

EMDR Agency Leadership Meeting #1 – Cohort 10

Center for Evidence to Practice

Tuesday, September 8, 2026

12:00PM-1:00PM CDT

Welcome! Who is on the call?

- *Name*
- *Agency, Role & Location*
- *How many clinicians are you supporting in this EMDR cohort?*
- *Have you been EMDR Trained before?*

hello

Meeting Objectives:

1. Demonstrate an understanding of the EBP model and identify the target populations for which the model is designed and most effective.
2. Craft an “elevator speech” that matches the selected EBP to their targeted population in a succinct statement.
3. Outline the basic components of the IHI Model for Improvement and assess the Plan-Do-Study-Act cycle.
4. Assess their agency’s data capacity – the ability to collect, manage, analyze, share, and use metrics for data-driven decision-making.

Agenda for Call #1

Agency Leadership EBP Implementation Guidelines and Expectations			
<u>TOPIC</u>	<u>TIME</u>	<u>ACTIVITY</u>	<u>FACILITATOR</u>
Introductions & EMDR Orientation	10 mins	- Each person introduces self, agency, and area served - Orientation on EMDR Timeline & Expectations	E2P Staff
The Elevator Speech	10 mins	Lecture	Trainer
The IHI Model for Improvement	10 mins	Lecture plus show examples	Trainer
Using Metrics to Inform Implementation	10 mins	Lecture plus show examples	Trainer
Breakout Session	10 mins	- Craft a simple elevator speech for this particular EBP. - Identify barriers to collecting learning collaborative specific data.	Dyads
Debrief	5 mins	Each pair shares 3 points from their breakout discussion.	Dyads
Wrap-up and Next Steps	5 mins	<u>Assign homework:</u> - Complete elevator speech and metrics to share with team. Come to next call ready to share as part of introductions. - Share the goals of data collection with Implementation Team	E2P Staff Introduction to Implementation Science

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.

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.”

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

Performance
anxiety

Personality
disorders

Stress Disorder
(PTSD) and
other trauma
and stress-

Sexual assault

Sleep
disturbance

Substance
abuse and
addiction

Violence and
abuse

How is EMDR Basic Training structured?

- **MANDATORY EMDR Basic Training Orientation: Thursday, August 27, 2026, from 12pm-1pm CST**
 - **By Orientation – Enroll in Thinkific classroom:** Complete the prerequisites
- **Part 1 Basic Training: September 10-11, & 14, 2026, from 9:00am-5:30pm**
 - **ONE (1) 90-Minute Consultation Call:** Groups of 5-10 clinicians receive ongoing case consultation from EMDRIA approved consultants
 - Practice Avatars work begins & begin to use the model in phases 1 & 2
- **Part 2 Basic Training: November 5-6, & 9, 2026, from 9:00am-5:30pm**
 - **SIX (6) 90-Minute 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

2026-2027 EMDR Training Timeline

Event	Timeline
EMDR TRAINING COMMITMENT AND TEXTBOOK REQUEST FORM DUE	Friday, August 21, 2026
MANDATORY ORIENTATION MEETING	Thursday, August 27, 2026, 12:00pm-1:00pm CDT
EMDR AGENCY LEADERSHIP MEETING #1	Tuesday, September 8, 2026, from 12:00pm-1:00pm CDT
LEARNING SESSION (LS) 1	Thursday-Friday & Monday, September 10-11 & 14, 2026, from 9:00am-5:30pm CDT
LS1 CE EVAL DUE	Monday, September 21, 2026
EMDR AGENCY LEADERSHIP MEETING #2	Tuesday, October 13, 2026, from 12:00-1:00pm CDT
LEARNING SESSION (LS) 2	Thursday-Friday & Monday, November 5-6 and 9, 2026, from 9:00am-5:30pm CST
LS2 CE EVAL DUE	Monday, November 16, 2026
EMDR AGENCY LEADERSHIP MEETING #3	Monday, January 12, 2027, from 12:00-1:00pm CST
EMDR AGENCY LEADERSHIP MEETING #4	Tuesday, April 13, 2027, from 12:00-1:00pm CDT
CONSULTATION CALL COMMITMENT	Monthly 90-min. consultation calls, 2 calls scheduled between LS1 and LS2; and 5 calls scheduled after LS2

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 Thinkific
- *Obtain your EMDR Basic Training Certificate & share with your MCOs entities!*
- *Submit your information on our [EBP Map Webpage!](#)*

The Elevator Speech

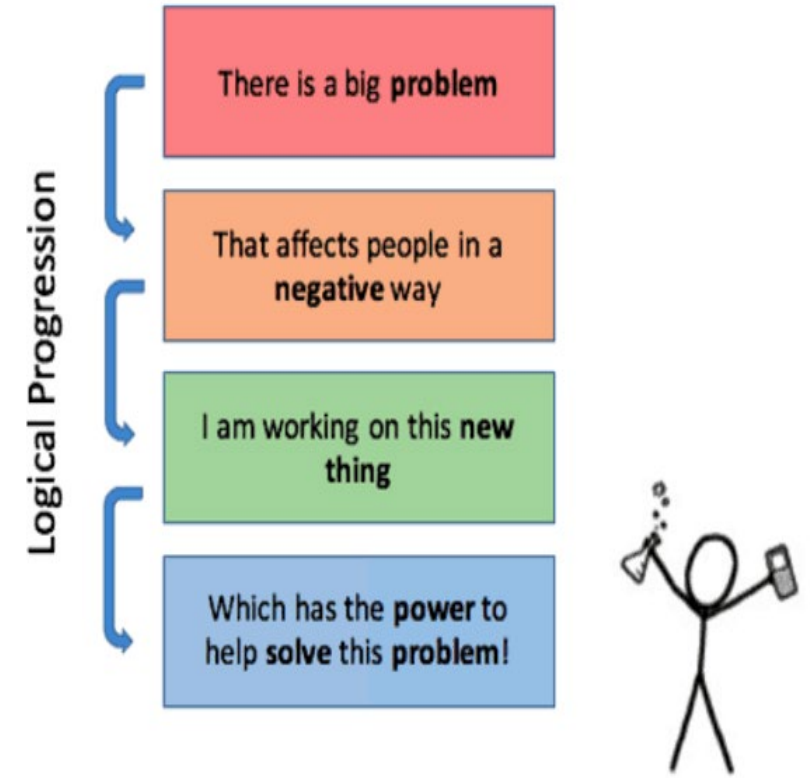
- A concise and persuasive speech used to spark interest around your agency's commitment to evidence-based practices, specifically EMDR.
- A chance to make the case for why your agency is the best choice for providing trauma-focused care for youth and families.
- Intended to spur decision makers to action.
- Can be delivered in the time it takes to ride an elevator (60 seconds).



Constructing Your Elevator Speech (Pitch)

- Be prepared
- Think big picture
- Say why your work is important
- Know your goal
- Practice, practice, practice
- Avoid jargon
- Know your audience
- Be enthusiastic

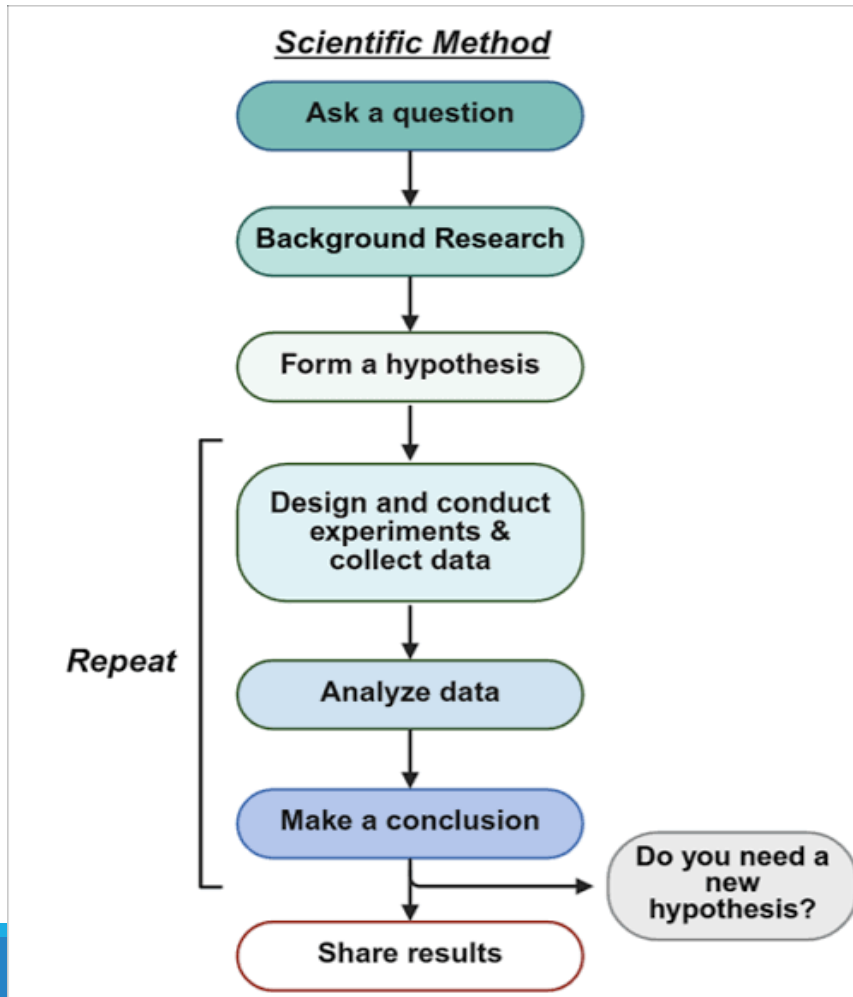
- American Psychological Association
 - Cassandra Willyard



Constructing Your Elevator Speech

- **Tell them who you are.**
 - Hello, I am Carol Miles and my business is Three Rivers Training Center.
- **Use a compelling hook.**
 - I am an EMDR certified trainer of an evidence-based treatment model called Eye Movement Desensitization and Reprocessing (EMDR). EMDR is widely considered a highly effective approach for helping individuals process and recover from traumatic experiences.
- **Focus on the why.**
 - I can help your agency implement EMDR as a way to provide the highest quality of care for traumatized youth and families you serve.
- **Conclude with a vision of the future.**
 - Within a year, your agency could have clinicians who are EMDR Basic-Trained in this model. This will improve referrals and provide meaningful data for funding streams.

IHI Model for Improvement



- Institute for Healthcare Improvement (IHI)
- A scientific method adapted for action-oriented learning and change.
- Simple, practical framework used to guide changes and improve quality of services delivered.

Three Fundamental Questions (Global)

1. What are we trying to accomplish?
 - Implement EMDR.
1. How will we know that a change is an improvement?
 - Traumatized youth and families who have experiences PTSD.
1. What change can we make that will result in improvement?
 - Train clinicians in the EMDR model.

This Is Too Big



✦ Story by Bruce Larkin ✦

Three Fundamental Questions (Actionable)

1. What are we trying to accomplish?
 - Identify clients/families that have been negatively impacted by trauma.
1. How will we know that a change is an improvement?
 - There will be an increase in the number of youth and families receiving EMDR.
1. What change can we make that will result in improvement?
 - Begin to track the data.



The PDSA Cycle



- **PLAN:** design a small test and write down what you expect to happen.
- **DO:** run the test on a small scale and log any problems and the results of the change made.
- **STUDY:** review the data and compare what you found to your first hypothesis.
- **ACT:** adjust your plan, drop the idea, or get ready to test it on a larger scale.

The PDSA Cycle

- **PLAN:** design a small test and write down what you expect to happen.
 - One clinician will screen their existing caseload to identify possible candidates for EMDR.
- **DO:** run the test on a small scale and log any problems and the results of the change made.
 - The selected clinician will report back to the group how the process went (qualitative) and number of potential EMDR cases identified (quantitative).
- **STUDY:** review the data and compare what you found to your first hypothesis.
 - The implementation team will consider the findings and look for additional tweaks that might be helpful.
- **ACT:** adjust your plan, drop the idea, or get ready to test it on a larger scale.



Using Metrics to Inform Implementation

- **Uptake and Fidelity**

- Number of clinicians participating in the EMDR training & consultation each month.
- Participation in required seven (7) 90-minute monthly consultation calls.
- Number of EMDR cases implemented per clinician.
- Session dose (pacing of the model) to ensure fidelity (start date and current component).
- Use of standardized EMDR 8-phases evaluated by consultant.
- Number of successful completions.
 - 2 cases with 8-phases by the end of the training period (spring 2027).



Using Metrics to Inform Implementation

- **Screening & Assessment**
 - Total number of youth screened and assessed for traumatic events and PTSD symptoms.
 - Percentage of existing clients who have been screened and assessed.
 - Percentage of intakes who have been screened and assessed.
 - Number of trauma screenings and assessments completed.



Suggested Metrics for EMDR Implementation

1. Number of consultation calls attended.
2. Number of EMDR cases reviewed for fidelity by either a supervisor or peer.
3. Current number of active EMDR cases (number of cases added and number of cases that have dropped).
4. Number of active cases in each phase of the model
5. Number of completed cases.
6. Assessment scores at pre-, mid-, and post-treatment.
7. Number of cases retained in services post completion of the model.





Breakout Groups in Pairs!

Questions to Ask:

1. *How are you feeling taking in this information?*
2. *How prepared do you feel to use metrics?*



Discussion:

Let's have 3 pairs share out their group thoughts:

- 1. How are you feeling taking in this information?***
- 2. How prepared do you feel to use metrics?***



***FUTURE* EMDR Agency Leadership Call 4-Part Series**

Upcoming EMDR Agency Leadership Meetings:

- ~~1. Senior Leadership 1: Tuesday, September 8, 2026 from 12pm-1pm~~
2. Senior Leadership 2: Tuesday, October 13, 2026 from 12pm-1pm
 - Meeting 2 - Zoom registration accessible by clicking here:
<https://lsuhsc.zoom.us/meeting/register/W74O0bqbTCuqfH66aQbv0w>
3. Senior Leadership 3: Tuesday, January 12, 2027 from 12pm-1pm
 - Meeting 3 - Zoom registration accessible by clicking here:
https://lsuhsc.zoom.us/meeting/register/2k2bqAEIqxCgz_S4d9BuGg
4. Senior Leadership 4: Tuesday, April 13, 2027 from 12pm-1pm
 - Meeting 4 - Zoom registration accessible by clicking here:
<https://lsuhsc.zoom.us/meeting/register/ml4tNNIHQEWNV0rwYVmhfg>

Homework for Next Meeting!

DUE: Tuesday, October 6, 2026 (1-week BEFORE Leader Meeting #2)

Meeting Homework:

1. *Create and insert your Elevator Speech for your agency/organization below.*
2. *What metrics are you tracking and how?*



You can [**CLICK HERE**](#) to submit your home in a Google Word File, or click this link: [**Submit Homework Here**](#)

Do you want a CE Certificate?

- Please complete the EBP Implementation Leadership Meeting CE Evaluation
 - Accessible by clicking here:
<https://redcap.link/ebpleadershpmtgeval2026>
- You have **one (1) week** to complete the evaluation. Following please allow us 1-2 weeks to issue your CE certificate.



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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Questions:

