Session 7: EMDR Therapy

Course Description:

EMDR therapy is based on the Adaptive Information Processing Model, which poses that our memories inform our symptoms, that we each have adaptive memory networks & maladaptive memory networks, & that we have an innate drive towards resolution and health. In this course, we will provide some of the evidence of EMDR as an effective, integrated, trauma-informed and culturally competent therapy and will show resources which the participants may access to learn more about this powerful approach to helping people reduce the influence of what has happened to them.

Learning Objectives:

1. Explain the mechanism of change in EMDR.
2. Describe 3 ways in which trauma affects emotions and behavior.
3. Summarize the 8 phases of EMDR therapy.
4. Apply a trauma-informed framework to identify those clients who would benefit from EMDR therapy.