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TRAUMA CARE INSTITUTE
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An Approved
EMDRIA
Training

Presents

How to Adapt EMDR to Telehealth: Adapting the Eight Phases of EMDR to an Online Environment (Practicum included) with Carolyn Burleson, MS, MA, LPC, LCDC, MAC

In this training, the trainer will go over basic telehealth practices and discuss how to adapt each of the eight phases of EMDR to telehealth. The webinar will cover (in detail) each phase and how to complete each phase through telehealth. The trainer will teach many different options for dual attention stimulus (bilateral stimulation) and also offers a large variety of resourcing activities for an online environment.

The training also includes an extensive practicum in which participants will be able to practice doing the phases of EMDR in an online environment while getting feedback and being supervised for assistance. Training will include additional protocols including EMD, positive affect tolerance, future template and recent events protocol in the online environment. Additionally extra resources will be taught for the online environment.

This training is for anyone who has at least completed the first weekend of EMDR Basic training. This training consistent with the Guidelines for Virtual EMDR Therapy. As a participant you will receive a copy of the Guidelines for Virtual EMDR Therapy with your materials.

Event Details

December 4th, 2020
from 8:30 to 5:30pm

December 5th, 2020
Free Q&A from 10am-12pm
(participants only)

Location: Via Zoom

Price: \$149
30% of your registration fee
will go to Trauma Support
Services/Trauma Care Institute
(TCI) to help support our
mission and expand our
services

8 approved EMDRIA CEs

About the Trainer



Carolyn is certified in EMDR and is an EMDRIA approved consultant, basic trainer, and CE Provider. Carolyn has extensive experience adapting EMDR to an online environment and training clinicians on how to adapt EMDR to an online environment. She also owns a private practice in Frisco, TX in which her expertise are couples, relationships, LGBTQ+, grief, trauma, addiction, and complex cases. She is also the area clinician for the DEA. Carolyn offersteletherapy, in-person services, writes,researches, teaches, and presents on topics related to counseling, criminal justice, mental health, EMDR, and trauma. Carolyn is a Licensed Professional Counselor, Licensed Chemical Dependency Counselor, and a Master Addiction Counselor. Carolyn earned a bachelor's degree in psychology, a master's degree in criminal justice, a master's degree in counseling, and is currently completing a PhD in counselor education and supervision. Carolyn isthe President for TALGBTIC and President for WEAC.

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Agenda

8:30 am - 10:30 am Instruction on online EMDR DAS platforms, DAS, creating a safe online environment for EMDR, and adapting resourcing to an online environment

10:00 am - 12:00 pm - First Practicum on DAS, creating a safe online environment for EMDR, and resourcing in an online environment

12:00 pm-1:00 pm - Lunch

1:00 pm - 2:30 pm – Instruction on adapting the eight phases to an online environment

2:30 pm - 5:30 pm - Second Practicum on practicing desensitization using an online platform, manual DES (tapping), or eye movements online and practicing with any phases that are challenging in an online environment.

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