

Detailed Schedule – Basic EMDR Training Day 1 to 3

Time Display in Eastern Time Zone	Day 1	Day 2	Day 3
11:30 am - 11:45 am (ET)	Logistic information and sign in. Introduction to EMDR Therapy. The 3-Prongs. Procedural Components 8-Phases of EMDR Adaptive Information Processing Model Mechanisms of Action & Neurobiological Aspects	Review of AIP & Phase 1 Phase 2 Preparation Processing phases (targets and channels of association) Phase 3 Assessment Phase 4 Desensitization	Phase 4 Desensitization Phase 5 Installation Phase 6 Body Scan Phase 7 Closure Phase 8 Re-evaluation 2nd Prong - Present
11:30 am- 11:45 am (ET)	15 MINUTES BREAK	15 MINUTES BREAK	15 MINUTES BREAK
11:45 am-1:30 pm (ET)	Past Prong Phase 1: Client History and Treatment Planning Phase 2: Preparation Live Q & A with the instructor	Continue: Phase 4: Desensitization Reprocessing Live Q & A with the instructor	Levels of information processing Case presentation Live Q & A with the instructor
1:30 pm -2:30 pm (ET)	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
2:30 pm - 4:00 pm (ET)	Phase 2 Preparation: Introducing EMDR Therapy to clients Bilateral Stimulation (BLS) Supervised Practicum	Supervised Practicum EMDR Phases 3, 4, and 7 - Assessment, Desensitization, & Closure	Supervised Practicum
4:00 pm - 4:10 pm (ET)	10 MINUTES BREAK	10 MINUTES BREAK	10 MINUTES BREAK
4:10 pm - 5:25 pm (ET)	Continue - Supervised Practicum	Continue - Practicum experience #4 Assessment, Desensitization, Closure phases	Continue – Supervised Practicum
5:25 pm - 5:35 pm (ET)	10 MINUTES BREAK	10 MINUTES BREAK	10 MINUTES BREAK
5:35 pm - 6:45 pm (ET)	Continue - Supervised practicum	Continue - Supervised practicum	Continue - Supervised practicum
6:45 pm – 7:00 pm (ET)	Live Q & A with Instructor	Live Q & A with Instructor	Live Q & A with Instructor