

# EMDR

Eye Movement Desensitisation and Reprocessing

Practitioner Level 3 Diploma



Course Prospectus



## EMDR History

In 1987 psychologist Francine Shapiro developed a new type of psychotherapy known as EMDR: **Eye Movement Desensitization and Reprocessing**. EMDR has become more common in recent years, especially for people suffering with anxiety, panic, PTSD, or trauma.

According to the EMDR Research Foundation, “EMDR is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma. EMDR therapy includes a set of standardized protocols that incorporate elements from many different treatment approaches. To date, EMDR has helped millions of people of all ages relieve many types of psychological stress.”

## What is EMDR?

EMDR therapy is a phased, focused approach to treating trauma and other issues. It reconnects a client to images, thoughts, emotions, and body sensations associated with the trauma, allowing the natural healing powers of the brain to move towards an adaptive resolution. It is based on the idea that symptoms occur when trauma and other negative or challenging experiences overwhelm the brain’s natural ability to heal. EMDR facilitates this healing process using bilateral stimulation. BLS is used while the client is re-experiencing a past trauma. This is carried out in the safe environment of the therapist’s office (dual awareness).

Dr. Romas Buivydas, PhD, LMHC, Vice President of Clinical Development for Spectrum Health Systems says, EMDR therapy is an eight-phase treatment. “It identifies and addresses traumatic experiences that have overwhelmed the brain’s natural coping capacity, and, as a result, have created traumatic symptoms, such as flashbacks or anxiety, or harmful coping strategies, such as isolating behaviour or self-medication with alcohol or drugs.”

Traumatic experiences can derail your life unless you have a way to process the event. **EMDR Therapy** helps you work through these difficult feelings and gets you back on the right track. The developer of this approach to trauma treatment, **Francine Shapiro**, says that we all have an innate capacity to process information and learn from all experiences, even difficult ones. She calls this process Adaptive Information Processing model. However, trauma can interrupt this natural process and can lead to distressing symptoms unless you have an opportunity to process the emotions and memories related to the event.

## How Does EMDR Work?

In order to better understand this process, we turn our attention to the way that memories are stored in the brain as a form of neural networks. A neural network is a group of interconnected brain cells (neurons) that fire together. Traumatic memories are maintained as maladaptive neural networks that result in a limited ability to adapt, process, and resolve traumatic stress. You can think of this like a record that has a scratch in it. The needle will skip on that spot repeatedly unless we intervene. (If you were born after record players went out of use, you can think of a CD that keeps getting stuck in the same spot).

*“EMDR Therapy changes maladaptive neural networks by connecting the traumatic memory with new information. The distressing thoughts and emotions are blended with new positive thoughts and emotions; embodied awareness allows frozen sensations in the body to resolve through healing movements.”*

*-Arielle Schwartz*

## Neural Networks and Trauma

Every time we learn a new behaviour we create a new neural network. Frequent repetitions of the behaviour strengthen that neural network through myelination of the nerve pathways which allow the signals to move quickly and smoothly. You can think of this process like the act of learning to ride a bike or playing a piece of music. The more time spent practicing, the easier it becomes.

All memories are patterns of neural networks. One neural network can be connected to other neural networks when a behaviour or memory has similar elements to other events or experiences. For example, smells, taste, images, touch, sounds, thoughts, emotions, physical sensations, beliefs and participants that are similar to previous events can initiate a connection between neural networks of memories.

Ideally, the neural networks of our memories connect across various areas of the brain. For example, the right hemisphere of the brain is more likely to hold our negative perceptions and emotions about our experiences of memories. In contrast, the left hemisphere is specialized for positive emotions. Neural networks that communicate across left and right hemispheres of the brain helps us express feelings with words and integrate positive and negative perceptions of emotions. Additionally, integration of neural networks between upper

brain centres (neocortex) and lower brain centres (limbic system and brain stem) helps with managing impulses and developing greater self-control.

Traumatic memories can be thought of as impaired encoding of neural networks. These memories are not integrated with other positive experiences and are limited in their ability to accommodate new information. This disconnection impairs one's ability to be emotionally flexible or cognitively constructive while thinking about difficult life events.

### **Who Uses EMDR Therapy?**

EMDR therapy has been endorsed by the American Psychiatric Association and the International Society for Traumatic Stress Studies. In addition, it is used by the United States Department of Veterans Affairs, the Department of Defence and overseas organizations, including the United Kingdom Department of Health and the Israeli National Council for Mental Health.

According to the EMDR Research Foundation there are now over 30 gold standard studies documenting the effectiveness of EMDR therapy over the past 30 years with problems such as rape and sexual abuse, combat trauma, childhood trauma and neglect, life threatening accidents, and symptoms such as anxiety, depression, and substance abuse.

Edy Nathan, MA, LCSW, is a licensed psychotherapist with over 20 years experience and has been certified as an EMDR practitioner, believes that this type of therapy has the ability to heal people who are suffering from all types of trauma. "What the technique does is shift the way we process the presence of the physical, emotional and psychological effects related specifically to a traumatic event," she said. "The pain and sense of danger carried within the self after a traumatic event grips the soul with such purchase that it leads into a sense of being in emotional quicksand. EMDR works to disarm belief systems, also known as cognitions, and changes the negative cognition through a series of lateral eye movements, tapping or sound, while the client is asked to create the picture of pain and danger (trauma) that most disturbs them."

### **Does EMDR Therapy Actually Work?**

According to the EMDR Institute, Inc., some of the studies on this type of therapy show that 84%-90% of single-trauma victims no longer have post-traumatic stress disorder after only three 90-minute sessions. Another study, funded by the HMO Kaiser Permanente, found that 100% of the single-trauma victims and 77% of multiple trauma victims no longer were

diagnosed with PTSD after only six 50-minute sessions. In another study, 77% of combat veterans were free of PTSD in 12 sessions.

What is also different about this type of therapeutic intervention is that the therapist does not conversationally converse with the client while going through the process. After an EMDR session, clients can experience more vivid dreams, may sleep differently, might feel more sensitive to interactions with others or to external stimuli. This is all shared with the client at the end of each EMDR session.

**Accreditation:**

Level 3 Diploma

Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists



**Course Prerequisites:** Diploma in Hypnotherapy

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**Course Tutor:** Paul Henderson BSc Psychology. MNCP (Snr. Accred.)

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**Duration and Delivery:** The course takes a hybrid approach to delivery, consisting of eight days' classroom or ZOOM (live) training, normally split over 4 weekends, plus online training (**please note:** UKAIT have a world-leading Online Learning System). In total, the course is one year part-time.

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**Fast track:** a fast-track option is available to people holding a current diploma in hypnotherapy.

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**Assessment:** students will be assessed by means of written assignments and ongoing classroom assessment

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**Cost:** £795

# Curriculum

## Module 1: What We Mean by EMDR

Introduction

Part 1: A Close Look at EMDR

Part 2: A Brief History of EMDR and the Theory Behind It

## Module 2: How EMDR Works

Part 1: EMDR and the AIP Model

Part 2: Case Study: PTSD

Part 3: A Look at Bilateral Stimulation

Part 4: EMDR and REM Sleep

## Module 3: Disorders Treated by EMDR Therapy

Part 1: Treatment for Trauma and PTSD

Part 2: EMDR and Post-Traumatic Stress Disorder

Part 3: EMDR and Other Disorders

Part 4: EMDR for Phobias and Milder Complaints

## Module 4: The Pros and Cons of EMDR

Part 1: Positive Results with Traumas and Disorders

Part 2: Replacing Long-Held Beliefs

Part 3: The Physical Benefits of EMDR

## Module 5: Three-Pronged Protocol and The Eight Phases of EMDR

Part 1: The Three-Pronged Protocol

Part 2: The Eight Phases of EMDR

## **Module 6: Phases One and Two of EMDR – History-Taking and Preparation**

Part 1: History-Taking

Part 2: Prepare for Therapy

Part 3: Self-Supporting Techniques and Tools

## **Module 7: Phase Three of EMDR – Assessment**

Part 1: Choose a Memory to Target

Part 2: Identifying Negative Cognitions (NC) and Identifying Positive Cognitions (PC)

Part 3: The Subjective Units of Disturbance (SUD) Scale

Part 4: The Validity of Cognition (VOC) Scale

## **Module 8: Phases Four and Five of EMDR – Reprocessing and Reprogramming**

Part 1: Installing Positive Thoughts

Part 2: Different Forms of Bilateral Stimulation

Part 3: Tapping in with the Butterfly Hug

Part 4: Installing the Positive Cognition

Part 5: Case Studies

## **Module 9: Phases Six, Seven and Eight of EMDR – Body Scan, Closure and Re-Evaluation**

Part 1: Phases Six to Eight

Part 2: The Process of Body Scanning

Part 3: Achieving Closure

Part 4: Re-Evaluate to Check Success

Part 5: The Ripple Effect of EMDR

Module 9 Assessment

## **Module 10: EMDR for Children and Adolescents**

Part 1: Creating Positive Memories

Conclusion

## Contact

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