

# Buffalo EMDR Training Institute

## EMDR Therapy Basic Training

**Flexible Payment Plans**

Marcy Brimo, LCSW-R  
Seaghan Coleman, LCSW-R

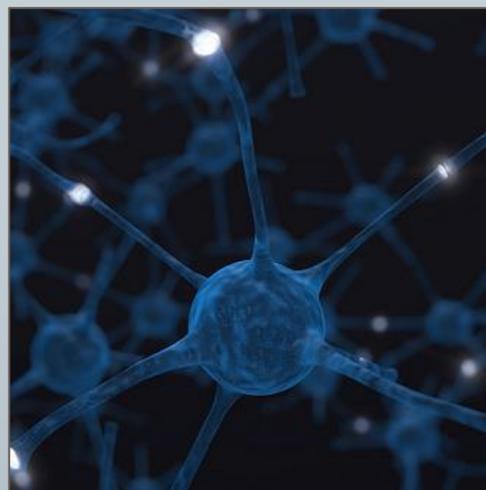
September 13, 14, 15,

October 18, 19, 20,

November 16, 2018

8:00 a.m. – 5:00 p.m. each day

Buffalo, NY



**Eye Movement Desensitization and Reprocessing (EMDR) is a holistic method of therapy that transforms how memories are stored, allowing outdated memories to sit in the past and dysfunctional beliefs to be replaced by adaptive ones.**

### Our course:

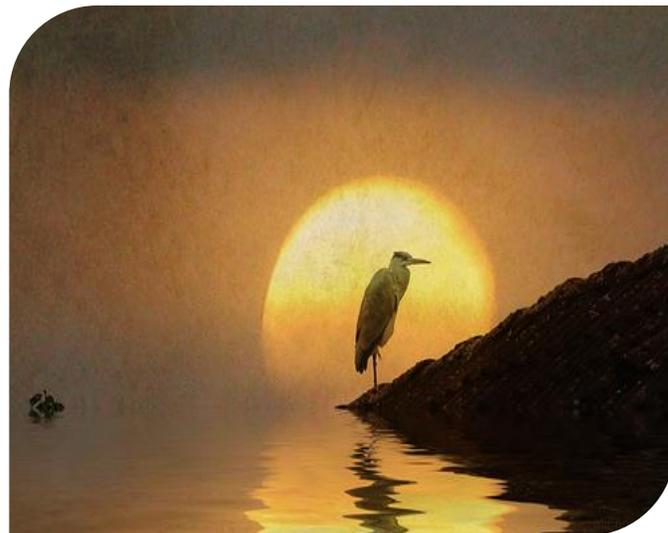
- Teaches more than just the steps. We teach how to think in EMDR and understand what you are doing.
- Is based directly on the original model of EMDR developed by Francine Shapiro
- Strictly adheres to the EMDR International Association guidelines for EMDR Therapy Basic Training
- Presents materials and evidence-based protocols for both adults and children
- Provides a strong understanding of conceptualizing cases using the concept of Adaptive Information Processing (AIP)

**Eye Movement Desensitization and Reprocessing (EMDR) Therapy** is a holistic model of psychotherapy founded on the theory of Adaptive Information Processing (AIP). This posits that memories cause emotional distress, maladaptive self-referencing beliefs, and functional problems when they are dysfunctionally stored. Conversely, when memories are functionally stored, they do not cause emotional distress, they promote adaptive self-referencing beliefs, and they promote functional behavior.

The aim of EMDR Therapy is to facilitate the movement of dysfunctionally stored memories into a state of functional storage. This occurs through the use of Bilateral Stimulation (BLS), usually in the form of eye movements. During EMDR Reprocessing, the client is asked to hold in mind aspects of a disturbing memory, while also maintaining connection to the safety of the therapist's office in the present moment.

This Dual Attention is hypothesized to allow the disturbing memory to move through aspects of the REM sleep process, which in essence strips the memory of its disturbing emotions, its strong sensory components, and its dysfunctional meanings related to safety, responsibility, and choice.

EMDR Therapy is used to resolve traumatic memories, such as those related to sexual, physical, and emotional abuse as well as traumatic events such as car accidents, injuries, illnesses, and exposure to violence. EMDR Therapy also can resolve maladaptive self-referencing beliefs (schemas), phobias, panic, migraine headaches, substance abuse, addictive patterns of behavior, unremitting grief, and shame. EMDR Therapy can also be used to enhance performance in sports, stage work, and work. It is effective for adults and children.



EMDR Therapy is recognized as an evidence-based Practice through numerous peer-reviewed studies and is a recognized/preferred method of therapy for the World Health Organization, U.S. Department of Defense, American Psychiatric Association, and the Substance Abuse and Mental Health Services Administration (SAMHSA)'s National Register of Evidence-Based Programs and Practices

### **Course Objectives**

The objective of EMDR Therapy Basic Training is to train students to meet the minimum standards for EMDRIA approved basic training in EMDR Therapy. This training program will provide the students with the knowledge of how to develop a case conceptualization and treatment plan within the AIP model and how to integrate and utilize EMDR Therapy in their clinical practice.

### **Upon completion of the course, students will be able to:**

- 1) Present an overview of the history of EMDR.
- 2) Discuss current theoretical conceptualizations of EMDR Therapy and of the AIP Model and discuss the current explanatory model, methodology and underlying mechanisms of EMDR Therapy.
- 3) Describe the empirical support for EMDR.
- 4) Discuss clinical applications of EMDR Therapy with diverse problems and populations and have the ability to integrate EMDR into clinical practice.
- 5) Demonstrate competence in implementing and integrating EMDR Therapy according to established protocols in clinical practice.
- 6) Integrate EMDR Therapy into a comprehensive intervention plan using the AIP model to guide the development of a case conceptualization and treatment plan.

## Training Overview

This course focuses on the origin, theory, components, research and application of Eye Movement Desensitization and Reprocessing (EMDR), a treatment method originally developed for treating trauma and now being applied to a range of client problems. Students will acquire the knowledge and skills necessary to utilize this method appropriately and effectively with diverse client populations and problems. Such use is based on an understanding of the theoretical basis of EMDR Therapy, client safety issues, integration with a comprehensive treatment plan, and supervised practice with the components of EMDR as well as its various applications. This EMDR course is based on the original Shapiro model of EMDR, which is suitable for adults as well as children.

## Training Methods and Content

In order to meet EMDRIA's requirements for Basic Training, this 50 hour course is composed of three essential categories: instruction, supervision, and consultation.

Instruction includes 20 hours of didactic information which will include lectures, demonstrations, and videotaped reenactments of EMDR Therapy sessions designed to provide the knowledge and understanding of the EMDR Therapy method, and the AIP model which guides the development of case conceptualization and treatment planning.

Supervision includes 20 hours of supervised practice of EMDR Therapy methodology as outlined in the Shapiro text. Supervision will take place in most of the classes. Students will be supervised through demonstration and practice of all phases of EMDR Therapy treatment. During the supervision times students will participate as observer, therapist and client using real life targets.

Consultation includes over 10 hours of consultation on a students' individual EMDR Therapy work with patients. Students will receive individual feedback on the use of EMDR Therapy within a structured treatment plan; client safety and effective outcomes using the standard protocol; on selection, readiness, case conceptualization, treatment planning, and target selection. Consultation will provide the individual the needed support to integrate EMDR Therapy into clinical practice.

## Trainers

### **Marcy Brimo, LCSW-R** (lead trainer) is

Clinical Associate professor at University at Buffalo School of Social Work, Approved Consultant/Trainer in EMDR Therapy, Former Member EMDR Standards and Training Committee, and private practice therapist. Her research includes current work as a Research Treatment Adherence Rater at National Center for PTSD and past research therapist worked on many federally funded research projects. Marcy is an active clinician who treats problems related to trauma. She is intensively trained in Dialectical Behavioral Therapy, Schema Focused Therapy; MBSR, and ACT.



### **Seaghan Coleman, LCSW-R**, is a trauma

therapist in private practice and a versatile trainer. As an Approved Consultant and Trainer in EMDR, he teaches EMDR at the University at Buffalo, as well as through Buffalo EMDR Training Institute, which he co-founded. He provides integrative psychotherapy to individuals with long histories of abuse, neglect, trauma, dissociation, and addiction. He provides trainings and consultation in EMDR, Acceptance and Commitment Therapy (ACT), attachment and reparenting work, Schema Focused Therapy, Dialectical Behavior Therapy, Mindfulness, and third wave psychotherapies





### Course Fees

\$1600. Early bird discounted price \$1500 for registrations received by 8/4/2018 Late registration past 9/1/18 is \$1550. This fee includes access to a DropBox with all articles and handouts. Does not include required text, which is Shapiro, F. (2017). Eye movement desensitization and reprocessing (EMDR): basic principles, protocols, and procedures. Third Edition. New York: Guilford Press. The class text is available at amazon.com or barnesandnoble.com. Course fee include 10 hours of consultation



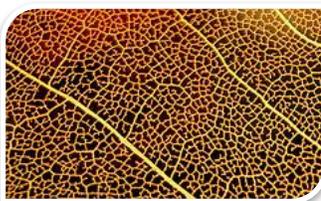
### Cancellations and Refunds/ Missed Time

A \$50 processing fee applies to refund requests made at least 20 business days prior to the start of the workshop. Please note that a \$100 fee applies to those canceling less than 20 days before the first day of the workshop. Any missed class time must be made up through a consultant at a maximum fee of \$50 per hour. Missed course time must be made up within two years.



### Admission Requirements

Participants should be either students entering their last year of a professional human services degree program (e.g., MSW, MS in rehabilitation counseling), or licensed/certified mental health professional. All participants must have appropriate permission to utilize EMDR Therapy in their work (or internship) setting and have the ability to use EMDR Therapy with at least one client.



### EMDR Therapy Basic Training Certificate

Students who attend and participate in all course activities will receive an EMDRIA Basic Training Certificate. Please note that this IS NOT the same as certification, but is a necessary first step towards certification. Please also note that the trainers reserve the right to withhold this for any student who is not deemed to have demonstrated the ability to use EMDR Therapy safely and effectively.



### Contact Hours/CEUs

**New York Social Workers:** Offered in collaboration with UB School of Social Work Office of Continuing Education; recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0001. Full attendance is required; no partial credit will be awarded for partial attendance. 50 live in-person contact hours are approved.

**New York Mental Health Counselors:** Offered in collaboration with UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0008. Full attendance is required; no partial credit will be awarded for partial attendance. 50 live in-person contact hours are approved.



**Trauma-Informed Certificate Programs offered through the UB School of Social Work Office of Continuing Education:** May be applied as 12 Skill Intervention or Elective hours for an additional fee. Contact us at [sw-ce@buffalo.edu](mailto:sw-ce@buffalo.edu) for details.

**Location: Buffalo EMDR Training Institute**  
**3960 Harlem Rd; Suite 6B**  
**Snyder, NY 14226**



**Directions:**

**Take I-90 to Cleveland Dr. Take exit 50A from I-90**  
**Follow Cleveland Dr to NY-240 N in Amherst to 3960 Harlem Rd**

**REFUNDS:** A \$50 processing fee applies to refund requests made at least 20 business days prior to the start of the workshop. Please note that a \$100 fee applies to those canceling less than 20 days before the first day of the workshop.

**REGISTER:** Mail completed registration form and payment to:  
Marcy Brimo, LCSW-R; 3960 Harlem Rd; Suite 6B, Snyder, NY 14226

**QUESTIONS/Customer Service:**

Contact Marcy Brimo at 716-912-9360/MarcyBrimo@gmail.com or Seaghan Coleman at 716-435-7753/Seaghan@thirdwavepsychotherapy.net

Web: <http://www.thirdwavepsychotherapy.net>

**ADA Accommodations:** Please contact Marcy Brimo at 716-912-9360/MarcyBrimo@gmail.com at least three weeks in advance for your ADA needs.

**Hotel Accommodations:** The Buffalo Niagara Region has a great deal to offer to visitors! Information on hotels, bed and breakfasts and the unique attractions of the area can be found at [www.visitbuffaloniagara.com](http://www.visitbuffaloniagara.com)

**Payment Plans:** Our payment plan is very flexible: Propose a payment plan. If it's reasonable, we'll go for it! Contact Marcy Brimo at 716-912-9360/MarcyBrimo@gmail.com or Seaghan Coleman at 716-435-7753/Seaghan@thirdwavepsychotherapy.net

**Lead Trainer:** Please note that each course has a designated lead trainer. If more than 10 students sign up, both instructors will run the class. If there are 10 or fewer students, then the lead instructor, only, will run the training. Please refer to the Trainers section of the brochure on page 3 to see who is the lead for this class.

**REGISTRATION FORM  
EMDR Basic Training  
Fall 2018 ~ Buffalo, New York**

**Name (as you would like it to appear on your certificate):**

\_\_\_\_\_

**Home Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Agency:** \_\_\_\_\_

**Job Title:** \_\_\_\_\_

**Agency Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Work Phone:** \_\_\_\_\_ **Home Phone:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

***If licensed:***

**Licensure state:** \_\_\_\_\_ **Licensure number:** \_\_\_\_\_

**FEES AND PAYMENT METHOD**

**Please check box to indicate your payment:**

- \$1500 before 8/4/18
- \$1600 before 9/1/18
- \$1650 After 9/1/18

**\$\_\_\_\_\_ Total Payment** to be made by check or money order, payable in US Funds to **Marcy Brimo, LCSW-R** is enclosed.

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