

## EMDR Skills for Trauma Treatment: A Step-by-Step

### Bio:

Originally trained as a neuroscientist, Dr. Jennifer Sweeton is a clinical and forensic psychologist, Amazon #1 best-selling author, and internationally-recognized expert on trauma, PTSD, and the neuroscience of mental health. She is the author of the Trauma Treatment Toolbox, the Eight Key Brain Areas of Mental Health and Illness, the Train Your Brain Card Deck, and the forthcoming Traumatic Stress Recovery Workbook. Dr. Sweeton completed her doctoral training at the Stanford University School of Medicine, the Pacific Graduate School of Psychology, and the National Center for PTSD. Additionally, she holds a master's degree in affective neuroscience from Stanford University.

### Dates

9-10 February 2022 | h. 11AM – 2PM Rome time  
23-24 February 2022 | h. 11AM – 2PM Rome time  
9 March 2022 | h. 11AM – 1PM Rome time

### Abstract:

EMDR skills are essential in trauma therapy, but learning EMDR can feel daunting and time-consuming. However, learning and practicing EMDR doesn't have to be overwhelming. This 5-part webinar series steps attendees through the original 8-phase model of EMDR, helping them master each phase through didactic learning, demonstrations, and dyad practice. Additionally, attendees will learn complementary skills and techniques that help ensure clients stay safe, stable, and resourced as they process trauma.

### Webinar 1: 2/09/2022

In this webinar, the neuroscience of trauma, trauma treatment, and EMDR will be emphasized, along with an explanation of the proposed mechanisms of trauma treatment. Understanding the "whys" and "hows" of EMDR allows clinicians to explain EMDR to clients in a way that promotes motivation and "buy in," and helps clinicians take a client-centered approach to treatment.

### Webinar 2: 2/10/2022

This webinar focuses on the original 8-phase model of EMDR, teaching attendees the "order of operations" of EMDR therapy and the purpose of each phase. Additionally, this webinar teaches attendees a step-by-step strategy for conducting Phase 1 of EMDR, Target Sequence Planning.

### Webinar 3: 2/23/2022

This webinar focuses on teaching attendees Phases 2, 3, and 4 of EMDR, including resourcing and preparation skills, how to access and activate trauma networks, and methods for facilitating the desensitization to traumatic material.

### Webinar 4: 2/24/2022

In this webinar, attendees will learn Phases 5-8 of EMDR, including installation skills and body scanning. This webinar will also include a comprehensive demonstration of Phases 3-7, so attendees can observe how EMDR is conducted in real therapy sessions.

[Webinar 5: 3/09/2022](#)

This webinar provides attendees with the opportunity to practice EMDR skills with the support of the instructor. Many times, challenges with EMDR are difficult to anticipate until the skills are attempted and practiced. The goal of the webinar is to help attendees practice EMDR skills, and to identify challenges that need troubleshooting.