

Phase 4: Desensitization

Phase 5: Installation

Phase 6: Body Scan

Integration

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EMDR Intervention Continuum

Adaptive Information Processing Hypothesis

Client Presentation Complexity

- PFR
- AGED
- Adolescents/Adult
- AD

% of EMDR Intervention

EMDR

EMDr-EMDR

The Processing Continuum