

EMDR Training Informational Webinar

Center for Evidence to Practice

Tuesday, May 13, 2025

12:00pm-1:00pm CDT

LSU Health
NEW ORLEANS
School of Public Health

The logo for the Louisiana Department of Health, featuring a stylized cross icon in blue and yellow.

LOUISIANA
DEPARTMENT OF HEALTH

Overview

- Meet the Trainer
- EMDR Basic Training
- Training Approach
- Participation in this Initiative
- Training Dates & Training Process
- Application Process
- Questions & Answers

EMDR Basic Training Trainee Evaluation Feedback



“The overall takeaway of [this] training is that it helps individuals process and resolve distressing memories and trauma. I look forward to the next training of this modality, and I am super excited to have it my tool kit of resources for my clients!”

“I feel prepared to begin EMDR therapy with appropriate clients on my caseload.”

“EMDR therapy is adaptable and applicable to a multitude of situations and issues.”

Meet the Trainer



Carol Miles is a clinician, consultant and trainer working in Covington, LA. She is a seasoned Clinical Social Worker recognized for her expertise in EMDR therapy and dedication to advancing mental health care. Carol's deep commitment to EMDR therapy is reflected in her extensive involvement with EMDRIA, where she holds certifications as a Therapist, Consultant, and Basic and Advanced Trainer and has served in leadership roles, including a term as EMDRIA President, shaping the future of the profession.

What is EMDR Basic Training?

- Is a structured therapy that encourages the patient to focus briefly on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements), which is associated with a reduction in the vividness and emotion associated with the trauma memories.
- Is an extensively researched, effective psychotherapy method proven to help people recover from trauma and PTSD symptoms. Ongoing research supports positive clinical outcomes, showing EMDR therapy as a helpful treatment for disorders such as anxiety, depression, OCD, chronic pain, addictions, and other distressing life experiences (Maxfield, 2019).
- EMDR therapy has even been superior to Prozac in trauma treatment (Van der Kolk et al., 2007). Shapiro and Forrest (2016) share that **EMDR therapists in 130 countries have successfully treated millions.**



How does EMDR therapy affect the brain?

- Our brains have a natural way to recover from traumatic memories and events. This process involves communication between the amygdala (the alarm signal for stressful events), the hippocampus (which assists with learning, including memories about safety and danger), and the prefrontal cortex (which analyzes and controls behavior and emotion). While many times traumatic experiences can be managed and resolved spontaneously, they may not be processed without help.
- Stress responses are part of our natural fight, flight, or freeze instincts. When distress from a disturbing event remains, the upsetting images, thoughts, and emotions may create an overwhelming feeling of being back in that moment, or of being “frozen in time.” EMDR therapy helps the brain process these memories, and allows normal healing to resume. The experience is still remembered, but the fight, flight, or freeze response from the original event is resolved.



Who is EMDR Therapy Appropriate For?



Anxiety, panic attacks, and phobias	Chronic Illness and medical issues	Depression and bipolar disorders	Dissociative disorders
Eating disorders	Grief and loss	Pain	Performance anxiety
Personality disorders	Stress Disorder (PTSD) and other trauma and stress-	Sexual assault	Sleep disturbance
	Substance abuse and addiction	Violence and abuse	

What is the content of EMDR Basic Training?

EMDR Therapy is a structured treatment model that integrates well with many other interventions. An EMDRIA™ Approved EMDR Basic Training provides clinicians with the knowledge and skills to utilize EMDR therapy, a comprehensive understanding of case conceptualization and treatment planning, and the ability to integrate EMDR therapy into their clinical practice. An EMDR Basic Training provides, at a minimum, instruction in the current explanatory model, methodology, and underlying mechanisms of EMDR through lecture, practice, and integrated consultation.

EMDR BASIC TRAINING COMPONENTS INCLUDE:

- **Adaptive Processing Theory**
- **Bilateral Stimulation**
- **8 Phases**
- **3 Prongs**
- **Interweaves**
- **Modifications for complex clients**

How is EMDR Basic Training structured?

- **MANDATORY EMDR Basic Training Orientation: Tuesday July 29, 2025 12pm-1pm CST**
 - **By Orientation – Enroll in Canvas classroom: Complete the prerequisites**
- **Part 1 Basic Training: August 27-29, 2025 from 9:00am-5:30pm**
 - **ONE 2-hour Consultation Call:** Groups of 5-10 clinicians receive ongoing case consultation from EMDRIA approved consultants
 - Present **one (1) EMDR Basic Training case** & begin to use the model in phases 1 & 2
- **Part 2 Basic Training: October 8-10, 2025 from 9:00am-5:30pm**
 - **TEN 1-hour Consultation Calls:** Groups of 5-10 clinicians receive ongoing case consultation from EMDRIA approved consultants
 - Present **two (2) EMDR Basic Training case** & use the model in all 8 phases

Who can be trained in EMDR Basic Training?



Further information can be found in the [EMDR Basic Training Request for Applications \(RFA\) PDF](#).

Training Acceptance Criteria for Qualified behavioral health agencies/providers:

- Who serve Medicaid-insured individuals and/or provide clinical therapy services to children and their caregivers in Louisiana free of charge
- **Licensed** (or actively working towards licensure)
- **Actively (currently) treating children and their caregivers**
- **Preference for organizations that have multiple practitioners applying to be trained**

2025 EMDR Training Timeline

Event	Timeline
EMDR Informational Webinar	Tuesday, May 13, 2025 from 12:00-1:00pm CDT
EMDR RFA Opens	Thursday, May 15, 2025
EMDR RFA Closes	Friday, June 20, 2025
Notice of Application Status	Tuesday, July 1, 2025
EMDR Training Commitment and Textbook Request Form Due	Friday, July 18, 2025
EMDR Agency Leadership Meeting #1	Tuesday, July 22, 2025, from 12:00-1:00pm CDT
Mandatory EMDR Orientation Meeting	Tuesday, July 29, 2025, from 12:00-1:00pm CDT
EMDR Training Part 1	Wednesday, August 27- Friday, August 29, 2025, from 9:00am-5:30pm CDT
CE Eval for Part 1 Due	Friday, September 5, 2025
EMDR Agency Leadership Meeting #2	Friday, September 5, 2025, from 12:00-1:00pm CDT
EMDR Training Part 2	Wednesday, October 8-Friday, October 10, 2025, from 9:00am-5:30pm CDT
CE Eval for Part 2 Due	Friday, October 17, 2025
EMDR Agency Leadership Meeting #3	Friday, October 17, 2025, from 12:00-1:00pm CDT
Consultation Call Commitment	2-Hour consultation call before Part 2 and monthly 1-Hour consultation calls after Part 2 for up to 10 months.

CEs will be provided for **social workers and counselors** who are accepted into this current EMDR Basic Training cohort. Other licensed individuals can apply through their licensing boards.



How do I receive the EMDR Basic Training Certificate?

Requirements:

- *Attend all virtual training dates*
 - Cannot miss more than 30 minutes of training
 - The camera **MUST BE ON** during the whole training
 - Engage as if you were in a training room
 - Follow our [Center Training Expectations & Guidelines](#)
- *Present two (2) EMDR Basic Training cases demonstrating your use of 8 phases in group consultation either during the required hours or in the case consultation hours offered after training.*

Following Requirements:

- *Take the EMDR Basic Training Knowledge-Based Test*
 - On Canvas
- *Obtain your EMDR Basic Training Certificate & share with your MCOs entities!*
- *Submit your information on our [EBP Map Webpage!](#)*

GOAL: Obtain EMDR Basic Trained Status

EMDR Therapy: Tracking Code: EB08 – [EBP Qualifications & Billing Guide](#)

Qualification Standard - Basic Trained

➤ Completion of an EMDR International Association (EMDRIA) Approved Basic Training (including a minimum of 20 hours of instructional material, 20 hours of supervised practicum, and 10 hours of consultation)

OR

Certification

➤ EMDR Certified Therapist through the EMDR International Association (EMDRIA).

Qualification Documentation

➤ Certificate of completion of an EMDRIA-Approved EMDR Therapy Basic Training Course issued by an EMDRIA-Approved Trainer **OR** EMDR Certification issued by EMDRIA

Application Process:

- The [EMDR Training](#) is limited to 50 participants who meet the eligibility requirements outlined in the [EMDR Training Request for Applications \(RFA\)](#).
 - 1) [AGENCY AGREEMENT](#) is accessible by [CLICKING HERE](#) and the will require signatures from agency leadership and **MUST BE UPLOADED** with Trainee Application by **Friday, June 20, 2025**.
 - 2) [TRAINEE APPLICATION](#) is completed [ONLINE](#), and **MUST** be submitted by **Friday, June 20, 2025**.
- *Applicants will be notified by **Tuesday, July 1, 2025** regarding their application status.*

Where can I learn more about EMDR Basic Training?

Visit the EMDRIA Website for further information on EMDR Basic Training:

<https://www.emdria.org/emdr-training/>



Contact Information:

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Any Questions?

