

Bio:

Megan Howard, LCSW, ACADC, EMDR CIT

Megan graduated from Northwest Nazarene University with a Master's degree in Social Work. She works in a subsector within the field of Social Work as a Licensed Clinical Social Worker, meaning she specializes in helping people regarding mental and emotional health. Megan has been a trained clinician using EMDR for several years and has received the education and practice to become a certified consultant to help other therapists become use EMDR in their practices. Megan's education includes specialized training geared to helping individuals in addiction prevention, intervention, treatment and continuing care services. Megan is also a Certified Clinical Trauma Specialist, which is a certification to those with ample experience in treating trauma, as well as formal education in the research, assessment, and interventions associated with trauma, PTSD, grief, and loss. Megan is a lead EMDR speaker for PESI, which is the nation's leader in behavioral health education and publishing. All of their continuing education seminars assure that professionals can meet the changing demands of their work by providing practical strategies, methods, and interventions they can use immediately to improve outcomes with their clients. Megan is honored to be part of the PESI community. She is currently awaiting the publishing of her EMDR workbook for New Harbinger Publishing Company, which is set to release in the Spring of 2022.

Brief Abstract of Course:

Virtual EMDR: A How-to Guide to Providing EMDR via Telehealth

Dates:

6-7 April 2022 | h. 4PM – 7PM Rome time

13-14 April 2022 | h. 4PM – 7PM Rome time

EMDR is a powerful, evidence-based treatment you can use to safely and rapidly help your clients' process their traumas and reclaim their lives!

And while much of its fantastic reputation as a clinical tool has been built upon in-person sessions, EMDR is also effective when delivered virtually **so you can continue your important work with clients from a distance.**

This 3-day training will assist you as you adapt to utilizing EMDR through telehealth platforms.

Whether you are new to using EMDR, or have already been trained but aren't sure how to go about it in a virtual format, this program will give you **safe, simple and straightforward approaches** to adapting EMDR techniques to an online environment. You can expect to experience the following:

- Video examples of virtual EMDR sessions
- An in depth understanding of the 8-phase protocol – and how/where to adapt for telehealth
- Bilateral stimulation tools for remote sessions/telehealth
- Trauma and Dissociation screening tools, among others
- Strategies to maximize attunement through video sessions
- How to handle crisis level reactions via telehealth
- Learn how to manage and reduce abreactions
- Have opportunities to practice using these skills in demo/practice sessions
- Learn how to adapt and integrate interweaves

Brief Description of Each Session:

Session 1:

The 8 Phases of EMDR and Essential EMDR Resources

- History
- Preparation
- Assessment
- Desensitization
- Installation
- Body scan
- Closure
- Re-evaluation
- Review of resources (calm place, container, ICON, etc.)

Assess the Appropriateness of Virtual EMDR for Clients

- Establishing safety
- Creating Resources
- Dual awareness options
- Informed consent

Common Barriers to Virtual EMDR Treatment

- Keeping a consistent environment
- Distractions
- Checking on physical responses
- Safety in the environment

Ways to Increase Attunement in Virtual EMDR Sessions

- Accounting for cultural differences and physical environments
- How to create close proximity with your camera
- Attuned breathing on virtual platforms

Session 2:

Eye Movement Resources for Telehealth Practitioners Using EMDR

- Bi-lateral stimulation and its importance in the EMDR process
- Dual attention methods (eye movements, tapping, tappers, sound)
- Bilateral stimulation via video
- Butterfly hug
- Congruent tapping
- Sound pulses
- Other eye movement strategies

- Apps and BLS online resources

Addressing Safety in Virtual EMDR:

How to Manage the Potential Risks of Not Being There In-Person

- Establishing a visually safe environment
- Crisis intervention and safety plans
- Managing/assessing for relapse or maladaptive coping

Session 3:

EMDR for Direct Treatment of Traumatic Memories via Telehealth

- Attachment-based interventions in a disconnected world
- Interweaves for blocked processing
- Treating grief and loss
- Creating connection through parts work
- Working with isolation
- Creating empowerment and self-efficacy from a distance platform

Attachment-Based Trauma and Parts Work with Virtual EMDR

- How attachment styles impact processing
- Identifying the different roles that 'parts' play in traumatic healing and survival
- How to utilize and acknowledge 'parts' in EMDR processing
- Interventions and techniques to bring 'parts' forward for healing
- Techniques and tools for working with addicted 'parts' during EMDR

Session 4:

Limitations, Risks, and Further Research

- Current research on telehealth with EMDR
- Addressing barriers and potential risks with telehealth and EMDR
- Making the most of risks and limitations for successful treatment outcomes