

# EMDR Basic Training

Provided by Jan Schaad through the EMDR Institute

6 days of training and 10 hours group case consultation

The training is divided into 2 parts, and designed to take the practitioner from concepts to practice through didactic and experiential learning, with mentoring throughout the course.

40 hours of CEs are provided

This course is approved by the EMDR International Association

To register, visit [www.emdrpractice.com](http://www.emdrpractice.com), or contact Jan directly at [jaqs2003@gmail.com](mailto:jaqs2003@gmail.com) or 307-630-4688

## About the training

The Eye Movement Desensitization and Reprocessing (EMDR) Therapy Basic Training (Parts 1 and 2) is designed for licensed mental health practitioners who treat adults and children in a clinical setting. EMDR is a comprehensive psychotherapy that accelerates the treatment of a wide range of pathologies and self-esteem issues related to disturbing events and present life conditions. This interactional, standardized approach has been empirically tested in over 20 randomized controlled studies with trauma patients, and hundreds of published case reports evaluating a considerable range of presenting complaints, including depression, anxiety, phobias, excessive grief, somatic conditions and addictions. EMDR therapy is guided by the Adaptive Information Processing model which addresses the unprocessed memories that appear to set the basis for a wide range of dysfunction. A number of neurophysiological studies have documented the rapid post treatment EMDR effects. Participants will be required to read the textbook by Francine Shapiro, PhD, *Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures* (Guilford Press, NY, 2nd Edition, 2001).

## Qualified participants

Attendance is limited to mental health professionals with a master's degree or higher (and at the minimum a provisional license in the behavioral/mental health field).



## About Jan Schaad

Jan Schaad is a licensed clinical social worker with many years experience in mental health treatment of individuals and families, who uses best practices for resolving personal and relational patterns. A certified EMDR therapist, Jan has been a clinical consultant since 2004. She teaches EMDR regionally for the EMDR Institute, and nationally for the EMDR Humanitarian Assistance program.

Jan travels extensively to lead trainings and conduct consultations. Contact her at 307-630-4688 or [jaqs2003@gmail.com](mailto:jaqs2003@gmail.com).

**EMDR Practice**  
[www.emdrpractice.com](http://www.emdrpractice.com)