



The Center for Excellence in EMDR Therapy

The Dance of Attachment: An Introduction to Relational EMDR TherapySM

2024 Schedule

*All times listed in Eastern Time (ET)

DAY 1

APRIL 26 — FRIDAY

11:00 am — 12:45 pm	Introduction to the course and to Relational EMDR Therapy SM
12:45 pm — 1:00 pm	BREAK (15 minutes)
1:00 pm — 2:45 pm	Attachment styles and adaptations to trauma for therapists and clients
2:45 pm — 3:30 pm	LUNCH BREAK (45 minutes)
3:30 pm — 4:30 pm	Client video illustration
4:30 pm — 4:35 pm	BREAK (5 minutes)
4:35 pm — 5:00 pm	Orient to afternoon practice with Facilitator – Review tasks, worksheets
5:00 pm — 5:05 pm	BREAK (5 minutes)
5:05 pm — 6:00 pm	Practice in Dyads – First practice rotation (55 minutes)
	To identify an attachment-based pattern of response on the part of the therapist; Develop a mutual AIP case conceptualization and treatment plan identifying relevant memories, and selecting a Target Memory to be reprocessed.
6:00 pm — 6:05 pm	BREAK (5 minutes)
6:05 pm — 7:00 pm	Second practice rotation (55 minutes)

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DAY 2

APRIL 27 — SATURDAY

11:00 am — 12:45 pm	Debrief previous day's material Identify and recognize core affective responses versus defensive affective responses both in ourselves as well as in our clients Identify and work with specific psychological defenses such as avoidance, idealization, and shame in and out of reprocessing
12:45 pm — 1:00 pm	BREAK (15 minutes)
1:00 pm — 2:45 pm	Apply clinical interweaves (CIC) to facilitate reprocessing Identify and address fears and blocking beliefs as they arise in reprocessing
2:45 pm — 3:30 pm	LUNCH BREAK (45 minutes)
3:30 pm — 3:55 pm	Orient to afternoon practice with Facilitator
3:55 pm — 4:00 pm	BREAK (5 minutes)
4:00 pm — 4:55 pm	First practice rotation (55 minutes)
4:55 pm — 5:00 pm	BREAK (5 minutes)
5:00 pm — 5:55 pm	Second practice rotation (55 minutes)
5:55 pm — 6:00 pm	BREAK (5 minutes)
6:00 pm — 6:15 pm	Debrief with Facilitator in large group of 10

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DAY 3

APRIL 28 — SUNDAY

11:00 am — 12:45 pm	Debrief previous day's material
	Reevaluation phase of Relational EMDR Therapy – identify and strengthen one or more positive experiences in between sessions and link it with a corresponding belief that reflects the client's self-experience, sharing the client's personal triumph – making it relational
12:45 pm — 1:15 pm	BREAK (30 minutes)
1:15 pm — 1:30 pm	Orient to afternoon practice with Facilitator
	Reevaluation of previous day's reprocessing session. Complete if incomplete. Identify positive moments since session, linking corresponding belief and strengthening with BLS. Make it relational by sharing personal response to the client's triumph. Apply Future template to a future challenge situation with a client.
1:30 pm — 1:35 pm	BREAK (5 minutes)
1:35 pm — 2:20 pm	Final Practice – 1 st rotation (45 minutes)
2:20 pm — 2:25 pm	BREAK (5 minutes)
2:25 pm — 3:10 pm	2 nd practice rotation (45 minutes)
3:10 pm — 3:15 pm	BREAK (5 minutes)
3:15 pm — 3:50 pm	Debrief with Facilitator – Large group of 10
3:50 pm — 4:30 pm	Return to large group for debrief, evaluations, final takeaways

BONUS Q & A SESSION

JUNE 14 — FRIDAY

3:00 pm — 4:30 pm

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