

# **EMDR BASIC TRAINING KAMLOOPS**

**NOVEMBER 2-4, 2018 (Session one) and**

**FEBRUARY 1-3, 2019(Session two)**

***This powerful and highly researched protocol for the treatment of trauma, anxiety and stress is endorsed by the World Health Organization.***

**The training is being led by Marshall Wilensky, PhD.**

## **Prerequisites:**

Qualified applicants will have a minimum of Master's level training in a mental health discipline and must belong to a professional organization with a code of ethics, or be a graduate student with appropriate supervision.

**Session 1** is usually sufficient for work with uncomplicated Posttraumatic Stress Disorder in most clients.

- Class 1: History, Trauma, Research
- Class 2: EMDR Basic Protocol
- Class 3: EMDR Basic Protocol
- Class 4: Practicum I
- Class 5: Re-evaluation, Special Protocols, Present Anxiety, Abreaction
- Class 6: Practicum II



**Session 2** is necessary for working effectively with more complex cases, special populations and more severe, longstanding, or complicated psychopathologies.

- Class 7 (Didactic): Protocol Review, Pain
- Class 8: Addiction, Cognitive Interweave
- Class 9: Practicum III
- Class 10: Resource Development and Installation
- Class 11: Practicum IV
- Class 12: Children, Dissociation

**Consultation** includes 10 hours of individual or group consultation with an EMDRIA approved consultant. These may be acquired as part of this course or privately.



**Textbook:**

Shapiro, F. (2001). *Eye movement desensitization and reprocessing: Basic principles, protocols and procedures* (2nd ed.). New York: Guilford Press.

Shapiro, F. (2006). *New notes on adaptive information processing with case formulation principles, forms, scripts, and worksheets*. Hamden, CT: EMDR Humanitarian Assistance Programs.

Marshall Wilensky, Ph.D., is an EMDRIA approved consultant and trainer and facilitates EMDR trainings in both Canada and the USA. He specializes in the treatment of trauma, and has more than 12,000 hours of experience with EMDR. He has been endorsed as a board certified expert in traumatic stress by the American Academy of Experts in Traumatic Stress and was an EMDR Institute Facilitator from 1996-2006.

Marshall also has had a Private Practice in Vancouver since 1980, and has taught Counselling Psychology and Clinical Psychology for Simon Fraser University, the British Columbia School of Professional Psychology, and the University of British Columbia. He is surviving the trauma of marriage and children.

**Registration Cost includes all text and written material, 12 sessions and consultation hours with Marshall.**

**Registration by October 31st: \$2000.00**

**Payable to Four Winds Wellness by cheque to 849 Fleming Drive Kamloops BC V1S 1B6**

**Or by etransfer to [fourwinds@telus.net](mailto:fourwinds@telus.net)**

**For further information contact Jann Derrick PhD at [fourwinds@telus.net](mailto:fourwinds@telus.net)**

**Or call 250 374 7709**

