

# Healing and Resilience with EMDR\*

**An Experiential Workshop with Dr. Roger Solomon**  
**January 13-14, 2019 in East Hawaii**

## **Benefits of Experiential EMDR**

Experiential learning, from the inside out, is a wonderful way to better understand the healing power of EMDR therapy and integrate EMDR therapy into working with clients. With an overall goal of promoting healing and enhancing resilience, participants will be guided by the **Adaptive Information Processing (AIP) Model**, which guides EMDR therapy, participants will be guided through A) **Preparation** (including the Fraser Dissociative Table technique/Meeting place; Resources of time orientation, compassion and respecting "parts" and "good job" positive function of "parts". (A part can be understood in AIP terms as a memory/memory network "living in trauma time" that may have its own sense of self). B) **Memory processing** utilizing EMDR therapy.

## **This two day workshop will focus on:**

- 1) Identification of a problem area (to work on for practice) and how to come up with AIP informed treatment plan.**
- 2) Preparation including practice with the Dissociative Table/Meeting Place strategy if needed**
- 3) The Art of EMDR - how bilateral stimulation can be applied to the unique needs to the client to maximize processing**
- 4) Deepening understanding of the standard EMDR protocol to enhance flexibility**
- 5) Demonstrations and practice to build EMDR therapy skills.**

## **COST and CREDITS**

- \$450 for 2 days.
- Specialty needs practitioners and those with financial need may apply for waivers and reductions.
- 6 CEUs offered per day (12 total)
- To register, contact [thegreenwill@gmail.com](mailto:thegreenwill@gmail.com) or 808-965-5349

*\*This workshop is for professionals with a clinical background who have completed EMDR Basic Training (Levels 1 & 2)*

