



EMDR Cohort 9: Leadership Meeting #1

Center for Evidence to Practice

Tuesday, July 22, 2025

12:00PM-1:00PM CDT

LSU Health
NEW ORLEANS
School of Public Health

 **LOUISIANA**
DEPARTMENT OF HEALTH

Welcome! Who is on the call?

- *Name*
- *Agency & Role*
- *Have you done the EMDR Training before?*
- *How many clinicians are you supporting in this EMDR cohort?*

hello

Overview

- Meet the Trainer
- EMDR Basic Training
- Training Approach
- Consultation & Auditing
- Training Dates & Training Process
- EMDR Leadership & Agency Support
- 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
- Post-Traumatic Stress Disorder (PTSD) and other trauma and stress-related issues
- 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

Consultation Sign Up

➤ Trainees will sign up during Part 1 and after Part 2 training for implementation success.

Part 1
MAXIMUM 10 TRAINEES IN ANY GROUP

This sign-up is for the group consultations after Part 1 before Part 2
 Consultants: attendance will be taken in a separate spreadsheet; the link will be shared with you.

Directions

- You must sign up for 1 consultation group between Part 1 and Part 2 (one 2-hour session).
- DO NOT ADD AN EXTRA LINE TO FIT IN YOUR NAME - GROUPS OF 10 PEOPLE MAX**
- If you cannot make this work, please email a classmate to see if they can switch with you

Consultant: Christina Watts-Figueroa
 SELECT TIMES FROM THE SAME COLOR GROUP.

Date and Time Friday, September 19th 8 am to 11 am
Facilitator Christina Watts-Figueroa
Email Form to christina@cwfoic.com
Case Presentation Form [Link to Case Presentation Form](#)
Zoom Link meet.google.com/twm-fnj-ljpd

Type your name below to reserve your spot.

# Available	Name	Email
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Consultant: Natacha Kerelejza
 SELECT TIMES FROM THE SAME COLOR GROUP.

Date and Time September 18, 2025, 12:00 - 2:00pm
Facilitator Natacha Kerelejza
Email Form to natacha@draawisellc.com
Case Presentation Form [Link to Case Presentation Form](#)
Zoom Link <https://us02web.zoom.us/j/88926819327?pwd=Q1MHRkV5YkFQZkZkUjJpSjBkVjR5>

Type your name below to reserve your spot.

# Available	Name	Email
1		
2		
3		
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10		

Consultant: Barbara Banda
 SELECT TIMES FROM THE SAME COLOR GROUP.

Date and Time September 12, 2025, 10am-12pm
Facilitator Barbara Banda

Part 2
MAXIMUM 10 TRAINEES IN ANY GROUP

- You must sign up for 10 consultation groups after Part 2 (10 one-hour sessions)
- Use the tabs at the bottom to view the information for each consultant. Select a Consultant and sign up for their sessions.
- DO NOT ADD AN EXTRA LINE TO FIT IN YOUR NAME - GROUPS OF 10 PEOPLE MAX**
- You must present 2 cases at 2 separate consultation groups; be sure to sign up for that as well.
- If you cannot make this work, please email a classmate to see if they can switch with you

Consultant: Christina Watts-Figueroa
 Zoom Link for Sessions meet.google.com/twm-fnj-ljpd

Date and Times of 10 Sessions
 All sessions are 1 hour.

Session	Date - Monday	Time - 1 Hour	# People In Group	Your Name	Email Address
1	10/20/25	9:00 AM	1		
2	11/3/25	9:00 AM	2		
3	11/17/25	9:00 AM	3		
4	12/8/25	9:00 AM	4		
5	12/29/25	9:00 AM	5		
6	1/12/26	9:00 AM	6		
7	2/2/26	9:00 AM	7		
8	2/23/26	9:00 AM	8		
9	3/9/26	9:00 AM	9		
10	3/30/26	9:00 AM	10		

Sign Up with This Consultant
 Type your name below to reserve a spot with this Consultant's 10 sessions.

Sign Up for Case Presentations
 Email Case Presentation Form to christina@cwfoic.com
 Case Presentation Form [Link to Case Presentation Form](#)

Session 1 of 10
Date and Time Monday, October 20, 2025 at 9 am CST
Available Type your name below to present a case at this consultation session. Two (2) openings are available. You must present 2 times.
 Case 1
 Case 2

Session 2 of 10
Date and Time Monday, November 3, 2025 at 9 am CST
Available Type your name below to present a case at this consultation session. Two (2) openings are available. You must present 2 times.
 Case 1
 Case 2

Session 3 of 10
Date and Time Monday, November 17, 2025 at 9 am CST
Available Type your name below to present a case at this consultation session. Two (2) openings are available. You must present 2 times.
 Case 1
 Case 2

Session 4 of 10
Date and Time Monday, December 8, 2025 at 9 am CST
Available Type your name below to present a case at this consultation session. Two (2) openings are available. You must present 2 times.
 Case 1
 Case 2

Session 5 of 10
Date and Time Monday, December 29, 2025 at 9 am CST
Available Type your name below to present a case at this consultation session. Two (2) openings are available. You must present 2 times.
 Case 1
 Case 2

Session 6 of 10
Date and Time Monday, January 12, 2026 at 9 am CST
Available Type your name below to present a case at this consultation session. Two (2) openings are available. You must present 2 times.
 Case 1
 Case 2

Session 7 of 10
Date and Time Monday, February 2, 2026 at 9 am CST
Available Type your name below to present a case at this consultation session. Two (2) openings are available. You must present 2 times.
 Case 1

A blue ballpoint pen with a silver-colored tip and barrel accents is positioned diagonally on a document. The document features a bar chart with several blue bars of varying heights. The background is a light blue and white grid pattern.

Auditing



The Power of Consultation

➤ Encourage collaboration



➤ Identifying challenges and solutions



➤ Supporting informed decision-making



2025 EMDR Training Timeline

<u>Event</u>	<u>Timeline</u>
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 Evaluation 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 Evaluation 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 Survey*
 - 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



EMDR Agency Support

- Within agency peer supervision
- Caseload adjustment
- Referral pathways
- Website/Advertisement of Services
- Other Thoughts/Suggestions?

EMDR Agency Leadership Call Meeting Series



Upcoming EMDR Agency Leadership Meetings:

- ~~1. Agency Leadership Meeting – Part 1: Tuesday, July 22, 2025 from 12:00PM-1:00PM~~
2. Agency Leadership Meeting Part 2: Friday, September 5, 2025 from 12:00PM-1:00PM
 - Click here to register: https://lsuhsc.zoom.us/meeting/register/I_LuW1fOTJ2jGRY_fT6wbQ
3. Agency Leadership Meeting – Part 3: Friday, October 17, 2025 from 12:00PM-1:00PM
 - Click here to register:
<https://lsuhsc.zoom.us/meeting/register/nl0cbCieQGmx9IbdnKAQQw>

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/>



We want to hear from you!

- Let us know what would be most helpful/beneficial during these calls!
- Feedback can be provided here:
 - [EBP Leadership Evaluation Form](#)



Contact Information:

Center for Evidence to Practice

Email: EvidenceToPractice@lsuhsc.edu

Phone: (504) 568-5731

Questions:

