

PART 1 - DAY 1 (EST)

10:00 – 10:15 am	Start of the Day-Introduction
10:15-11:30 am	EMDR History and Research
11:30-11:45 am	Break
11:45-1:30 pm	Memory networks, AIP, and Phase 1 and 2. AIP-Informed Treatment Plan
1:30-2:30 pm	Lunch Break
2:30-2:45 pm	Introduction to Practicum #1 – Safe/Calm Place Q&A (15 min.)
2:45-3:45 pm	Practicum #1 - Safe/Calm Place (60 min.)
3:45-3:55 pm	Break (10 min.)
3:55-4:20 pm	Practicum #2 - Constructing A Container (25 min.)
4:20-4:30 pm	Large Group -Flatback Introduction (10 min.)
4:30-5:30 pm	Practicum #4 – Floatback (60 min)
5:30-5:40 pm	Break (10 min).
5:40-6:20 pm	Practicum #4 – Floatback (40 min.)
6:20-6:25 pm	Large Group – Treatment Plan Expectations (5 min.)
6:25-6:45 pm	Practicum #5 – AIP-Informed Treatment Plan (20 min.)
6:45-7:00 pm	Large Group Q & A (20 min.) End of the Day

PART 1 - DAY 2 (EST)

10:00-10:15 am	Start of the Day
10:15-11:30 am	Phases 1 and 2 Review
11:30-11:45 am	Break
11:45-1:30 pm	Phases 3-8
1:30-2:30 pm	Lunch Break
2:30-3:30 pm	Phase 3, 4, and 7 Desensitization, Introduction to the Practicum (30 min)
3:00-4:10 pm	Practicum #6 – Phase 3,4, and 7 (70 min)
4:10-4:20 pm	Break (10 min.)
4:20-5:20	Practicum #6 – Phase 3,4, and 7 (60 min.)
5:20-5:30 pm	Break (10 min).
5:30-6:40 pm	Practicum #6 – Phase 3,4, and 7 (70 min.)
6:40-7:00 pm	Large Group Q & A (20 min.) - End of the Day

PART 1 - DAY 3 (EST)

10:00 – 10:15 am	Start of the Day
10:15-11:30 am	Review of AIP, Activities that Impact Neurochemistry; Phases 1 and 2 Review
11:30-11:45 am	Break
11:45-1:30 pm	Phases 3-8 Review; Frequent Challenges; Treatment planning Utilizing the AIP Model
1:30-2:30 pm	Lunch Break
2:30-2:55 pm	Introduction to the Practicum - Phases 5, 6, 7, and 8 (25 min.) & Q&A
2:55-4:10 pm	Practicum #7 – Phase 5, 6, 7, and 8 (75 min.)
4:10-4:20 pm	Break (10 min.)
4:20-5:20	Practicum #7 – Phase 5, 6, 7, and 8 (60 min.)
5:20-5:30 pm	Break (10 min).
5:30-6:45 pm	Practicum #7 – Phase 5, 6, 7, and 8 (70 min.)
6:45-7:00 pm	Large Group Q & A (15 min.) - End of the Day

PART 2 - DAY 1 (EST)

10:00-10:15 am Start of the Day, Welcome and Mindfulness Activity (15 min.)
10:15-11:30 am Review Phase 1-8 (75 min.)

11:30-11:45 am Break (15 min.)

11:45-1:30 am Impact of Attachment and Treatment Planning (105 min)

1:30-2:30 pm Lunch Break (60 min.)

2:30-2:40 pm Introduction to Practicum #1 Past Prong – Phases 3-8 (10 min.)
2:40- 4:00 pm Practicum #1 Past Prong – Phases 3-8 (80 min.)

4:00-4:10 pm Break (10 min.)

4:10-5:15 pm Practicum #1 Past Prong – Phases 3-8 (65 min.)

5:15-5:25 pm Break (10 min.)

5:25-6:45 pm Practicum #1 Past Prong – Phases 3-8 (80 min.)
6:45-7:00 pm Large Group Debrief, Q & A (15 min.) - End of the Day

PART 2 - DAY 2 (EST)

10:00-10:15 am Start of the Day, Welcome and Mindfulness Activity (15 min.)
10:15-11:30 am Phases 1-8 and the Three-Pronged Approach (75 min.)

11:30-11:45 am Break (15 min.)

11:45-1:30 am Recent Traumatic Events, Common Challenges, Cognitive; Interweaves (105 min.)

1:30-2:30 pm Lunch Break (60 min.)

2:30-2:40 pm Introduction to Practicum #2 Present Prong – Phases 3-8 (10 min.)
2:40- 4:00 pm Practicum #2 Present Prong – Phases 3-8 (80 min.)

4:00-4:10 pm Break (10 min.)

4:10-5:15 pm Practicum #2 Present Prong – Phases 3-8 (65 min.)

5:15-5:25 pm Break (10 min.)

5:25-6:45 pm Practicum #2 Present Prong – Phases 3-8 (80 min.)
6:45-7:00 pm Large Group Debrief, Q & A (15 min.) - End of the Day

PART 2 - DAY 3 (EST)

10:00-10:15 am Start of the Day, Welcome and Mindfulness Activity (15 min.)
10:15-11:30 am Special Populations (75 min.)

11:30-11:45 am Break (15 min.)

11:45-1:30 pm Future Template, Resource Development and Installation; (RDI) (105 min.)

1:30-2:30 pm Lunch Break (60 min.)

2:30-2:45 pm Introduction to Practicum #3 Future Prong (Future Template) Q&A (15 min.)
2:45-3:45 pm Practicum #3 Future Prong (Future Template) (60 min)

3:45-3:55 pm Break (10 min.)

3:55-4:30 pm Practicum #3 Future Prong (Future Template) (35 min)
4:30-4:50 pm Large Group - Introduction to Practicum #4 – Resource Development & Installation (RDI), Q&A (20 min.)

4:50-5:20 pm Practicum #4 - Resource Development & Installation (RDI) (30 min.)

5:20-5:30 pm Break (10 min.)

5:30-6:30 pm Practicum #4 - Resource Development & Installation (RDI) (60 min.)
6:30-7:00 pm Large Group Debrief, Q & A (30 min.) - End of the Day/Training