

# Basic Training in EMDR - Parts I & II

Part I: March 2-4, 2018 and Part II: May 4-6, 2018

**Instructor:** Philip Manfield, PhD, has taught EMDR in the United States, Canada, South America, Europe, Asia and the Middle East for twenty years. In addition to offering independent EMDRIA-Approved EMDR trainings,



he also teaches EMDR through the continuing education department of John F. Kennedy U. The author of *Split Self/Split Object* (Aronson, 1992), *Dyadic Resourcing: Creating a Foundation for Processing Trauma* (2010), *EMDR Up-Close: Subtleties of Trauma Processing* (2013)) and editor of *EMDR Casebook*(W.W.Norton, 2003) and *Extending EMDR: A Casebook of Innovative Applications* (W.W.Norton, 1998), he was featured in the book *3 Minute*

*Consultations with America's Greatest Psychotherapists* (Aronson, 2001). He is currently Northern California Regional Coordinator of the EMDR International Association.

**EMDR** (Eye Movement Desensitization and Reprocessing) has been recognized as an effective treatment for trauma by the American Psychiatric Association, and “strongly recommended” by US Department of Veterans Affairs and Department of Defense. A taskforce of the Clinical Division of the *American Psychological Association* determined that EMDR was one of three methods empirically supported for the treatment of any post-traumatic stress disorder population. Sixteen randomized controlled (and eight nonrandomized) studies have been conducted on EMDR in the treatment of trauma. This training is fully approved by the EMDR International Association (EMDRIA).



Philip Manfield, Ph.D. is approved by the American Psychological Association to sponsor continuing education for psychologists. Philip Manfield, Ph.D. maintains responsibility for this program and its content.

## **Dates:**

**Part I** Friday March 2, 2018 (6pm-9:30), March 3 & 4, 2018, (9am-6:15pm).

**Part II** Friday May 4, 2018 (6pm-9:30), May 05 & 06, 2018 (9am-6:15pm)

**Location:** Portland Airport Hilton Garden Inn

12048 Northeast Airport Way Portland, OR 97220

(503) 255-8600

**Fee per weekend: \$500**

In addition to Part I and Part II, 10 hr of group consultation (not more than \$40/hr) are required (see below) This requirement of two weekend classes plus 10 consultation hours must be completed within a two year period.

**Instructor Contact Info: Philip Manfield, Ph.D**

Additional information about Dr. Manfield is available at [www.philipmanfield.com](http://www.philipmanfield.com)

925-944-0805

[emdrdr@gmail.com](mailto:emdrdr@gmail.com)

**Description of Part I:** This workshop is part I of a two-part basic training in EMDR approved by the EMDR International Association (EMDRIA). It is intended for active clinicians who are interested in learning to use this powerful method. No previous experience with EMDR is necessary, however it is recommended that participants read the book, EMDR Basic Principles and Protocols by Dr. Francine Shapiro. In addition to Part I and Part II, a 10 hr group consultation completes the 50 hour training requirement of the EMDR International Association. The 50 hours must be completed within 2 years of beginning. There are approximately 15 group consultations to choose from, both face to face and over the telephone. The fee for most groups is \$40/hr, dates tbd – (Note that there are alternative trainings being offered at this time that do not meet these basic requirements, and participants in those trainings will not be considered trained by EMDRIA, and will not be eligible for EMDRIA certification.) Although this is an introductory course in EMDR treatment, it is expected that, with the completion of the full 50 hour training, participants will be qualified to use this treatment method.

**Refund Policy for both Part I and Part II:** Fees are fully refundable until 3 weeks before the beginning of the training; after that no refunds or credits will be given.

**CE Credits:** 20 credits per part MFT, LCSW, APA, MFT, LMHC. SCT, LPC

**Program Learning Objectives for Part I:**

At the conclusion of this program, participants will be able to:

1. Explain the essential elements of a trauma-oriented client history and identify for which memories EMDR processing will be beneficial to the client.
2. Describe how to apply the information obtained in a client's trauma-based history to decide for which clients EMDR will be appropriate and useful, so that EMDR will be selected for use only with clients for whom it is likely to be the most helpful approach.
3. Explain how to use the floatback technique to identify feeder memories at the root of clients' present disturbance.
4. Describe each of the 8 phases of EMDR processing and the role it plays in making the processing of a client's memory successful.
5. List basic techniques to unblock blocked processing during the Desensitization and Reprocessing phase of EMDR, so that the process will be as minimally painful to the client as possible.

6. Describe specific protocols for using EMDR to resolve various conditions clients commonly suffer from, like PTSD, simple phobias, trauma-based dysfunctional beliefs, and unresolved grief/mourning,
7. Describe the Adaptive Information Processing System and explain how it guides clinical choices that produce more effective treatment for the client.
8. Describe how to close down an incomplete EMDR session so that clients experience minimal disturbance between sessions, including breathing techniques, relaxation and use of a safe place/safe person.
9. State that they had the opportunity to practice EMDR in the workshop to enable them to hone their EMDR skills before attempting to use them with clients.

**Part II** will be held May 4-6, 2018 in Portland at the same location.

Dr. Philip Manfield is approved by the American Psychological Association to sponsor continuing education for psychologists. Dr. Philip Manfield maintains responsibility for this program and its content. Part I and Part II are each 20 hours of instruction, and qualify for 20 CE credits. The required 10 hours of consultation does not qualify for CE credit.

**For more information** and/or registration materials, scroll down further in this document.

**NOTE:** This course includes several facilitated practicums in which participants will have the opportunity to practice what they are learning and to have the experience of being a "client" when other class members take the role of therapist. If you do not feel psychologically stable enough to participate fully in this practicum as "client" you should not register for this workshop. If you are currently a client in psychotherapy, please consult your therapist about whether he or she thinks you can safely participate fully in this workshop.

This event is being conducted in a facility that conforms to the ADA (American Disabilities Act). Participants needing special accommodations due to disability should contact Dr. Manfield at 925-944-0805 or email at emdrdr@ gmail.com

Registration Form for EMDR Part I training offered by  
Philip Manfield, Ph.D. in Portland, Oregon  
Friday March 2, 2018 (6pm-9:30), March 3&4, 2018, (9am-6:15pm).

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone contact number: \_\_\_\_\_

Email Address (Please print clearly) \_\_\_\_\_

Licensure (or intern status): \_\_\_\_\_

- Check box if you have previously completed the EMDR training and are reviewing.
- Check box if you are a licensed psychologist and would like CE credits.

Eligibility: Participants in the training must be a Licensed Mental Health Professional (hold a clinical license in psychiatry, psychology, social work or counseling from their state) or be a student in a graduate educational program that will eventually make them eligible to obtain one of those licenses. Students in those programs working towards licensure who would like to take the basic training must currently be engaged in supervised clinical work, and will need to submit the following documentation in order to determine eligibility for registering for an EMDRIA Approved Basic EMDR Training: completed coursework, practicum or internship hours, current curriculum vita, letter from current supervisor which includes supervisor's degree information, licensure information and license number. The letter must state that the supervisor understands that, although consultation is part of the EMDR Basic Training, that consultation is NOT supervision and that the responsibility for the clinical work of the student or intern will remain solely with the supervisor. The supervisor is not required to be trained in EMDR. Licensed Interns do not need to submit proof of coursework.

Please mail (no certified letters please) this completed form with a check for \$500 made out to "Philip Manfield, Ph.D." to:

Philip Manfield, Ph.D.  
1205 Brighton Ave.  
Albany, CA 94706

**Note: Sending registrations in a form that will require a signature to be received, can delay your registration by as much as 2 weeks. Please use common first class mail.**

**IMPORTANT NOTE:** This course includes several facilitated practicums in which participants will have the opportunity to practice what they are learning and to have the experience of being a "client" when other class members take the role of therapist. If you do not feel psychologically stable enough to participate fully in this practicum as "client" you should not register for this workshop. If you are currently a client in psychotherapy, please consult your therapist about whether he or she thinks you can safely participate fully in this workshop.

**Please note:**

**Late registrations** (less than two weeks prior to training date) will be honored only if adequate facilitation and practicum breakout room space can be arranged. If a late registration can not be accommodated, we will do our best to notify you as soon as possible.

This meeting is held in facilities which are in compliance with the American Disabilities Act. Please notify Dr. Manfield if special accommodations are required.

**Program Learning Objectives of Part I:**

At the conclusion of this program, participants will be able to:

1. Explain the essential elements of a trauma-oriented client history and identify for which memories EMDR processing will be beneficial to the client.
2. Describe how to apply the information obtained in a client's trauma-based history to decide for which clients EMDR will be appropriate and useful, so that EMDR will be selected for use only with clients for whom it is likely to be the most helpful approach.
3. Explain how to use the floatback technique to identify feeder memories at the root of clients' present disturbance.
4. Describe each of the 8 phases of EMDR processing and the role it plays in making the processing of a client's memory successful.
5. List basic techniques to unblock blocked processing during the Desensitization and Reprocessing phase of EMDR, so that the process will be as minimally painful to the client as possible.
6. Describe specific protocols for using EMDR to resolve various conditions clients commonly suffer from, like PTSD, simple phobias, trauma-based dysfunctional beliefs, and unresolved grief/mourning,

7. Describe the Adaptive Information Processing System and explain how it guides clinical choices that produce more effective treatment for the client.
8. Describe how to close down an incomplete EMDR session so that clients experience minimal disturbance between sessions, including breathing techniques, relaxation and use of a safe place/safe person.
9. State that they had the opportunity to practice EMDR in the workshop to enable them to hone their EMDR skills with other class members before attempting to use them with clients.

## Part II of the EMDR Basic Training

Friday May 4, 2018 (6pm-9:30), May 05 & 06, 2018 (9am-6:15pm)

Hours: Friday 6-9:30 pm

Saturday 9-6:15 pm

Sunday 9-6:15 pm

### Location:

Portland Airport Hilton Garden Inn

Instructor: Philip Manfield, Ph.D., EMDRIA-Approved EMDR Instructor

Cost: \$500

### Course Description:

This course is Part II of an EMDR Basic Training approved by the EMDR International Association (EMDRIA). The full basic training consists of two 20 hour courses and 10 hours of group consultation with an approved EMDR consultant, which may be done face-to-face or by telephone. (There are approximately 15 group consultations to choose from, both face to face and over the telephone. The fee for most groups is \$40/hr) A certificate of attendance will be awarded after each part of the training; however, the certificate of completion for the approved EMDR Basic Training will only be awarded after a participant completes the entire 50 hour training. The content of this course is identical to the Part II EMDR course Dr. Manfield has been teaching in other cities, and for the continuing education departments of JFK University and Alliant International University. The material that is taught in Part II includes: EMDR case conceptualization, review of the 8 phase EMDR procedure, advanced Cognitive Interweave, advanced Float Back, and Advanced Resourcing. The course includes facilitated practicum, allowing participants a hands-on experience with EMDR.

### For additional information:

Email Philip Manfield, Ph.D. at pem49 at columbia.edu

You can also call him at 925-944-0805

(Philip Manfield, Ph.D. is the sponsor of this training. He is approved by the EMDR International Association to provide training in EMDR. Philip Manfield is approved by the American Psychological Association to sponsor continuing education for psychologists. Philip Manfield maintains responsibility for this program and its content.)

### CE credits:

20 credits APA, LMHT, LPC, LCSW, CA BBS CE

This course is Part II of a basic training in EMDR approved by the EMDR International Association Only clinicians who have completed a Part I training approved by the instructor are eligible to attend.

This meeting is held in facilities which are in compliance with the American Disabilities Act. Please notify Dr. Manfield if special accommodations are required.

## **Program Learning Objectives of Part II:**

At the conclusion of this program, participants will be able to:

1. Identify and describe the elements of a well delineated target that are most likely to make processing of client memories successful.
2. List some of the problems that occur for client processing when a target is not well chosen or congruent.
3. List some of the more common cognitive interweaves that can unblock or accelerate client processing to an adaptive resolution.
4. Describe other advanced techniques to unblock blocked processing during the Desensitization and Reprocessing phase of EMDR so that the process will be as minimally painful to the client as possible.
5. Describe specific protocols for using EMDR to resolve the following conditions clients commonly suffer from: early onset PTSD, complex phobias, and panic disorders.
6. Describe resourcing and how it prepares a client for successful trauma processing.
7. Describe advanced techniques for closing down an incomplete EMDR session so that clients experience minimal disturbance between sessions, including guided fantasy and the container technique.
8. State that they had the opportunity to practice EMDR in the workshop with other class members so that they could hone their EMDR skills before attempting to use them with clients.

To register for Part II, Please fill out the following form:



Registration Form for EMDR Part II training offered by  
Philip Manfield, Ph.D. in Portland, Oregon

Friday May 4, 2018 (6pm-9:30),  
Sat & Sun, May 05 & 06, 2018 (9am-6:15pm)

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone contact number: \_\_\_\_\_

Email Address (Please print clearly) \_\_\_\_\_

Approximate year you completed Part I of the training and from whom (person or institute):

- Check box if you have previously completed the EMDR training and are reviewing.
- Check box if you are a licensed psychologist and would like CE credits.

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Please mail (no certified letters please) this completed form with a check for \$500 made out to "Philip Manfield, Ph.D." to:

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Please note:

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This meeting is held in facilities which are in compliance with the American Disabilities Act. Please notify Dr. Manfield if special accommodations are required.

**Eligibility:** Participants in the training must have completed an approved Part I EMDR Basic Training. They must be Licensed Mental Health Professionals (hold a clinical license in psychiatry, psychology, social work or counseling from their state) or be a state-registered intern or a student in a graduate educational program that will eventually make them eligible to obtain one of those licenses. Interns must be practicing under the supervision of a license of a state-licensed Mental Health clinician. The supervisor is not required to be trained in EMDR. Unless Part I was taken through Dr. Manfield or HAP or the EMDR Institute within 21 months of the date of Dr. Manfield's Part II, students wishing to register for part II must first obtain approval from Dr. Manfield of the Part I training they took.

**NOTE:** This course includes several facilitated practicums in which participants will have the opportunity to practice what they are learning and to have the experience of being a "client" when other class members take the role of therapist. If you do not feel psychologically stable enough to participate fully in this practicum as "client" you should not register for this workshop. If you are currently a client in psychotherapy, please consult your therapist about whether he or she thinks you can safely participate fully in this workshop.