EMDR Overview  Mercy Care Workforce Development
Themes of the course

• Background of Eye Movement Desensitization & Reprocessing
• The Adaptive Information Processing Model
• The AIP-informed treatment plan
• Demonstration
Objectives

By the end of this course, you will...

1. Cite at least one randomized controlled trial related to outcomes in EMDR therapy
2. Describe at least one feature of the Adaptive Information Processing model
3. Describe at least one clinical application of EMDR therapy
Background of EMDR
History and Research

- 1987: Francine Shapiro makes a discovery
- 1989: First controlled study comparing psychotherapy, clinical hypnosis and prolonged exposure and Dr. Shapiro develops EMD
- 1990: EMD becomes EMDR
- 2007: Bessel van der Kolk conducts a random controlled trial with 88 people using EMDR and Prozac for Posttraumatic Stress Disorder
- 32 Random controlled trials demonstrate effectiveness of EMDR therapy for a wide range of conditions
- California Evidence-Based Clearinghouse for Child Welfare
- Francine Shapiro Library
Knowledge Check

1. How many random controlled studies have demonstrated the effectiveness of EMDR therapy?
   a. 32
   b. 26
   c. 5

2. What is the difference between EMD and EMDR?
   a. EMD is a technique where EMDR is an approach
   b. EMD involves tapping only
Knowlege Check

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Adaptive Information Processing Model
Adaptive Information Processing Model

- We make memories: maladaptive memory networks and adaptive memory networks
- These memories inform our symptoms
- We have an innate drive to resolution and health
- Bilateral stimulation facilitates the resolution of maladaptive memory networks and availability of adaptive memory networks
AIP-Informed Treatment Plan
<table>
<thead>
<tr>
<th>Past</th>
<th>Present</th>
<th>Future</th>
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| • Memory 1  
• Memory 2  
• Memory 3 | • Trigger 1  
• Trigger 2  
• Trigger 3 | • Template 1  
• Template 2  
• Template 3 |
Eight Phases

- History
- Preparation
- Assessment
- Desensitization
- Installation
- Body Scan
- Closure
- Re-evaluation
Knowledge Check

1. Which of these notions is basic to EMDR treatment planning?
   a. Memories inform symptoms
   b. Bad behavior is the result of moral weakness
   c. Caregivers don’t provide children with enough bilateral stimulation

2. What are the three prongs of EMDR therapy?
   a. Past, present, and future
   b. Phase 1, 2, and 3
   c. History, preparation, reprocessing
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Demonstration of Phases 1-8
In Summary

EMDR is an evidence-based, integrated, trauma-informed, and culturally-competent approach of psychotherapy.

There are many resources to learn more about EMDR therapy.
Objectives: Did you get what you valued?

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Cultural Competency and Trauma Informed Care

"Mercy Care believes that we ensure the provision of high quality services by fostering collaboration, respect for differences, preferences, language and other cultural needs within the communities we serve.

We believe that culturally and linguistically-responsive programs that promote building on people's strengths and values while reducing the effects of traumatic and other adverse experiences achieve positive health outcomes and create welcoming environments."
Resources


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Thank You
Gracias

mercy care

mercy care
advantage